

PREVENTION & FAMILY SERVICES

Community Based Prevention Services

Breaking Free uses nationally recognized evidence-based curricula that have been proven to prevent youth alcohol and drug use in school and community settings to ensure that our children reach their full potential.

Breaking Free provides the following prevention programs:

- ➡ After school programs providing tutoring, art, and physical activity in addition to an after school meal
- ➡ Classroom based prevention education
- ➡ Communication campaigns focused on prevention and education about alcohol and drug use
- ➡ Youth coalition within the school that help to create and promote prevention messages and campaigns

Family Parenting & Child Abuse Prevention

Breaking Free's Family Based Services prevent child abuse through the delivery of the Nurturing Parenting Program. Working with schools, churches, and community agencies this program is made available to parents and children throughout the area.

The Nurturing Parenting Program strengthens parent support and skills in the following five areas:

- Appropriate Expectations
- Empathy
- Alternatives to corporal punishment
- Appropriate parent-child roles
- Power and independence

Breaking Free is committed to **ONE GOAL**

helping individuals and families live in a community where everyone reaches their full potential. We do this by building strong family foundations and rebuilding those impacted by substance use and other life challenges.

For over 40 years Breaking Free's passionate and proven approach has been strengthening the lives of 15,000 people annually. Our compassionate staff uses nationally recognized prevention and educational programs to build the life skills people need to thrive and make positive decisions for themselves and their families.

We understand that every client comes to us with unique challenges. That's why we help them rebuild their lives with counseling and treatment services that are tailored to individual needs and focused on individual strengths to best ensure success. Our sliding scale fees mean no one will be turned away because of economic circumstances.



Breaking Free has been accredited
by CARF International.

**BREAKING FREE'S CLINICAL AND PREVENTION SERVICES ARE
FUNDED IN PART BY THE DIVISION OF SUBSTANCE USE
PREVENTION AND RECOVERY (SUPR) .**

CONTACT US

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To learn more or to make a donation.



BREAKING FREE

www.BreakingFreeInc.org



SUBSTANCE USE & CO-OCCURRING DISORDER PROGRAMS

Comprehensive Substance Use & Co-occurring Disorder Evaluations

At Breaking Free the road to recovery begins with a comprehensive substance use and mental health disorder evaluation with resulting treatment recommendations. This evaluation provides the best level of personalized treatment for patients giving them the best chance at achieving lifelong recovery.

Our Evaluations consist of:

- Family Background
- Social History
- Employment History
- Medical History
- Mental Health and Substance Use History

Upon completion of the evaluation treatment recommendations are given to the individual.

Early Intervention Services

Designed to explore and address problems or risk factors that are related to alcohol and drug use. These services are indicated when an individual is in the early stages of use or when a use pattern is beginning to cause complications or problems in one or more life areas.

Women's Recovery Services

The mission of the women's treatment programs is to successfully treat substance use problems by offering women, including women with children, a program that combines motivation and support to achieve and maintain abstinence and restore family relationships.

This program is designed to meet the specific needs of women and offers:

- Outreach services to initiate contact with women and helps them overcome obstacles to treatment such as transportation and childcare
- Individual, group and family counseling
- Medication evaluation by an Advanced Practice Nurse when medication for a mental health diagnosis is considered necessary

Men's Recovery Services

We provide specialized treatment services to men to help them achieve their goal of beginning their recovery.

This program offers:

- Individual, group and family counseling
- Patient and family educational seminars
- Anger management component to develop healthy coping skills
- Medication evaluation by an Advanced Practice Nurse when medication for a mental health diagnosis is considered necessary

Adolescent Counseling Services

With a long history of working successfully with young people and their families, we are dedicated to supporting you and your teen through the decision-making, treatment, and recovery process.

The following specialized programs and services are available to your adolescent and your family:

- Structured early intervention
- Adolescent recovery services including individual and group outpatient programs
- Anger management
- Family education and support program



Anger Management Counseling

For those individuals experiencing difficulties managing their anger, we offer both adolescent and adult anger management counseling.

This includes:

- Anger triggers
- Healthy and unhealthy responses to anger
- Development of skills necessary to reduce the frequency of anger arousal
- Development of a personally effective strategy for personal control when anger is aroused