

ADDITIONAL COURT APPROVED CLASSES OFFERED

Anger Management

Tessie Cleveland Community Services offers the Anderson and Anderson™ curriculum which focuses on introducing behavior strategies for identifying and managing anger, stress and conflict while enhancing emotional intelligence and assertive communication. Anger is a natural basic human emotion that is often used to express negative feelings. Road rage, violent behavior, inappropriate verbal attacks, aggression, bullying others, and lack of appreciation for others are examples of issues that benefit from anger management.

Parenting

The award-winning Breakthrough Parenting program is presented by a certified experienced Parenting Instructor, and is based on Dr. Jayne A. Major's practical research and real-life experience in training over 20,000 parents. Breakthrough Parenting® teaches parents that the old authoritarian and permissive methods for raising children are the main causes of power struggles and fail to help children develop the "inner guidance" they need to learn to think for themselves and to care about others. Breakthrough Parenting® offers a proven method for raising cooperative, happy and self-confident children.

Our classes will teach you how to:

- *Set appropriate and clear boundaries together with your children.*
- *Discipline in a way that promotes willing cooperation from your children.*
- *Turn mistakes into positive learning experiences.*
- *Promote confidence and healthy self-esteem.*
- *Help all family members accept personal responsibility for their actions.*
- *Prepare teenagers to make responsible choices as they become independent.*
- *Form a deep and lasting bond with your children.*

Our programs are designed for those who are seeking self-help; court mandated referrals, and those referred by Mental Health Agencies, Substance Abuse Counselors, DCFS, Probation, as well as concerned parents, and spouses. Classes are offered in the mornings and evenings for your convenience. For more information, please contact us!



**Outpatient and
Intensive Outpatient
SUBSTANCE ABUSE TREATMENT**



8019 COMPTON AVE. LOS ANGELES CA 90001

WWW.TCCSC.ORG

**FOR MORE INFO CALL
(323)586-7333**

ABOUT US

Tessie Cleveland Community Services HOPE Program is a licensed and certified substance use and behavioral treatment provider by the State of California Department of Health Care Services and the County of Los Angeles Department of Public Health – Substance Abuse Prevention and Control. Tessie Cleveland Community Services Hope Program offers outpatient and intensive outpatient substance abuse treatment and education services to youth and adults. 12-17 and 18 yrs. and up in English and in Spanish. Services are provided at our Los Angeles offices facility and individuals are screened in accordance with the accepted ASAM criteria, and assessments and intakes can be scheduled within 24 hours of contacting us. The level of care and length of treatment varies dependent upon the unique needs of the individual. Our program provides the guidance and structure that individuals need as they progress along the path of a fulfilling sober life.

Tessie Cleveland Community Services HOPE program utilizes evidence based curriculum in various individual, and psycho-educational group counseling sessions offered during the day and in evenings. Clients are provided with individualized treatment planning which may include referral and linkage to additional supports and services.

All services will be provided, free of cost, to Medi-Cal and My Health LA qualified patients who meet medical need. If needed, prospective clients will be given assistance with enrolling in Medi-Cal or My health LA programs.



SERVICES OFFERED

- *Referral/Screening*
- *Intake & Assessment*
- *Individual Counseling*
- *Family Counseling*
- *Group Counseling,*
- *Substance Abuse Education Classes*
- *Urinalysis/Drug Testing*
- *Case Management*
- *Crisis Intervention*

MENTAL HEALTH REFERRALS

- *INDIVIDUAL THERAPY*
- *DBT (DIALECTICAL BEHAVIOR THERAPY)*
- *EMDR (EYE MOVEMENT DESENSITIZATION AND REPROCESSING)*
- *SEEKING SAFETY*
- *MEDICATION SUPPORT SERVICES*

**REFERRALS FOR MAT SERVICES
(MEDICATIONS FOR ADDICTION TREATMENT)**

GROUP

Group sessions may include process groups, psychoeducational sessions, experiential treatment modalities, spiritual growth exercises, and life skills development workshops.

RANDOM DRUG OR ALCOHOL TESTING

A key component of sustainable recovery, is accountability. Through monitoring our client's sobriety with random drug and alcohol tests, we can give them a concrete reason to stay sober and, in the event of relapse, we can identify the issue early on and help our individuals get back into treatment right away.

FAMILY SUPPORT GROUP

Families are deeply affected by substance abuse, and family members frequently require support or counseling themselves. Our HOPE Program strongly supports the inclusion of family members in the recovery process and we offer specialized group sessions specifically for family members as part of our OP/IOP levels of care.

PREVENTION AND EDUCATION

Our HOPE program prevention and education services highlight the dangers of drug use, reinforce self-esteem, and educate teens and adults to make positive choices. We provide these services in a variety of settings and ways, including research-based curricula in public and private schools, presentations at community centers, outreach services at local churches and health fairs. Our prevention programs give young people and their families the education and skills needed to avoid substance use/abuse and to take control of their lives.

Services are offered to students, faculty members, parents, and high-risk youth involved in the juvenile justice system. Our goal is to bring awareness to the community through outreach and engagement and family inclusion events and activities.

- *Prevention programs foster academic achievement, avoidance of addictive substances, improved social and emotional behaviors, and stronger positive relationships with peers, teachers and parents.*
- *Our program creates community awareness regarding the consequences of substance use and abuse for alcohol (underage drinking), marijuana, tobacco and prescription drugs.*

