

IF YOU SUSPECT...

The following checklist may indicate the use of substances

- , Anxiety or paranoia
- , Change of friends
- , Impaired mental function
- , Secretive behavior
- , Depression
- , Dazed appearance
- , Less concerned about grooming/hygiene
- , Loss of interest in friends/family or social activities
- , Dilated or constricted pupils
- , Nervousness, confusion
- , Slurred Speech
- , Inability to sleep/excessive sleep
- , Frequently needing money
- , Euphoria
- , Chills or sweating

An assessment can determine whether inpatient or outpatient treatment is needed. For additional information or an appointment, contact:

Molly Grossman, Ph.D.
Director, Outpatient/Community Services
941-639-8300 Ext. 233

Florine M.T. Cousins, MSW
Outreach/Case Manager
941-639-8300 Ext. 259

Facts About Drugs

ALCOHOL - Causes impaired judgment, memory and coordination, high blood pressure and heart problems. Long term use can cause permanent damage to the brain, liver, stomach and pancreas. Overdose can result in unconsciousness or death.

AMPHETAMINES - Illegal. Produces anxiety, sleeplessness, nervousness, weight loss, rapid heartbeat and abnormal behavior. Possible permanent effects are damage to the brain, heart and central nervous system. Overdose can result in death.

BARBITURATES - Illegal. Habit forming, harmful to the brain and central nervous system. Even more dangerous when combined with alcohol. Large doses can cause coma and death.

COCAINE - Illegal. Highly addictive, mind-altering and extremely dangerous. Can cause heart problems, nausea, fever, chronic cough, depression, seizures, violent behavior and possible suicide. Overdose can cause death.

HEROIN—Illegal. Addictive. Causes drowsiness, nausea, vomiting, watery eyes and itching. Overdose can cause breathing problems, convulsions, coma and possible death.

INHALANTS - Very dangerous. Slows down heart and breathing and can cause hallucinations, confusion, violent behavior, unconsciousness, possible suffocation and death. Long term use can cause permanent damage to the brain, liver, kidneys and central nervous system.

MARIJUANA - Illegal. Habit forming, impairs brain function, memory, concentration and coordination. Damages lungs and can cause cancer. Smoking deprives the heart of oxygen.

We are funded in part through contracts with Florida Department of Children & Families, Charlotte County, United Way of Charlotte County, specialized grants, donations and annual giving. CBHC is licensed and audited by the State of Florida. Our programs and services are accredited by CARF—The Commission for Accreditation of Rehabilitation Facilities.

CHARLOTTE



Behavioral Health Care

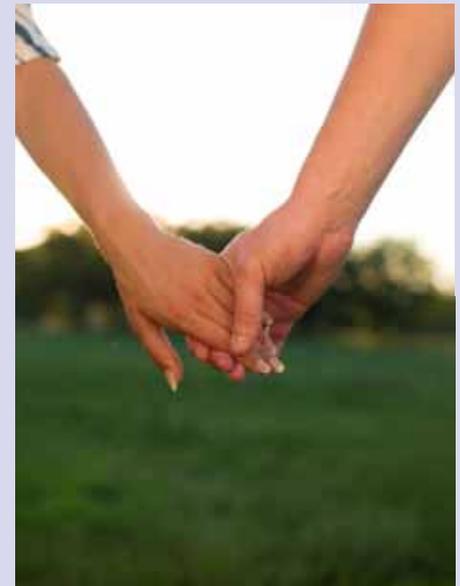
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CHARLOTTE



Behavioral Health Care

Substance Abuse Services



In 2006, an estimated 7% of Charlotte County residents, 18 or older, were classified as having substance dependence or addiction. Alcohol and drugs do not discriminate.



Substance Abuse Treatment

At Charlotte Behavioral Health Care, our goal is to assist people - adults and children seeking help in dealing with chemical dependency and substance abuse issues by providing comprehensive psychotherapeutic and counseling assistance.

The goal of treatment by our addictions specialist team is to return individuals to a state of being fully functioning and productive members of their families and the community.

Outpatient Program

The Outpatient Substance Abuse Program operates on the belief that most substance abuse problems are best understood as part of a process. This process affects each individual to a varying degree in all aspects of life including:

- * Physical
- * Emotional
- * Social
- * Psychological
- * Spiritual

Treatment is designed to address problems in each area. Consumers are treated with dignity and respect, and are encouraged to view substance abuse issues not as evidence of personal failure and unworthiness, but as a highly treatable condition for which there can be successful resolution.

Treatment includes:

- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Consultation with a Board Certified Addictions Professional

The program maintains a high rate of success, with 96% of individuals completing the program. Our program goals are to:

- ◆ help the rebuilding of relationships with family and friends
- ◆ assist individuals in developing support systems to help maintain sobriety
- ◆ assist individuals in developing skills to reduce relapse behavior

The Outpatient Substance Abuse Program provides both individual and group therapy services depending on the needs of the consumer. Some of our groups include: DUI Referrals, Coexisting Mental Illness (dual diagnosis), Dept. of Corrections Referrals, and Women with Substance Abuse Issues. Consumers are encouraged to seek community support with groups such as Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous.

Outreach Services

When a consumer's concerns are beyond the scope of the Outpatient Substance Abuse Program, Charlotte Behavioral Health Care provides assistance in getting individuals to the needed level of care - such as detoxification or inpatient residential treatment through our Outreach Case Manager. The Outreach activities involve regular contact with Emergency Room personnel, physician's offices, the Charlotte County Health Department, Drug Free Charlotte County, Charlotte County Sheriff's Office and other agencies and individuals who may have contact with those in need of substance abuse services.



The Outreach Case Manager coordinates the services for Charlotte County residents wishing to enter detox and/or residential services. The Case Manager also monitors the consumer's progress in treatment and assists in coordinating therapy activities, advocating for the consumer and linking them to necessary services and professional agencies.

Detoxification Services

In September, 2006, CBHC was granted \$1.2 million from Charlotte County to build a 15 bed detox unit. The ground breaking is anticipated for late 2007. Until its' opening, CBHC has contracted with SWFAS in Lee County and the David Lawrence Center in Collier County to provide detox beds for our residents.

Residential Services

SWFAS, David Lawrence Center and the Ruth Cooper Center in Lee County will be utilized for rehabilitative services.

24 Hour Crisis Line
941-575-0222



"It does not matter how deep you fall, what matters is how high you bounce back."