

For Other Support Services

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Drug & Alcohol	426
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Energy Assistance	655
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Please visit our website (www.caastlc.org) to find out more about our agency. It contains information on our programs and services, eligibility and income guidelines, required documentation, outreach sites, directions, upcoming events, employment opportunities, and more!

If you do not have Internet access at home, stop by your local library. The internet is available to use with a valid library card or current form of identification. Library cards are easy to obtain and are free to those living and paying taxes in their library district.

CAASTLC, Inc. is the Community Action Agency for St. Louis County.

Please make referrals to:

**Vern Johannes, LCSW, NCAC
Director of Counseling
314.863.0015 ext. 426**



**WOMEN'S
DRUG AND
ALCOHOL
PROGRAM**

2709 WOODSON RD
ST. LOUIS MO 63114

314.863.0015

WWW.CAASTLC.ORG

CAASTLC, Inc. has a new Woman's Drug and Alcohol Program that is free to low-income women residing in St. Louis County.



PROGRAM FEATURES

The program is directed and facilitated by certified substance abuse counselors.

- Individual and group counseling sessions.
- Urine tests conducted by a local certified laboratory.
- Meetings held at various times to accommodate most participants' schedules.
- Monthly progress and summary reports sent to case workers and/or courts, upon receipt of a signed consent form by the participant.
- Bus passes and child care stipends available.
- Coordination with CAASTLC programs (listed on back) to assist in the participant's needs.

PROGRAM STRUCTURE

Phase I – Assessment

A thorough drug and alcohol evaluation and needs assessment is conducted to address the participant's life situation and to provide a holistic approach to treatment needs.

Phase II – Intense

Two group meetings per week and one individual counseling session per week are scheduled for six weeks. Urine drops are conducted at the beginning and end of Phase II.

Phase III

One group session and one individual counseling session per week are scheduled for six weeks. A urine drop is conducted at the end of Phase III.

Phase IV

Weekly aftercare support groups are scheduled to address coping techniques and sobriety. Individual sessions are available.

GROUP SESSIONS OUTLINE

1. Drug & Alcohol Overview: Various Drugs and Effects On The Brain
2. Psychological Issues: Depression, Self-Esteem, and Traumatic Events
3. Effects on Family And Children
4. Cognitive Therapy: Rational Emotive Training
5. Assertiveness/Anger Management
6. Raising Children and Poverty Issues
7. Resources In The Community
8. Powerful Drugs: Cocaine, Meth, and Heroin
9. "Don't Throw In The Towel" Triggers
10. Marijuana, Subtle But Powerful
11. Spiritual: Developing An Inner Peace