



## **Texoma Community Center Substance Use Disorder Services**

In addition to the specialized program treatment services listed herein, our treatment team provides a variety of outpatient service options to all substance use program clients including:

- Screenings and assessments
- Group counseling
- Family education/counseling
- Sober social activities
- Linkages to community supports
- Coordination of services with outside agencies upon client's request
- A focus on moving into a sober lifestyle which includes the client's overall wellbeing in dimensions of: educational, financial, social spiritual, occupational, physical, intellectual, environmental, and emotional.

To request more information, ask a question about eligibility, make a referral for services, or to schedule an intake appointment call:

903-957-4803 or 1-877-530-2228

or send confidential fax to:

903-630-8627

**Subject Re: Women's Specialized  
Outpatient Services**

## **WHO WE SERVE:**

The TCC Substance Use Disorder Programs and Outpatient Substance Use Disorder Treatment Center is committed to providing evidence-based, individualized services to support clients in achieving life-long, holistic recovery from substance use disorders. We offer services to eligible Texas residents of Cooke, Fannin, and Grayson counties.

## **Program Contact Information:**

**TCC Substance Use Disorder Program  
Adult Specialized Female Outpatient Services**

Phone: 903-957-4803 or 903-957-4845

Toll Free: 1-877-530-2228

PO Box 1087, Sherman, Texas 75091

Business Hours M-F 8-5pm

Website: [www.texomacc.org](http://www.texomacc.org)

Facebook: Texoma Community Center

All services are provided in compliance with the Civil Rights Act of 1964, as amended in the Americans with Disabilities Act (ADA) of 1990.

Relay Texas, Voice- 1.800.735.2988

Relay Texas, TTY- 1.800.735.2989

**TCC Crisis Line (24 hours)  
1-877-277-2226**



*Texoma Community Center*

## ***Adult Specialized Female Outpatient Services Program Information***

**TCC  
Outpatient  
Substance  
Use Disorder  
Treatment  
Center**

*The TCC Outpatient Substance Use Disorder Treatment Center is licensed by the Texas Department of State Health Services.*



## Adult Specialized Female Outpatient Services (ASFOS) Texoma Community Center Substance Use Disorder Program

### PURPOSE AND ELIGIBILITY:

Newly offered as part of the evolving expansion plan for the TCC Substance Use Disorder Program, the ASFOS program is purposely designed to provide comprehensive, trauma-informed, and gender-specific treatment services to a specialized population of women. With a specific focus on **adult females with dependent children**, the program has been developed with the goals of offering a diverse, yet cohesive, set of services aimed towards outpatient substance use treatment and prevention assistance. Priority admittance to the program will be offered to **pregnant women, injecting female drug users, and women referred by the Department of Family and Protective Services**. The treatment services are designed to facilitate stable recovery for affected mothers and facilitate preservation of the clients' families. In many cases, **treatment services provided by the ASFOS program may be coordinated with the court system or DFPS & CPS** to enhance and assist with recovery of the client and their family members.

**ASFOS Program Services offered include:**  
therapy services for individuals and groups with a special focus on:

- ✚ Overcoming Violence
- ✚ Dealing with Trauma
- ✚ Substance Use & Addiction
- ✚ Relationships – Spouse & Parental
- ✚ Sexual and Physical Abuse
- ✚ Family Issues

**Educational Services Curriculum includes:**

- ✚ Communicable Diseases & Risks of Transmission to others
- ✚ Risks of Needle Sharing
- ✚ Overdose Prevention Education
- ✚ Naloxone Education and Local Access
- ✚ Tobacco Cessation Strategies & Treatment
- ✚ Reproductive Health Education
- ✚ Substance Use Effects on Fetus
- ✚ Nurturing Parent Educational Program
- ✚ Interpersonal, Daily Living, & Societal Skills Training

Some of the **EBP approaches** used in our programs include:

- ✚ Holistic, client-centered focus
- ✚ SMART Recovery (REBT)\*
- ✚ MI, CPT, and CBT Therapies
- ✚ Relapse Prevention
- ✚ MRT (Moral Resonance Therapy)
- ✚ Family Education
- ✚ Anger Management (SAMHSA)

\*A traditional 12 step facilitator-led group is also available to promote increased understanding of the application of the 12 steps to one's recovery.

### INDIVIDUALIZED THERAPEUTIC

**INTERVENTIONS:** Program requirements mandate **one hour of group or individual therapy per every six hours of classroom education** for each client participant.

### AN INNOVATIVE APPROACH TO TREATMENT:

We believe that:

- ✚ Individuals diagnosed with a substance use disorder have the ability to recover.
- ✚ These persons deserve dignity and respect throughout their recovery process without the stigma traditionally attached to substance use disorders.
- ✚ Each individual is unique and that person centered recovery should be inclusive of individual strengths and needs.
- ✚ There are many paths to recovery and we strive to provide multiple research-based practices in allowing individuals to determine the most effective path for themselves.
- ✚ Maintenance of the health, safety, and welfare of individuals in recovery is our guiding principle to direct client centered treatment.
- ✚ Non-judgmental, unbiased, respectful, and objective service delivery promotes efficacy of treatment.
- ✚ It is essential to empower clients to achieve their highest level of functioning in all dimensions of wellness.

### TCC-SUD PROGRAM MISSION STATEMENT:

Texoma Community Center is committed to providing ethical, gender responsive, quality outpatient substance use disorder treatment with respect, dignity, and cultural sensitivity through the efficient and effective delivery of individualized treatment services. We implement current research and evidence-based treatments in our delivery of services. We will be a resource to the communities we serve by educating the public on the dangers of addiction and advocating at all times for the value of substance use disorder services in improving the welfare of those communities. Our employees, who are trained professionals and volunteers, will keep our mission statement as the guiding principle in their work to guide.