**BEHAVIORAL HEALTH SPECIALISTS**

##### RESIDENTIAL TREATMENT FOR CHEMICAL DEPENDENCY

**Seekers of Serenity (SOS)**

**4432 Sunrise Place  
Columbus, NE 68601  
Phone:**[**402-564-9994**](tel:402-564-9994)**| Fax: 402-562-6458**

**Sunrise Place**

**923 E Norfolk Ave  
Norfolk, NE 68701  
Phone: 402-379-0040 | Fax: 402-379-0759**

### Short-Term Residential Treatment

Individualized treatment planning and self-discovery assignments are tailored to the unique needs and strengths of each person. Clients participate in a minimum of 24 hours of scheduled therapeutic interventions per week. Included in this individual therapy, group therapy, family/couples therapy, educational programming and networking with the 12-step community.\*\*30-45 days\*\*

\*\*Primarily Substance use, but does deal with dual diagnosis\*\*

### Clinically Managed Social Detox

The first step in treatment is detoxification - removing the toxic substance from the body. Symptoms that persons will experience during withdrawal will vary due to individual circumstance that include the type/quantity/frequency of use, health status of the person, etc. Our detox services are designed for those individuals who are medically stable yet need a structured environment to support and promote their healing process and help plan for future needs. Primary focus during this time is on provision of proper nutrition, rest, monitoring of psychological functioning and assessing the overall needs of the person. As a person's psychological and physical functioning permits, they are invited to participate in any, or all, of the treatment groups and activities within the facility.

### Our Goals

* Support the person in their desire to live a meaningful, comfortable life without the use of alcohol or other drugs.
* Provide relapse prevention education and skills training to promote responsible life-style restructuring.
* Strengthen relationship building skills to restore connectedness to and intimacy with healthy others.
* Educate family and significant others about chemical dependency, tools for recovery and coping with and responding to the unique challenges of having a loved one with an addiction.

### Family Involvement

Family involvement is important and highly encouraged. As part of the treatment process, your family is encouraged to participate in Family Day, which is conducted on the 2nd and 4th Thursdays of the month. You will be able to participate in all activities of the day. These activities will provide you the opportunity to meet with other families and share your concerns and learn about chemical dependency and how it affects families. Each family will also be able to participate in family therapy during Family Days. At any time, if you have any questions or concerns regarding your family member's treatment program or his residency here, please do not hesitate to contact the therapist/program director.

### Fees and Funding

Each program is a program of Behavioral Health Specialists and is partially funded by the State of Nebraska Department of Health and Human Services and Region 4 Behavioral Health System, which allows for a sliding fee scale and reduced fees for clients that meet certain qualifications. Our services are also approved through the criminal justice system, and all providers are registered Substance Abuse Service Providers in Nebraska. Each program is approved through Medicaid and works with most insurance companies. No individual will be denied services based on a true inability to pay.

**Referral Process**

1. Individual must call themselves, and complete screening to get on waiting list.
2. Individual must complete drug and alcohol evaluation (can be done there)

**DOES TAKE MEDICAID**