

**Northwestern's Adult Women's / Men's
Motivational Enhancement Substance Abuse Groups**

Information Sheet

Group Format / Description:

The Motivational Enhancement groups are gender specific groups serving substance abusing adult men and women in a gender specific format (see times below for each group). The format is group therapy and substance abuse education. Participants will need to be evaluated in an intake and determined to be in the contemplation stage of change. Group members will be encouraged to discuss their attempts at sobriety. Discussions will also include topics of addiction, developing a recovery lifestyle and triggers with regard to relapse prevention among other topics. The goal for each participant is to improve their lifestyle by making the choice for recovery and to develop sobriety for the whole person.

Program Length, Days and Times:

Women's ~ Thursdays from 1:30PM ~ 2:30PM.

Men's ~ Thursdays from 3PM – 4PM

The group is a 12 week program and participants can start anytime once they have had the intake. To schedule the intake, call the call center at 540/636-4250, ext. 2414.

Program Place:

The Winchester Clinic of Northwestern Community Services Board, 158 Front Royal Pike, Winchester, VA 22601. The building is located on the corner of Rt. 522 and Rt. 50 between the IHOP and Texas Steakhouse Restaurants. Come up to the 2nd floor and go left to the Northwestern Clinic. The phone number of the clinic is 540/667-8888.

Fee for the Program: *The fee for the program is the same fee you were given in your financial intake which is based on your income. If you are not sure what the fee is or if you are unable to pay the fee, please let me know at the intake. You are expected to pay your fee at each session and will not be allowed in the group without payment of fee.*

Contact:

To start the program, call the call center and schedule an intake by calling 540/636-4250, ext. 2414. They will give you the next available appointment.

If you have questions about the program please contact Nancy Haden, LPC, CADC – NWCS SA Services Outpatient Supervisor at 540/636-4250 ext., 2223.

Revised: 01/15