

Drug and Alcohol Programming at Nebraska Mental Health Centers includes:

- Consultation
- Comprehensive Drug and Alcohol Evaluation
- On-site Drug Screening
- Drug and Alcohol Education Classes
- Outpatient Treatment Group
- Intensive Outpatient Treatment Groups
- Pre-Treatment Services (for those on a waiting list for residential treatment)
- Aftercare/Relapse Prevention Group
- Individual Sessions
- Family Sessions
- Professional Seminars and Presentations

24-hour Emergency Contact

For more information contact us at:

Phone: (402)483-6990

Fax: (402)483-7045

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NEBRASKA MENTAL HEALTH CENTERS

PART OF NEBRASKA COMPREHENSIVE HEALTH CARE

Drug and Alcohol Education Class

*CARING HEALTH, MENTAL HEALTH AND
ADDICTION TREATMENT SERVICES FOR
CHILDREN, ADOLESCENTS, ADULTS, & THEIR
FAMILIES
THROUGHOUT NEBRASKA*

**4545 SOUTH 86TH STREET
LINCOLN, NE 68526**

Who Qualifies?

At Nebraska Mental Health Centers our goal is to educate, inform, and provide our clients resourceful information regarding substance use.

Our Drug and Alcohol Education Program is for people who have come across unfortunate experiences with substances.

These experiences include:

- DUI
- MIP
- Possession
- School Concerns
- Family Concerns

Our education program focuses not only on drugs and alcohol, but also information regarding biological, social, and psychological effects of substance use.

Drug and Alcohol Education

Areas of focus include:

Alcohol and Drugs

Information on the physiological effects of alcohol on the human body and brain. Breakdown of Drugs and their classifications as well as effects of impairment and social impact are presented.

Patterns of Consumption

Empirically researched models of substance use.

Making Effective Changes

Change is not an easy thing to do. In this class, discussion of change and ways to initiate change is discussed.

Emotions/Values/Consequences

Information on how to help people better manage their emotions in various situations is presented.

Information I Need To Know:

- *Our Education Class runs in a continuous five week cycle.
- *Classes are held every Wednesday from 6-9 p.m.
- *Cost for classes is \$115.00, prepaid
-Insurance is not applicable

At Nebraska Mental Health Centers we want to do our job right from start to finish. As part of the Process we require:

- 30 Minute Intake
(No Charge)
- 30 Minute Exit Interview
(Included in Payment)

Our goal is to give you the information you need in order to make better choices about drugs and alcohol.