

CO-OCCURRING TREATMENT PROGRAM



HELPING PATIENTS MANAGE MULTIPLE DISORDERS

The Co-occurring Disorder Program provides treatment for those struggling with substance misuse/dependence and mental health issues. It is designed to help the patient identify the connections within a co-occurring disorder.



Maine Behavioral Healthcare

MaineHealth

A department of Spring Harbor Hospital

TREATMENT

Patients learn to develop skills to avoid destructive behaviors and manage the emotions that trigger substance use. A Psychiatrist provides psychiatric evaluation and medication management overview.

PROGRAM FEATURES

- Introduction to Dialectical Behavioral Therapy (DBT)
- Core mindfulness
- Improving interpersonal effectiveness
- Supporting emotional regulation
- Building distress tolerance
- Introduction to the 12 Steps
- Education about the addiction and recovery process
- Relapse prevention
- Understanding family dynamics
- Developing social skills, building self esteem
- Building self-awareness
- Help finding recovery support groups

PROGRAM HOURS

Monday through Friday
8:45 A.M.-2:20 P.M.

CO-OCCURRING TREATMENT PROGRAM

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