



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 using 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.



+831-424-6655



+831-424-9717



www.valleyhealthassociates.com



913 Blanco Circle, Salinas, CA 93901



Valley Health Associates offers comprehensive **Adult Outpatient Treatment**



**VHA is ready
for your call
and here to help.**

SERVICES INCLUDE

- Comprehensive assessment
- Individualized treatment planning
- Individual counseling
- Group counseling
- Family counseling
- SUD education
- Introduction to 12-step programs
- Relapse prevention and coping skills
- Drug testing
- Discharge planning
- Continuing care support groups
- Peer support access
- Case management
- Linkage and referrals to other community services.



SCAN THE QR CODE TO
FIND OUT MORE ABOUT OUR
ADULT OUTPATIENT
PROGRAM

**ADULT OUTPATIENT TREATMENT
PROGRAM HOURS:**

MONDAY - FRIDAY | 9:00 AM - 6:00 PM
CLOSED FOR LUNCH 1:00 PM - 2:00 PM

**Adult Outpatient
Substance Use
Treatment**

Valley Health Associates offers an Adult Outpatient Treatment Program to improve outcomes for those suffering from Substance Use Disorder (SUD), especially Opioid Use Disorder (OUD), in our community.

Our Adult Outpatient Program allows men and women to receive treatment for drug or alcohol addiction as they continue with routine daily activities.

The program utilizes evidence-based best practices, including Seeking Safety, The Matrix, Living In Balance and Anger Management.



The Adult Outpatient Treatment Program at Valley Health Associates anticipates improvements for our clients in the following realms:

- Family connectedness
- Healthy social engagement
- Capacity to hold a job
- Goal setting & accomplishment
- Openness to talk
- Decrease in risky behaviors
- Excitement for new healthy lifestyle

All with the aim of finding recovery, wellness, and full social function through healthy and productive lifestyle changes.