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SAMI PROGRAM

What is the SAMI Program?

SAMI stands for Substance Abuse and Mental Illness. The SAMI Program is designed for individuals struggling with substance abuse and mental health issues. The program can benefit individuals who occasionally abuse substances, or those who have been addicted to drugs or alcohol for many years. The program can assist those who suffer from depression, anxiety, thought problems, trauma and many other mental and emotional problems. Often, people diagnosed with a substance abuse disorder and mental illness have difficulty finding treatment that addresses both issues. The SAMI Program assists by providing assessment and treatment focusing on the unique difficulties encountered by persons with both diagnoses. The SAMI Program is a voluntary, short-term program for persons 18 and older, which assists people to develop or maintain their recovery and to promote mental health. The SAMI Program often works cooperatively with the counseling and psychotherapy department, the community support program and psychiatric services.

What can I expect from the SAMI Program?

The goal of the SAMI Program is to develop sobriety and mental stability. The counseling offered addresses the unique way that substance abuse and mental illnesses affect one another. The program offers both group and individual counseling. Group topics include discussions of mental illnesses and their treatment, relapse prevention, coping strategies, stress management, improving relationships, anger management, communication issues and creating a healthy lifestyle. The group also incorporates traditional concepts such as those offered in AA, as well as other techniques including social skills and communication training. Individual treatment with the SAMI Therapist includes an assessment, treatment planning, individualized services including counseling and treatment coordination as needed.

Before beginning the SAMI Program, individuals will meet with the SAMI staff to assess their situation and plan for treatment based on individual needs.

How can the SAMI Program help me?

The SAMI Program helps individuals develop sobriety and stabilize mental and emotional disorders. An emphasis is placed on learning to live a healthy lifestyle through the development of healthy habits, gaining skills to manage stress, communicating effectively, and coping with the unique challenges of being dually diagnosed.