

# February 2018

Treatment Works!  
Support It.

Visit EmberWood Center's Website

<http://emberwoodcenter.org/>

## About EmberWood Center

Formerly named *Community Addiction Services of Indiana*, or *CASI*, EmberWood Center offers adult and adolescent outpatient drug, alcohol, and gambling treatment and positive youth-development services designed to prevent substance abuse. Our administrative and therapeutic staff are dedicated to providing education and resources on addiction, an issue that affects people from all walks of life.

### Adolescent Treatment

EmberWood Center has been recognized as a leader in understanding the unique needs of adolescents facing substance abuse issues.

### Did you know EWC Provides Gambling Treatment?

### Contact Us

317-536-7100

[ewc@emberwoodcenter.org](mailto:ewc@emberwoodcenter.org)

### Staff Extensions

(Counselor) Ext 1123

Rhonda Battles (Counselor)

Melissa Truax (Counselor)

Emma Jackson (Case manager) Ext 1125

Damaris Franco (Spanish speaking counselor) Ext 1133  
(Clinical supervisor) Ext 1126

Sharron Mason (Counselor) Ext 1130

Lori Goins (Executive Director) Ext 1118

Marla Greenway (HR Director/Operations Manager)  
Ext 1114

Bessie Smith (Data Entry Specialist) Ext 1117

Raquel Knight (Customer Service) Ext 1100

*Se habla español*

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## *Incorporate physical conditioning into your addiction recovery*

How are you meeting your New Year's goals to remain sober or to seek the help you need to achieve sobriety and regain control of your life?

If you're like anybody who makes a positive health goal, it helps to re-focus frequently so that you can regain enthusiasm and balance in your goals.

To be healthy in all ways during recovery, consider incorporating physical activity into your health plan.

If you need a referral to a life coach, or feel as if a behavioral health specialist would be helpful, be sure to ask your primary counselor or your physician about thinking anew about how your body works in tandem with your mental and spiritual senses.

Be sure to speak to a medical professional before beginning a fitness program.

### *Here are things to consider:*

- Are you capable and willing to begin a fitness program?
- Do you have physical limitations?
- What is your ultimate physical goal? (To walk, to ride a bike, to return to work)
- Which health professional can help with the physical component of your recovery? (A nurse? A behavioral health specialist? A yoga instructor?)

### *Some key components in devising a fitness program:*

- Know your current condition
- Set realistic goals, such as smoking cessation, losing weight, achieving normal blood pressure or lowering cholesterol
- Focus on making small improvements each day
- Consult a variety of health professionals

## EmberWood offers treatment solutions for drugs, alcohol and gambling

EmberWood Center offers three levels of drug/alcohol outpatient treatment services for adults: educational services (Level .5), outpatient treatment services (Level 1), and intensive outpatient treatment services (Level 2). A level .5 Gambling Program is also available for those clients who are in need of gambling treatment services. Clinicians assess each new client to determine appropriate placement.

The first component of our drug/alcohol and gambling outpatient treatment programs consist of the intake/orientation and assessment sessions. During these sessions, clients learn about the program, services, their individual rights and their responsibilities as participants.

Each program component includes a treatment planning session during which the client and EmberWood Center staff negotiate a strategy or plan for addressing the person's needs. The service plan may consist of a mix of individual sessions and groups. We encourage clients to learn about and participate in self-help groups along with the outpatient services that are provided by EmberWood Center.

Educational services (drug/alcohol) consist of a treatment planning session, 12 weekly group sessions over the course of approximately three months, random urine drug screens, one or two

individual/family sessions, and an exit interview that includes discharge planning.

Outpatient treatment services (drug/alcohol) consist of a treatment planning session, two group sessions per week for 12 weeks, three to five individual/family sessions, random drug screens, and an exit interview that includes discharge planning.

The intensive outpatient program (drug/alcohol) includes a treatment planning session, groups three times per week for eight weeks and two times a week for the second eight weeks, three to five individual/family counseling sessions, random urine drug screens, development of a continuing care program, and a discharge planning session.

The gambling program consists of a treatment planning session, 12 weekly individual sessions over the course of approximately three months, random urine drug screens, one or two individual/family sessions if needed, and an exit interview that includes discharge planning.

Some individuals may not participate in all of the services described. We offer relapse prevention services for individuals who have been through a treatment program with us or elsewhere and just need a little support and reinforcement. Our doors are open from 9 a.m. to 8 p.m., providing daytime and evening hours to accommodate various schedules.