



Goal of the Program

The goal is to help you lead a substance free life by:

- Coming to terms with your substance abuse problem and how this impacts your ability to succeed.
- Learning new methods to cope with everyday situations/problems.
- Developing healthy relationships that support a sober life style.
- Developing new goals that enhance your self-esteem without the use of substances.



Services Provided

The program offers a broad continuum of services to address your needs. The process begins by having a trained clinician complete a clinical assessment and treatment plan with you. It can then proceed to any of the following:

- **Basic Substance Abuse Education** - enhances your knowledge of the addiction concept, the denial process, consequences of using, the family disease of addiction, moral choices and responsibility, and balanced living.
- **Group Therapy** - provides therapy in a group setting where you can learn from one another in order to live a sober life style and support one another. The role of the counselor is to provide a safe learning environment, where people can openly discuss and come to terms with their problems.
- **Individual Therapy** - one-to-one counseling with a trained substance abuse counselor. In these sessions you can learn to share feelings and thoughts that would be difficult in a group setting. In addition, this can be a setting where you can begin to discuss early trauma that could have lead to abusing substances.

- **Family Counseling** - offered to help you and your family learn how to cope with your substance abuse or dependence and learn the difference between providing necessary support and enabling the individual.
- **Teen Group** - provides therapy in a peer group setting where members learn from one another in order to live a sober life style and support one another. The role of the counselor is to provide a safe learning environment, where teens can openly discuss and come to terms with their problems.
- **Gender-Specific Groups** - are a safe, supportive environment in which women can address their gender-specific issues related to their substance abuse problems.
- **Continuing-Care Groups** - offered once you have completed the treatment component of the program to provide additional support in maintaining a sober life style.
- **Intensive Outpatient Program** - offers morning and evening sessions of intensive group substance abuse treatment for you if you have acute problems with maintaining sobriety. The program offers a combination of education, process, and group activities that focus on helping you achieve sobriety.



We care about
your recovery.
*Let us help you
learn to help yourself.*



 **Swanson Center**
LaPorte County's Complete
Mental Health Resource

About our Fees:

If you have questions go to www.swansoncenter.org
or call (219) 873-2395 or (219) 362-2145.

Passages Addiction Services Program

Swanson Center is your local center
that provides services to assist you
in overcoming problems related to
substance abuse and/or dependency.
Services Provided:

- Substance Abuse Education
Classes
- Group and Individual Therapy
- Family Counseling
- Teen and Gender-Specific
Groups
- Continuing-Care Groups
- Intensive Outpatient Groups
- Referrals to Detox Services

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Passages Addiction Services Program

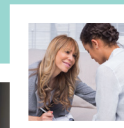
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Se Habla Español



Passages Addictions Services Program



Improving Lives... One Person at a Time
www.swansoncenter.org