



Important Contact Information

Information: 858-552-8585
 Scheduling: 858-642-3391

Chula Vista: 619-409-1600
 Escondido: 760-466-7020
 Kearney Mesa: 619-400-5000
 Oceanside: 760-643-2000

My provider(s):



Alcohol & Drug Treatment Program

WHAT SHOULD I EXPECT?

The Alcohol & Drug Treatment Program (ADTP) provides comprehensive and evidenced-based alcohol and substance use treatment to eligible Veterans in San Diego.

Veterans will receive a *biopsychosocial-spiritual assessment*. Veterans will work with an interdisciplinary team to develop a treatment plan that makes sense to them, to assist in building a *personalized recovery plan*, which can include medication management, skills groups, and other treatment options. Attending groups and classes will also introduce Veterans to people healing from similar problems.

AFTER HOURS RESOURCES

Emergency Mental Health Services
 Emergency Department
 San Diego VA Healthcare System
 7 Days a Week, 24 Hours a Day

Veteran's Crisis Line
 7 Days a Week, 24 Hours a Day
 CALL: 988 (press 1)
 CHAT: [VeteransCrisisLine.Net/Chat](https://www.veteranscrisisline.net/Chat)
 TEXT: 838255



ADTP

Available to
ALL VETERANS!

WHAT DOES THE PROGRAM OFFER?

The Alcohol & Drug Treatment Program (ADTP) provides treatment for Veterans who would like to address their alcohol, nicotine, and other substance use disorders along with comorbid mental and physical health concerns.

The program focuses on interventions that have been shown to be effective in assisting Veterans to build and maintain recovery from addictive disorders. The program offers inpatient/outpatient detoxification, residential rehabilitation, intensive outpatient, outpatient, medication assisted treatment, and harm reduction.

Veterans interested in enrolling in ADTP will be assessed for addiction and co-occurring conditions. Anti-craving and other psychiatric medications are also discussed as options.



HOW CAN THE PROGRAM HELP ME?

There are a number of skills that can help people achieve their substance use and mental health goals. ADTP offers both **virtual and in-person treatment**.

Treatment includes, but is not limited to:

- Medication Assisted Treatment
- Evidenced-Based Psychotherapy
- Co-Occurring disorder symptom management (dual diagnosis)
- Relapse prevention
- 12-step facilitation
- SMART recovery
- Harm reduction

Tobacco treatment options are also explored as research shows that eliminating tobacco use helps people stay substance free.

Narcan (naloxone) Distribution is available for anyone who is interested.

"A **team-based approach** to health care allows us to treat you as a **whole person** so that we can provide you with the **best care possible.**"



Alcohol/Substance Use: We can help you change your substance use habits to improve your health, using a model that explores biological, psychological, and social factors; whether you are ready to:

- Explore changes you may want to implement
- Reduce use of one or all substances
- Refrain from using any substances

HOW DO I SCHEDULE AN APPOINTMENT?

Discuss your interest with your medical provider or a member of your medical team.

You can also contact the **Mental Health Scheduling** to request an ADTP assessment (858) 642-3391.