

# Adult services: Together, there is hope

Associated Centers for Therapy

## Treatment works

“It’s like coming out of darkness. A new world opened up. I’m living on my own and doing things I couldn’t do before.”

This man’s comment shows mental illness and substance abuse treatment works. One in five Oklahomans suffers from these illnesses. Sadly, most do not seek help.

Successful treatment differs for each individual and can include therapy, medications, peer support, assistance with housing and education.

### From crisis to recovery

Emergency help is available. The time from phone call to assessment and appointment is brief. Services are free or available on a sliding scale based on income.

A physician provides a diagnosis and identifies the newest psychiatric medications to help treat symptoms. Financial assistance for medication is available.

### Therapy, peer support

ACT professionals provide individual and group therapy for issues such as family

conflict, anger management, anxiety, severe depression, and alcohol, drug abuse or other addictions. Case managers identify community services to meet needs such as food, clothing, shelter or education.

Psychological and social rehabilitation services provide opportunities for social interaction, education and support to make the recovery process easier.

Untreated mental illness and substance abuse can result in law enforcement contact. ACT professionals work with judges and jails to provide treatment instead of incarceration, saving lives and tax dollars.



## **Associated Centers for Therapy**

A non-profit community mental health center

Helping build better lives  
through behavioral health  
and substance abuse services

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