

The Road to Recovery Together.

Substance Use Services

Where to Begin

We are here to help you get where you want to go. If you are unsure of where that is, it's normal. Start by asking yourself these 3 questions.

1

Readiness to change: Do you have the resources and knowledge to make a lasting change successfully?

2

Barriers to change: Is there anything preventing you from changing?

3

Likelihood of relapse: What might trigger a return to a former behavior?

Our Approach

We provide holistic outpatient Substance Use Disorder counseling, peer support, care coordination, and medication assisted recovery.

We are committed to serving this community with respect, empathy, and without judgment. We acknowledge your recovery journey is unique and seek to empower you each step of the way.

We believe in adaptable, effective, trauma-informed care grounded in reducing harm.



PEER SUPPORT

A Peer Recovery Specialist (PRS) is a self-identified person with lived experience with a mental health and/or addiction condition who is in successful and ongoing recovery from mental health and/or addiction challenges. Peer Recovery Specialists use their lived experience to support another person's recovery journey. Our peers offer groups, individual support, harm reduction, ROOT and so much more.



OUTPATIENT SERVICES

Outpatient Services provides therapy and medication management, for substance use and/or mental health issues. Our clinicians offer individual therapy, group therapy, and family therapy. You work with a clinician to determine your goals for treatment and meet regularly to ensure you are supported. You can meet with a medical prescriber to address symptoms related to mental health challenges.



CARE COORDINATION

Care coordination can provide resources for housing, employment/vocational resources, link you with medical, mental health, or SUD providers. This role helps coordinate care, provide assistance with scheduling appointments, link you with possible transportation, and can help you apply for benefits. We have dedicated services that can help you find higher levels of SUD care if you qualify (IOP, Residential treatment etc.)



SKILL COACHING

Our skill coach provides goal directed training to support your recovery and increase functional skills to maintain your health, safety, and stability in the community. We help you identify and access community resources: housing, medical professionals, food pantry, government entitlements, fuel assistance, SNAP benefits, and other appropriate resources. We can help you establish and maintain effective working relationships with individuals, organizations, employers, community, and other agency personnel.





OFFICE-BASED ADDICTION TREATMENT (OBAT)

The purpose of the MAT program is to provide quality treatment for individuals living with Substance Use Disorder. Office-based treatment is for individuals who are motivated to stop using substances of abuse and who can comply with the program's expectations. MAT clients are expected to be able to live independently and are not in need of extensive detoxification and prolonged intensive treatment.

Build Your Own Treatment Plan

Start by identifying a support in each bucket that supports your recovery goals. This is a starting point to build from, the services you need today will evolve and change over time. Don't see the service you need at GPCS? We will refer you to services in the community.

Mental and Physical Health

What will resources will support your physical health?
(Health Insurance, Primary Care Doctor Visit, Harm Reduction Materials)

What resources will support your mental health?
(Therapy, Medication Services, Intensive/Residential Treatment Referrals)

Home and Stability

Do you have a safe home to return to that supports your recovery goals?
(Supported Housing, Recovery Housing, Care Coordination Services)

Healthy Community

Do you have a healthy community that supports your recovery goals?
(Peer Services, AA/NA, Group Therapy, Spirituality, Family Support Services,)

Purpose and Meaning

Do you have stable employment?
(Vocational Training, Application and Interview Training, Financial Counseling and Education)

Sample: Weekly Recovery Resources

Monday

Addiction 101, 5-6:30:
Session 1, This is a 4 session therapeutic group focused on understanding addiction. (Offered In-Person and Virtual)

MARA 2-3: Medication Assisted Recovery Anonymous. Group for individuals currently utilizing Medication Assisted Treatment (MAT) to aid in your recovery.

Tuesday

Addiction 101, 5-6:30:
Session 2 (Offered In-Person and Virtual)

Recovery Maintenance 5-6:30:
Therapeutic group focused on preventing relapse and building community. (Offered In-Person and Virtual)

Wednesday

Addiction 101, 5-6:30: Session 3 (Offered In-Person and Virtual)

Process Group 12-1:
Therapeutic group focused on healing in community with others in their recovery journey.

Thursday

Addiction 101, 5-6:30:
Session 4 (Offered In-Person and Virtual)

Recovery 101 2-3:30:
Group for individuals curious about recovery. (Powhatan Ballsville Rescue Squad)

Acuwellness 3pm

Peer Drop In Center 9-5:
(Powhatan Ballsville Rescue Squad)

Friday

Recovery Workshops 12-1
Workshops include:
• Mindful Movement
• Expressive Arts
• Healthy Relationships
• Coping Skills

ADDITIONAL SERVICES

PATHWAYS

Pathways is a recovery program focused on supporting overall wellness. Pathways is for individuals with ongoing and persistent mental health concerns. Pathways aims to help you build community, meaning, and purpose. Pathways hosts groups, activities, and community outings. Pathways allows you to participate in singular programs or a selection of programs you choose.

INFANT AND TODDLER CONNECTION

Provides family-centered educational and therapeutic services to infants and toddlers who have or are at risk for developmental delays. We provide free developmental screenings to children in our community, as a way of identifying children who may benefit from early intervention.