

# SERVICES IN DALLAS

ALL SERVICES ARE OFFERED IN ENGLISH AND SPANISH

We Accept All Major Private Insurance

## SERVICES // DESCRIPTION

### COST

#### **DRUG AND ALCOHOL EVALUATION**

**\$45.00**

A standardized evaluation of any necessity for education, intervention, or treatment services is readily available by individual appointment. This evaluation will constitute a qualified clinician opinion of abuse or dependency based upon the criteria identified and applied through the DSM-V. A recommendation for the future course of treatment that will provide the most benefit to the client will be developed and reported after each evaluation is complete.

***REFERRAL PROVIDERS: Please note that the evaluation reports and recommendations will be sent to designated recipient within one week of completion.***

#### **EDUCATION AND INTERVENTION**

1. **Drug Offender Education Program (DOEP)** **\$100 if paid in full or \$25 per session**  
This state certified, standardized program is 15 hours in length over five separate sessions. It is designed to increase the knowledge of drug offenders by educating them on the dangers of drug abuse and associated illegal activities, to identify their own individual drug-use patterns, and to assist them in developing personal action plans which will reduce the probability of suffering the consequences of future drug using and illegal behavior.

**Specific course topics include:** the history of drug abuse, drug/DWI laws, dynamics of drug use, drugs of abuse, how drugs work, costs of use and abuse, health issues, HIV, interpersonal relationships, de glamorization of drugs, values and behaviors, past and desired behaviors, getting control of your life, resource options, and personal action planning. (Not applicable to deferred adjudication).

2. **DWI Basic Education Program (DWIE)** **\$75 if paid in full or \$30 per session**  
This state certified, standardized program is 12 hours in length over three separate sessions. It is designed to help DWI offenders increase their knowledge about alcohol and drugs as these substances relate to driving skills, to identify their own individual drinking/drug use and driving patterns, and to assist them in developing plans which will reduce the probability of future DWI behavior.

**Specific course topics include:** alcohol/drug and traffic safety problems, Texas laws relating to DWI, effects of alcohol/drugs on humans, alcohol/drugs and driving task abilities, chemical dependency, symptoms of dependency, sources of assistance, costs of DWI, and decision-making.

3. DWI Intervention Program (ROP) \$300 if paid in full or \$25 per session  
This state certified, standardized program is 32 hours in length over sixteen separate sessions. It is designed for multiple DWI offenders and/or others who have alcohol/drug related problems for which the first offender program was not designed to address. The program purpose is to intervene in the alcohol/drug abusing lifestyles of the offenders in order to encourage entry into treatment where indicated as well as to prevent further substance abuse related problems.

**Specific course topics include:** lifestyle issues, values, self-esteem, positive thinking vs. irrational beliefs, responsibility, physiological/psychological effects of drugs, alcoholism, chemical dependency, how drug abuse effects family members, co-dependency, Al-Anon, treatment options, 12-Step Self-Help Groups, peer pressure, relapse prevention, problem solving and action planning.

4. Marijuana Education – \$175.00  
The purpose of this class is to provide low-risk clients with information and motivation to quit using marijuana. This class is not for high-risk clients or clients with a diagnosed drug dependency. This program requires a minimum of 12 classroom hours with a maximum of 20 clients per class. Sessions does not exceed more than 2 hours per class per day. Classes are taught by licensed professional staff and signature logs are maintained for three years.

5. Life Skills Program \$160.00  
This cognitive-behavioral program consists of 12 group hours with a maximum of 25 participants per group with no more than 3 hours of group per week. Signature logs for each and every group are maintained and available for audit by DCCSCD for 3 years. This program will address a variety of topics to assist individuals with the process of behavioral changes including: values, emotions, decision making, communication, stress reduction and management, life style choices, budget, healthy relation and goal setting.

6. Parenting Skills Course \$240.00  
This cognitive-behavioral program consists of 12 hours, 3- four hours sessions and a curriculum founded in Parenting and Family Values: A Cognitive-Behavioral MRT Program. It is designed to assist clients with recognizing proactive parenting skills, applying appropriate behavioral disciplines, utilizing effective methods for positive change, and fostering healthy parent/child relationship dynamics, effective communication, recognizing child abuse and neglect, and establishing effective parental boundaries and roles.

