



## WHO ARE WE?

Shasta County Health and Human Services Agency's Perinatal Substance Abuse Treatment Program is an outpatient program that offers alcohol and drug treatment to women who are pregnant or have child(ren) under age 18.

*We provide women the skills and opportunities to conquer addiction and raise children who thrive in a safe, nurturing and drug-free environment.*

The program uses the **Matrix Model**, an evidence-based program recognized by the National Institute on Drug Abuse.



## PROGRAM ACTIVITIES

Through partnerships with other agencies, the program offers counseling, random drug testing and education about a variety of health-related topics. Mothers are taught life skills and work through family and home issues in a supportive group setting.

Mothers are also linked to **Parent Partners**, or mentors who have experienced and recovered from similar life situations.

### Groups and Counseling Sessions

- Positive Parenting Program
- Supervised hands-on parenting
- Parent-infant bonding
- Health education
- Life skills education
- HIV counseling and testing
- Random drug testing
- Alcohol and drug education
- Relapse prevention
- Orientation to 12-Step meetings
- Role playing and group counseling
- Smoking cessation
- Treatment planning/case management
- Crisis counseling

*Participants take an active role in the treatment process and learn effective parenting without the dependence on alcohol or other drugs.*

## PROGRAM STRUCTURE

Mothers attend treatment for approximately three hours a day, four times a week for four months; and then two days a week, two hours a day for two months, or until the program is completed.

## ACCOMMODATIONS

Transportation is available on a limited basis. A child care cooperative is on sight for preschool aged children and/or child care referrals are made on a case-by-case basis. Infants up to four months old may be able to attend treatment with the mother.

## ACCESSING SERVICES

Services are available to women who require an intensive level of treatment and are pregnant or have a young child. We have a sliding scale and accept Medi-Cal. To apply for services, walk in or call 245-6411.



## OUR LOCATION

### Perinatal Substance Abuse Treatment Program

1506 Market St.  
Redding, CA 96001  
(530) 245-6411

## ONLINE

[www.shastahhsa.net](http://www.shastahhsa.net)



SHASTA COUNTY HEALTH AND HUMAN  
SERVICES AGENCY  
[www.shastahhsa.net](http://www.shastahhsa.net)  
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ALCOHOL AND DRUG

# PERINATAL PROGRAM

Is addiction  
hurting you  
and your  
family?



Pregnant women  
have priority  
admission

SHASTA COUNTY HEALTH AND  
HUMAN SERVICES AGENCY