



VHA Holistic Care

MISSION

Providing the highest quality substance use disorder services for youth and adults in Monterey and San Benito Counties.

VISION

Valley Health Associates is a non-profit organization that utilizes Medication Assisted Treatment and other evidence-based methods in a safe, caring, and supportive environment either on-site or through our mobile clinic. Our main focus is to promote recovery and wellness through healthy and productive lifestyle changes while applying a whole-person approach to care.

CORE VALUES

Valley Health Associates is committed to excellence, making certain that each person served is:

- Treated with dignity and respect
- Ensured confidentiality
- Provided compassionate service in a professional manner



Licensed, Certified, and Accredited

Licensed by: The State of California Department of Alcohol & Drug Programs, Narcotic Treatment Branch, and the Drug Enforcement Agency.
Certified by: State of California Department of Alcohol & Drug Programs, Outpatient Programs, and Monterey County Behavioral Health Division; Department of Alcohol & Drug Programs. Outpatient programs are certified by the State Department of Health Care Services License Number: 270011DN, expiration date 10/31/26, and MAT Program License Number: 27-07, expiration date 6/30/25.

Accredited by CARF (Commission on Accreditation of Rehabilitation Facilities) since 2006.

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🌐 **www.valleyhealthassociates.com**

🏠 **913 Blanco Circle, Salinas, CA 93901**




**A premier provider
of outpatient chemical
dependency treatment
programs in Monterey
and San Benito Counties.**



Our Programs

MEDICATION ASSISTED TREATMENT

Methadone, buprenorphine, and naltrexone are used to treat opioid dependence.

PROGRAM HOURS

MONDAY - FRIDAY | 6:30 AM - 3:30 PM

DOSING HOURS

MONDAY - FRIDAY | 6:30 AM - 11:00 AM AND 12:30 PM - 2:00 PM

WEEKENDS/HOLIDAYS | 7:30 AM - 10:00 AM

MOBILE CLINIC

Our team brings treatment directly to those in need and unable to travel to the clinic.

COMMUNITY OUTREACH

Our outreach team penetrates hidden and marginalized communities by frequenting local homeless encampments, soup kitchens, jails, and drop-in shelters.

OUTPATIENT SERVICES

ADULTS

YOUTH (12-17)

TRANSITIONAL AGE YOUTH (18-24)

- comprehensive assessment
- individualized treatment planning
- individual & group counseling
- introduction to 12-step programs
- relapse prevention
- coping skills
- drug testing
- discharge planning
- continuing care support groups

ADULT AND YOUTH OUTPATIENT TREATMENT PROGRAM HOURS:

MONDAY - FRIDAY | 9:00 AM - 6:00 PM

CLOSED FOR LUNCH 1:00 PM - 2:00 PM

PEER SUPPORT

Providing crucial individualized help such as employment assistance, housing aid, resume building, and further education.

OVERDOSE PREVENTION

VHA is part of the Naloxone Distribution Project working to make life-saving Naloxone (NARCAN) available throughout our community.

If an overdose occurs, here's what to do:

1. Try to wake the person
2. **Call 911**
3. Give the first dose of Naloxone
4. Check for breathing
5. Be prepared to give a second dose



Support every step of the way

GROCERY DISTRIBUTION

We provide regular food donations to clients.

LINKAGES TO ESSENTIAL AID

Referral and transport to concurrent treatment and ancillary services.

PRESCRIBE SAFE INITIATIVE

VHA is part of a collaborative of more than 35 local businesses and agencies.

ALTERNATIVE THERAPY OPTIONS

VHA provides alternative therapy, based on client choice. Examples include working with animals, creating art or music, outdoor activities and more.