

September 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

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Staff Extensions

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One-fifth of Americans feel lonely or socially isolated with physical, mental, and financial consequences

One in five Americans (22 percent) say they always or often feel lonely or socially isolated, frequently with serious consequences, according to a new Kaiser Family Foundation/Economist three-country survey examining loneliness and social isolation.

Americans who feel lonely or socially isolated often report negative impacts on their mental (58 percent) and physical (55 percent) health, their personal relationships (49 percent) and ability to do their job (33 percent). Some also say it has led them to think about harming themselves (31 percent) or committing a violent act (15 percent).

The survey also finds that while most Americans (58 percent) view the increased use of technology as a major reason why people feel lonely and socially isolated, those who report feeling lonely or socially isolated are divided on the impact of social media in particular. About as many say using social media such as Facebook, Snapchat and Twitter has made their feelings of loneliness better (31 percent) and worse (27 percent).

Reports of always or often feeling lonely or socially isolated are similar in the U.S. (22 percent) and U.K. (23 percent), compared to 9 percent in Japan, according to the survey, which was reported in the Sept. 1, 2018 *Economist* magazine.

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.