



WELCOME TO HEALTHY U BEHAVIORAL HEALTH SERVICES (HUBHS)!

Welcome! The choice to seek treatment for problem substance use is a difficult one and many people come to us with mixed feelings, worry, financial difficulties, guilt, or shame. Sometimes people may simply need help in understanding substance use behavior and its effects on them and their loved ones.

If these mixed feelings describe how you feel then we want to assure you that you have come to the right place! We are licensed by the state Department of Alcohol and Other Drug Abuse Services (DAODAS) and the Department of Health and Environmental Control (DHEC); we are also accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

What do all these licenses and accreditations mean? It is your assurance that our staff is highly competent and trained to help you sort out all the issues that are unique to you. We will help you come up with a plan of care that considers your severity of symptoms, individual personal preferences and your level of readiness in regard to changing your life and improving your situation.

We are glad that you are here, and your needs, preferences and comfort is important to us; please advise our clinical, management or office staff of any concerns that you have and if it is within our means to resolve the issue, we will promptly do so.

Sincerely,

Christina P. McDowell, LMSW, AADC, LAC, MAC, CS
Executive Director
Healthy U Behavioral Health Services, Union S.C.

YOUR FIRST VISIT

When you first arrive at the agency, you will be greeted by our friendly staff and asked to check in at the front window. You will then be given intake paperwork to complete. This allows us to obtain basic identifying information from you and to orient you to our agency. After completing necessary paperwork, a counselor will answer any questions that you may have and begin the

assessment, which includes a brief screening and a full bio-psychosocial assessment. An assessment is a series of questions that allows us the opportunity to get to know you as an individual and to fully understand the issues you are having difficulties with. This will guide us to provide you with the help that is necessary for your unique situation. This process may be a lengthy one as we spend that extra time with you to ensure that you feel comfortable and don't feel rushed. In conjunction with your counselor, you will develop an individualized plan of care to meet your goals of treatment.

HUBHS Programs

Adolescent

HUBHS provides a variety of options for adolescents, ranging from education services to treatment for more serious substance issues. Adolescent groups usually range in age from 12 to 17-years-old. Adolescents are educated about the effects and risks of their substance use and are taught alternative activities or coping skills. They also learn ways to deal with peer pressure and healthier ways to communicate.

DUI PROGRAM

Alcohol and Drug Safety Action Program

The South Carolina Alcohol and Drug Safety Action Program (ADSAP) is a state-wide education and treatment program for individuals who have incurred a substance-related driving offense. All persons who meet these criteria must successfully complete ADSAP to regain their driving privileges. Each person will be assessed individually to determine their needs regarding reducing their risk of future substance-related problems. The amount of time it takes to complete ADSAP depends on treatment recommendations, progress, and payment of all fees associated with the program within one year of enrollment. Out of state DUI offenders can also be serviced by this program, and they are encouraged to contact the DMV in the state where the driving offense occurred regarding requirements for license reinstatement, as it might differ from South Carolina.

Prevention Programs

Prevention Specialists coordinate and/or deliver community education through group presentations and participation in health fairs and community outreach. There are programs designed for individual skill development to raise the awareness of individuals who are regarded as being at a higher risk.

Prevention Specialists work to foster partnerships and collaborative efforts that increase the factors that lessen the likelihood of substance abuse or addiction.

Treatment

HUBHS offers Outpatient and Intensive Outpatient services during the day and evening hours, Monday through Friday. Our goal is to make treatment services available and convenient for our clients.

Substance abuse is the kind of problem that can quickly become out of control and can negatively affect all aspects of life. The related problems may be physical, emotional, at work or school, or in relationships.

Individuals move through treatment at their own rate. Transitions from phases or levels of treatment are determined by the treatment team based on the client's progress and status.

- Outpatient Treatment groups meet once weekly for 1.5 hours.
- Intensive Outpatient Treatment groups meet three times weekly for 3 hours each visit.

Medication Assisted Treatment (MAT) Program

HUBHS has partnered with Regenesi Healthcare to provide medicated assisted treatment in Union County. HUBHS provides counseling services and Regenesi provides doctor visit and medication. HUBHS has partnered with the Department of Alcohol and Other Drug Services (DAODAS) to cover the cost of counseling, doctor visits and medication.

Domestic Violence Intervention Program

The primary focus of DVIP is to end physical, sexual and psychological violence and holding the participant accountable for their violence and changing their behavior. This program bases its philosophy on the participant not blaming the victim, working with other programs to stop violence in families and promoting the safety for all family members. DVIP includes education about individual, cultural and family dynamics of domestic violence.

Parenting Program

Evidenced-Based parenting program is a 7-week class designed to address positive parenting. The class teaches parents to respond to basic child development and the stage of the child's life. This curriculum addressed age-appropriate discipline ways to cope with children who misbehave. IT also helps parents to learn how to work together while raising their children.

Peer Support Services

The primary focus of our peer support services is to provide compassionate care and recovery education to those with substance use disorders. The peer support specialist assists with providing resources to those who may need housing, employment, medical and mental health care. The program also aids in providing information to the client regarding self-help groups such as AA, NA, All Recovery Meetings, etc.