7. Batterers Intervention Program \$25 per session

This cognitive-behavioral program consists of 24 weekly group sessions with perpetrators of domestic violence. The psycho-educational program is designed to change how batterers think and behave from volatile outbursts of aggression to a pattern of equality and acceptance.

8. Anger Management Program \$25 per session  
Anger Management classes teach individuals cognitive-behavioral and problem-solving skills designed with the goal of helping clients manage their anger and respond to problematic situations more effectively. This program meets a minimum of 13 group hours.

9. Anti-Theft (Theft- Intervention) - Misdemeanor Cases \$60.00 Felony \$120.00  
The purpose of this class is to deter theft behavior and shoplifting. Misdemeanor cases will receive 4 hours of instruction and felony cases will receive 8 hours of instruction.

10. Moral Reconation Program \$25.00 x session  
This cognitive-behavioral program consists of 15 group sessions. MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients. As long as clients' judgments about right and wrong are made from low levels of moral reasoning, counseling them, and even punishing them will have little long-lasting impact on their behavior. They must be confronted with the consequences of their behavior and the effect that it has had on their family, friends and community. Poor moral reasoning is common within at-risk populations.

MRT addresses beliefs and reasoning. It is a systematic, step-by-step group counseling treatment approach for treatment-resistant clients. The program is designed to alter how clients think and make judgments about what is right and wrong. The MRT system approaches the problem of treating resistant populations as a problem of low levels of moral reasoning. In this case, "moral" does not refer to a religious concept, but rather the theoretical conceptualization of psychologist Lawrence Kohlberg. Moral reasoning represents how a person makes decisions about what he or she should or should not do in a given situation.

Briefly, MRT seeks to move clients from hedonistic (pleasure vs. pain) reasoning levels to levels where concern for social rules and others becomes important. MRT research has shown that as clients complete steps moral reasoning increases in adult and juvenile offenders.

MRT systematically focuses on seven basic treatment issues:

- confrontation of beliefs, attitudes and behaviors
- assessment of current relationships
- reinforcement of positive behavior and habits
- positive identity formation
- enhancement of self-concept
- decrease in hedonism and development of frustration tolerance
- development of higher stages of moral reasoning

Ideal candidates for this program include the following charges / convictions:

Theft, Fraud, Credit Card Abuse, Evading Arrest, Trespassing, Aiding & Abetting / Accessory, Drug Possession, Burglary, Larceny, Arson, Bribery, Conspiracy, Criminal Contempt of Court, Cyber

Bullying, Disorderly Conduct, Disturbing the Peace, Embezzlement, Extortion, Forgery, Harassment, Hate Crimes, Identity Theft, Insurance Fraud, Probation Violation, Prostitution, Public Intoxication, Robbery, Securities Fraud, Shoplifting, Solicitation, Telemarketing Fraud, Vandalism, Wire Fraud

11. Thinking for a Change

\$25.00 x session

Thinking for a Change (T4C) is an integrated, cognitive behavioral change program for offenders that include cognitive restructuring, social skills development, and development of problem solving skills.

Designed for delivery to small groups in 25 lessons, the T4C program can be expanded to meet the needs of specific participant groups. Participants can include adults and juveniles or males and females.

12. Trauma Program

\$25.00 x session

The trauma recovery program includes a 67-page workbook that is based on the MRT approach. The program is designed to be a 12 session group format that can be implemented in an open-ended format (where new participants can enter at any time) or as a 12-session psycho-educational class.

There are separate workbooks for female and male participants. Clients complete homework from the workbook, and the facilitator passes the client to the next exercise or has the client redo the homework, based on objective criteria.

This program is designed for those individuals whom have experienced trauma such as abuse as a child, assault, accidents, bully, abandonment, neglect, domestic violence, catastrophic events (tornados, hurricanes, etc).

13. PTSD Program

\$25.00 x session

“Battling Shadows” is a cognitive behavioral workbook that directly confronts trauma issues typically encountered in veteran population. This 150-page workbook is designed to be implemented in 12 group sessions, facilitated by trained staff. The program utilizes specialized techniques that are intended to be used only with Veteran focused groups.

14. EMDR Therapy

\$120.00 x hr

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

