

Substance Abuse Survey

1. Have you ever felt you ought to cut down on your drinking/drug use?
2. Have people annoyed you by criticizing your drinking/drug use?
3. Have you ever felt bad or guilty about your drinking/drug use?
4. Have you ever had a drink/drug first thing in the morning to steady your nerves or get rid of a hangover?

If you answered “yes” to 2 or more of the above questions, you may benefit from participating in our Substance Abuse Treatment Program

Please contact

Pak Karpisek, LADC

Nebraska Mental Health
S.O.S.—Strategies of Sobriety
4545 S. 86th Street
Lincoln, NE 68526
(402) 483-6990

Nebraska Mental Health Centers, P. C.
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68526

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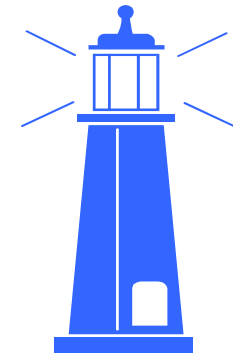
S.O.S.

Strategies of Sobriety

Comprehensive Substance Abuses
Evaluation and Treatment Services
At

N.M.H.C.

**4545 South 86th
Street
Lincoln, Nebraska**



(402) 483-6990

Continuum of Care

Coordinator; Pat Karpisek, LADC

Comprehensive Evaluation & Assessment

At NMHC we recognize the importance of treating the entire person. Therefore, we provide an evaluation that includes both an assessment of drug/alcohol problems, as well as a psychological assessment. This comprehensive approach will provide the direction for treatment success.

Cost= \$150.00

Individualized Care

At NMHC we understand that each individual has unique needs and strengths. Therefore, we offer individualized care; taking the most effective approach for each individual and capitalizing on their inherent strengths. This is the time when patients can integrate learning about themselves and focus on specific individual concerns.

Cost=\$70.00/Session

Family Care

Family care helps the family understand chemical dependency and its effects on families and friends. Our staff helps the family through the continuum of care and helps them build healthy family relationships.

Cost=\$70.00/Session

Group Treatment and Therapy

Most individuals experiencing problems with alcohol and/or drugs have surrounded themselves with other individuals with similar problems or have isolated themselves from others. The group therapy setting provides a safe environment for individuals to expand their support system and regain their skills of interacting with others while sober.

Cost=See Programs in the Next Section

Programs

DUI/Drug and Alcohol Education Program

This is an education group designed to meet the necessary requirements of alcohol and drug education for first DUI, MIP, and possession charges. It is also available as an educational experience for anyone struggling with drug and alcohol issues.

Cost=\$115.00

For the Outpatient and Intensive Outpatient Treatment Programs an intake with one of our psychologists must be scheduled. The purpose of this intake is to screen for any mental health issues a client may have.

Cost =Included in Total Group Costs

Outpatient Treatment Program of Care

This is a six (6) week program, held on Monday evenings from 6:00 p.m. to 8:30 p.m. An individual session and family session are also included. The focus of the program is to learn the effects of chemical dependency and learn to live a quality life without the use of a chemical substance.

Total Cost=\$490.00 (\$30.60 per week)

This program consists of six weeks of Outpatient Treatment followed by 10 weeks of Continued Care

Intensive Outpatient Treatment Program of Care

This is a six (6) week program, held every Monday, Tuesday, and Thursday evening from 6:00 p.m. to 8:30 p.m. The focus of this program is to recognize there is a problem and begin the work toward changing the problem. Building motivation for change and building a life of recovery is the goal of this program. Three individual and family therapy sessions are included in this program.

Total Cost=\$1120.00 (\$40.00 per week)

This program consists of six weeks of Intensive Outpatient Treatment followed by 20 weeks of Continued Care.

Relapse and Continued Care

This program helps the individual continue their life recovery. It gives the person the opportunity to talk with others about life issues that may be concerning them. It deals with relapse triggers and how to overcome them. This program is on Wednesdays at 4:00 p.m. to 5:00 p.m. and 6:00 p.m. to 7:00 p.m.

Cost = \$15.00/Session

After completing the program, letters documenting your completion will be forwarded to the appropriate individuals.

S.O.S. Programs are all Court Approved

The logo for Nebraska Mental Health Centers (NMHC) features the letters 'NM' stacked above 'HC' in a bold, black, serif font.

FOR MORE INFORMATION
CONTACT

Nebraska Mental Health Centers, P. C.
At (402) 483-6990
1-888-210-8064