



WHAT IS SUD THERAPY?

Substance use disorder (SUD) therapy is the clinical practice of providing behavioral health interventions to help those struggling with substance use. It is generally engaged in using modalities such as individual therapy, group therapy, case management, and community integration.



Clinical Supervisor

Esmeralda Garcia

(360) 397-8246 EXT: 30286

Front Desk: (360) 984-5511

EGarcia@lifelineconnections.org

Lifelineconnections.org



Lifeline Connections is a Gender and Sexual Orientation affirming agency



YOUTH SUBSTANCE USE TREATMENT

Outpatient/Intensive outpatient

LEVELS OF CARE

OUTPATIENT

Our lowest level of care ranges from 1-6 hours a week dependent on need.

Services may include individual and group therapy, case management, and opportunities for community projects.

The types of groups offered range from process and education to art and animal therapy

IOP

IOP or intensive outpatient is our highest level of care ranging from 6-19 hours of programming a week.

Services range from individual and group therapy to case management and community projects and inclusion.

SERVICES OFFERED

INDIVIDUAL THERAPY

FAMILY ENGAGEMENT

CASE MANAGEMENT AND
SERVICE COORDINATION

GROUP THERAPY

HOUSING AND
UNACCOMPANIED YOUTH
NEEDS

COMMUNITY EDUCATION AND
ADVOCACY

PROGRAMMING THAT
COMPLEMENT SCHOOL & LIFE
SCHEDULES

TREATMENTS

AGE RANGES FOR APPLICATION



We work with teens ages 12 -17 years old. Exceptions can be made based on circumstances.

INTEGRATED CASE MANAGEMENT



We work with many community partners and specialize in wrap-around services with other community services such as DCYF, Juvenile Justice, and more.

APPROACH

We are a multi-disciplinary team with decades of experience with a variety of approaches to clinical therapy. Our foundation is that of client centeredness and harm reduction. We are community focused and work to address our patients' substance use and mental health from a holistic perspective.