

MENTAL HEALTH COUNSELING

We provide a holistic approach to treatment in order to assist clients that are dealing with co-occurring disorders. Mental Health counseling is available from a Masters Level, dually licensed Mental Health Counselor and Chemical Dependency Professional. We are able to provide treatment for emotional/mental health issues such as depression and anxiety.

SUPPORT PROGRAMS

We provide a balanced approach to recovery that can include 12-Step programs. The steps and principles of these programs are incorporated into the philosophy and programs provided by Colonial Clinic. Active participation in support meetings is strongly recommended. Some 12-Step Programs include: Alcoholics Anonymous, Celebrate Recovery, Narcotics Anonymous and others.

FREE INITIAL CONSULT

One very important step that can be taken today is making the phone call. Our caring staff is available to take care of you from this point forward. You can meet with our Clinic Director at no cost to you. He is highly trained to determine your needs and provide a plan that will work for you. Simply call us to make some important changes in your life.



COLONIAL CLINIC

910 North Washington
Suite 201
Spokane, WA 99201

(509) 327-9831

Fax: (509) 327-9857

www.colonialclinic.com



Colonial Clinic



RECOVERY WITH DIGNITY

HOW IT WORKS

Colonial Clinic offers a unique intensive outpatient experience. The Clinic was founded with the idea that clients can and do recover in their own environment. Our Intensive Outpatient Program allows clients to continue to work, and live at home, while participating in their recovery process at the Clinic. The IOP is the heart of the treatment program at Colonial Clinic. Approximately once a month a new group of clients come together with our professional counselors to learn about the disease of chemical dependency, themselves, and the tools for recovery.

Unlike many other programs our treatment groups, once formed, are closed (in other words, no new patients will be added to the group). This encourages trust, accountability, and friendship with others recovering from the same disease. Many of our clients remain friends as a result of the bond from their initial recovery group. When the IOP program is completed, clients remain with their original group but meet less frequently.

Throughout treatment, clients also meet individually with their counselor to address their unique needs.

Program Costs: Colonial Clinic's treatment programs are certified by Washington state and covered by most medical insurance providers. For clients who are sincere about recovery, we will do our best to make financial arrangements that will allow them to join us.

PHILOSOPHY OF TREATMENT

We believe chemical dependency to be a treatable disease. This disease affects:

- Individuals
- Families
- Significant Others

Our primary goal is to promote long-term recovery throughout the development of self-awareness and personalized knowledge of the addiction/recovery process. We believe any person can overcome chemical dependency with a good balance of body, mind and spirit. This recovery can be attained with the assistance of experienced professionals.

FAMILY SERVICES

Chemical dependency does not just affect those using drugs and/or alcohol. Making families a part of the recovery process is a key component of the Colonial Clinic program. People who are close to our clients (spouses, children, parent, and close friends) are encouraged to meet regularly in a "closed group" venue under the direction of a counselor to learn how the disease has affected their own lives. We also provide individual and family counseling for recovering persons and their spouses/families.

PHASES OF RECOVERY

We offer day time or evening programs.

Phase I: Intensive Outpatient Program

1. Group Sessions: Monday - Friday 9-12 noon or 6-9pm, for five weeks.
2. Individual Counseling Sessions: Four individual counseling sessions within the five week program.

Phase II: Transition Program

1. Group sessions twice a week from 9 - 11 am or 6 - 8 pm for 12 weeks.
2. Individual Counseling Sessions: Once a month.

Phase III: Weekly Recovery Program

1. Group Sessions: Once a week from 9-11 am or 6-8 pm, for 12 weeks.
2. Individual Counseling Sessions: Once a month.

Phase IV: Monthly Recovery Program

1. Group Sessions: Once a month from 9-11 am or 6-8 pm, for five months.
2. Individual Counseling Sessions: Once a month.

