



Taheima Recovery Services

5752 Princess Anne Road
Virginia Beach, VA 23462
(757)461-5098 Admissions@CSServices.co
www.CSServices.co



COMMUNITY
SOLUTIONS
IMPROVING THE LIVES OF HAMPTON
ROADS FAMILIES FOR OVER 20 YEARS!

Taheima Substance Abuse Treatment Continuum



TREATMENT ACTIVITIES

Treatment activities include reading selections from relevant literature, written exercises, individual discussions with clinical staff, group discussions with fellow individuals in treatment led by clinical staff, educational sessions covering a variety of topics (e.g. biological basis of addiction), and skills development workshops to improve functioning in domains key to recovery, such as social skills, stress management skills, occupational skills (finding and keeping a job), and financial management skills. Groups are led by CSACs and subject matter experts to assist clients in developing an achievable personal plan during treatment and at the conclusion of treatment.

WHAT IS TAHEIMA PLACE?

Taheima Place is a residential program that serves adults who have a history of substance abuse and need a safe haven to address the challenges that have prevented them from living a healthy and sober life. The program is licensed by the Virginia Department of Behavioral Health and Developmental Services and is an approved Medicaid provider. Each resident is individually assessed to ensure we are working as a team to address each person's unique situation. Clients need to be detoxed prior to admission.

Our Residential Rehab Program takes place in a newly renovated apartment building in Norfolk, Virginia that serves up to 10 clients at a time. The length of stay is individually determined based on client strengths, needs, and status in their recovery program.

- Board certified addiction medicine specialist
- Private rooms in a shared apartment setting
- Peer support
- Certified Substance Abuse Counselors
- Licensed Mental Health Professionals
- Transportation to 12-step groups
- Daily Skills Enrichment & Life Sessions
- Individual and group therapy sessions
- 24-hour on-site staff support
- Assistance in locating safe and stable housing



COMMUNITY CONNECTIONS

While participating in a Taheima treatment program, our staff works with the client and family members to identify sources of support, as well as linkages to jobs, education and housing as needed. Our community partners include:

- Outpatient therapy programs
- Local GED and secondary education programs
- Banks and credit unions
- Housing assistance programs
- Local Community Services Board
- Human Services entitlement professionals
- Parenting groups
- Recreation and exercise programs
- Employers, workforce readiness and apprentice programs

DRUG SCREENS

CS provides urine drug screens to clients during the intake process and randomly throughout treatment. CS utilizes a rapid read, 10-panel CLIA waived urine drug screen that reliably indicates a positive or negative reading of the following substances:

- Marijuana
- Buprenorphine
- Methadone
- Morphine
- Oxycodone/Opiates
- Methamphetamines
- Amphetamines
- Cocaine
- MDMA/Ecstasy
- Benzodiazepine

SUBSTANCE ABUSE ASSESSMENT & TREATMENT

ASSESSMENT: A Certified Substance Abuse Counselor (CSAC) will conduct a comprehensive evaluation to assess the level of substance use. The evaluation will include the preparation of a written report with observations, conclusions, treatment recommendations and disposition. Interviews will be conducted with the identified client; a family member or guardian may also participate in the interview. Content will include an examination of the following areas:



A comprehensive report documenting the assessment results complete with treatment recommendations will be provided to the referring worker at the conclusion of the assessment.

INTENSIVE OUTPATIENT PROGRAM

The Taheima IOP Program is designed to do the following for participants:

- Achieve abstinence
- Adopt behavioral changes that support abstinence (new lifestyle)
- Engage with a community-based support system (e.g. 12-Step Fellowship)
- Develop a positive support network
- Improve problem solving skills and coping strategies
- Identify and address a variety of psychosocial challenges, such as difficulties related to secure housing, employment, and adherence to judicial orders such as probation requirements.

Sessions are available during daytime and evening hours, and on weekends. Upon initial arrival into care, each individual is assessed by a credentialed addiction treatment professional for service needs. A comprehensive Individualized Service Plan is developed with the client. Sessions include a mixture of individual therapy, group therapy and family therapy. Taheima utilizes a variety of evidence-based models: Seeking Safety, 12-Step approaches, Cognitive Behavioral approaches, Motivational approaches, a Therapeutic Community approach, and the Matrix Model of treatment developed by SAMSHA. The adult IOP meets 3x/week for 3 hours per session and the adolescent IOP meets 3x/week for 2 hours per session.

INDIVIDUAL AND FAMILY SESSIONS

Community Solutions clinical staff are available to provide individual and family therapy sessions focusing on treatment and recovery. Sessions are facilitated by licensed mental health professionals and certified substance abuse professionals. A specialty focus is designed to help spouses and children regain trust and improve communication between family members.

TAHEIMA'S TOOLBOX

Our professional staff has been trained to utilize a variety of evidence-based, and experiential approaches that have been proven effective to coach clients to lead a life in recovery.

1. **MORAL RECONATION THERAPY.** MRT is a proven cognitive-behavioral program for substance abuse clients and returning citizens. Our MRT specialist addresses healthy relationships, breaking the chains of trauma and responsible living skills.
2. **MOTIVATIONAL INTERVIEWING.** CS Staff members assist substance abusing clients to make meaningful lifestyle changes by engaging them to examine intrinsic motivations and values.
3. **TRAUMA-INFORMED THERAPY.** Therapists use a variety of techniques including Relational Therapy, Psychodynamic Therapy, and CBT to enhance personal growth and support the client in their quest to function in a drug free environment.
4. **MINDFULNESS.** Clients learn to focus attention on the present moment to achieve positive changes in health, attitudes and beliefs.
5. **EXERCISE & MOVEMENT.** Promote healthy ways to diminish negative emotions such as anger, frustration and sadness.
6. **AA & NA MEETING PARTICIPATION.** Clients participate in AA or NA meetings in the Hampton Roads community.
7. **FAMILY PROGRAM.** Family members are encouraged to participate in the treatment process. Family therapy sessions are scheduled as needed and multi-family workshops are available to spouses, partners, parents and children.
8. **NUTRITION AND DIET.** Our health coach teaches healthy lifestyle habits to clients and the relationship to maintaining a sober recovery.
9. **GREEN THERAPY.** Clients participate in activities in local parks, outdoor recreation areas and woodlands. This program element promotes good mental health through contact with nature.
10. **COMMUNITY CONNECTIONS.** Clients are connected to a variety of community resources such as: stable housing, job opportunities, mass transit, peer support programs and community healthcare providers.



TAHEIMA RELAPSE PREVENTION PLANS

Any client who participates at any level of our Substance Abuse Treatment Programs works with their counselor to develop a Relapse Prevention Plan. Clients learn to:

1. Recognize their triggers - people, places, situations.
2. Recognize the stages of relapse - emotional, physical, mental.
3. How to ask for the help before turning to substances - AA friends, sponsor, Peer Support Specialist.

Clients who complete a Taheima program and experience relapse are eligible to return to Taheima to participate in a Taheima level of care or be referred to an appropriate treatment setting.

FOR ADDITIONAL INFORMATION, CALL

*TAHEIMA RECOVERY PROGRAM DIRECTOR, COREY PHILLIPS (757)292-0798
OR PROGRAM COORDINATOR, KIMBERLY JOHNSON (757)275-5134*