

# July 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

Rhonda Battles (Counselor)

Toscha Wilkins (Counselor)

(Case manager) Ext 1125

Damaris Franco (Spanish speaking counselor) Ext 1133

Sharron Mason (Counselor) Ext 1130

Lori Goins (Executive Director) Ext 1118

Marla Greenway (HR Director/Operations Manager)

Ext 1114

(Data Entry Specialist) Ext 1117

Raquel Knight (Customer Service) Ext 1100

*Se habla español*

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## *'Miracle' products for opioid dependence or withdrawal may be dangerous*

Do you know someone seeking treatment for opioid dependence or withdrawal? If so, it's important to know this: products that promise miracle cures or fast results can cost precious time and money, lead to relapse, and even be dangerous.

Dietary supplements – such as herbal blends, vitamins, and minerals – have not been scientifically proven to ease withdrawal or to treat opioid dependence.

Products like Kratom, which some claim can help, are actually not proven treatments, and can be addictive and dangerous to your health.

Opioid dependence and withdrawal are serious health issues. You can address them with time, hard work, and help. But there are no quick fixes.

Before taking any dietary supplement – for any medical reason – ask a health provider these questions:

- Is there scientific proof it actually works?
- How reliable is this brand?
- How will it interact with other supplements or drugs I take?
- What are the side effects?
- If it's safe to take, what's the right amount?
- Learn more at [FTC.gov/DietarySupplements](https://www.ftc.gov/DietarySupplements).

*If you or someone you know is considering treatment for opioid dependence or withdrawal, start here:*

Call the federal Substance Abuse and Mental Health Services Administration National Helpline: **1-800-662-HELP (4357)**. You can get live help from this free, confidential referral and information service (in English and Spanish) for people and families facing substance use disorders.

Visit SAMSHA's confidential treatment locator: <https://findtreatment.samhsa.gov>

## 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.