

Sometimes problems are simple...



...most of the time they aren't.

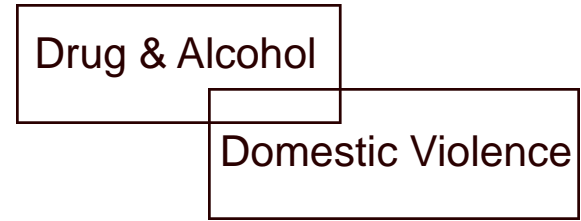
Nebraska Mental Health Centers is aware of how complicated things can get.

This is a shared program for people who found they have complicated problems.

Nebraska Mental Health Centers, P. C.
4545 South 86th Street
Lincoln, Nebraska
68526



**NEBRASKA MENTAL
HEALTH CENTERS**
PART OF NEBRASKA COMPREHENSIVE HEALTH CARE
**PRESENTS A COMBINED
CLINICAL EFFORT**



Two Interventions,
One Facility

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

4545 SOUTH 86TH STREET
LINCOLN, NE 68526

DOMESTIC VIOLENCE INTERVENTION PROGRAM

Outpatient Psychoeducational Group Format

Twenty Six Week Program

Meets on Wednesdays

7:00 pm-9:00 pm

New members must complete a 90 minute intake interview and orientation to the program

Intake interview and orientation session is \$50; payment is due on interview date

Cost per weekly group session: \$30

Payment Plans are available, inquire about insurance

Aftercare Program Available for former completed group members:

\$15 dollars per Aftercare session, walk-ins accepted

Program consists of:

-Intake interview and orientation

-Twenty Six attended sessions

-Exit Interview Session

-Weekly Supplemental Homework Assignments with necessary materials and references provided

-Written Individualized Reviews every six weeks, including a review of homework

Focus of Program Intervention:

-Deconstructing Myths about Domestic Violence

-Understanding Issues of Power and Control

-Confronting Irrational Belief Systems Underlying Violent Behaviors

-Identification of Co-Dependent Behavior

-Review of Individual Precipitators to Violence

-Accepting Responsibility for Aggressive Behaviors

-Review of Effects of Domestic Violence on Children

-Establishment of a Positive Self Image

-Learning Assertive and Effective Communication

-Negotiation Skills

-Stress Reduction Techniques

-Appropriate Expression of Emotions

-Creating a Home Environment of Equality and Safety

-Establishing Appropriate Boundaries

-Creating and Implementing a Relapse Prevention Plan

How They Work Together!

If, through proper assessment, an individual is recommended to complete a Drug and Alcohol Treatment Program **and** a Domestic Violence Program a diagnostic intake will be completed.

The intake will be scheduled to determine the appropriate level of drug and alcohol treatment, which days group should be attended and orientation to the group process.

An orientation will be scheduled in addition to the intake interview to enter the individual into the Domestic Violence Program and orient them to the procedures, rules, and expectations necessary for successful completion of the program.

Members in the Drug and Alcohol Outpatient Treatment Program would present on Mondays and again on Wednesdays for the Domestic Violence Intervention Program session.

Members in the Drug and Alcohol Intensive Outpatient Treatment Program would present on Mondays and Thursdays, but would meet for the Domestic Violence Intervention Program sessions on Wednesdays in lieu of attending the Drug and Alcohol Program session. Members are still expected to attend all 18 sessions for the Intensive Outpatient Treatment program.

DRUG AND ALCOHOL PROGRAMMING

Drug and Alcohol programs at Nebraska Mental Health Centers involving treatment are designed around the Biopsychosocial Model of Substance Misuse.

Individualization of programming is obtained through utilization of the 12 Core Functions of drug and alcohol counseling through empirically based therapeutic approaches.

Treatment is available for lone substance difficulties, as well as co-occurring mental health and substance related issues.

Outpatient Treatment

Six Sessions Treatment Program

Meets on Mondays

6:00 pm-8:00 pm

Five Session Aftercare Program

Cost is \$415.00

Includes group, two individual/family sessions, and Aftercare
Payment plans are available, inquire about insurance

Intensive Outpatient Treatment

Eighteen Sessions Treatment Program

Meets Monday, Tuesday, and Thursday

6:00 pm-9:00 pm

Seven Session Aftercare Program

Cost is \$925.00

Includes group, two individual/family sessions, and Aftercare
Payment plans are available, inquire about insurance

All drug and alcohol programs are included on the Preferred Providers list for Nebraska Criminal Justice.

Contact us!

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