



THE COUNSELING CENTER

HAWC

HEALTH & WELLNESS CENTER



ABOUT

The Counseling Center is invested in the overall health of our clients and staff, and the HAWC is our space where we bring that investment to fruition. The TCC Health and Wellness Center (HAWC) has been a program in operation since October 2018, offering alternative activities to traditional behavioral healthcare. It is a free resource to any TCC client or staff member.

Our mission is to improve the lives of our clients and our community. At the Health and Wellness Center, staff and clients are able to engage with one another in the group setting during Yoga and CrossFit classes, led by qualified instructors. We know that one of the largest risk factors to mental health and substance abuse disorders is isolation, and at the HAWC we address that head on by creating a community of individuals to support each other in taking control of their own healthcare.



20 Crossfit classes every week

We offer these alternative activities to traditional behavioral healthcare across multiple counties. It is a free resource to any TCC client or staff member.



8 Yoga classes every week

At the Health and Wellness Center, staff and clients are able to engage with one another in the group setting during Yoga and CrossFit classes, led by qualified instructors.

“ It’s not only just something we’ve experimented with, it’s something we believe in; and now it’s just part of our daily routine.

ANDY ALBRECHT
CEO



 **Nationally
Recognized**

Our program has been nationally recognized by major national news outlets, such as NBC, Fox & Friends, and the Boston Globe.

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In addition to group offerings, TCC also has resources available for staff and clients to spend one on one time to address individual needs and concerns. We are proud to have a treatment team integrated into the program to assist clients in finding their preference for being active, as well as offering free individual health consultation and coaching to all staff members.



contact us

Phone: 740-354-6685

Website: thecounselingcenter.org

The Counseling Center
HAWC
505 Washington Street
Portsmouth, OH 45662





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PARTIAL HOSPITALIZATION

ABOUT

The Counseling Center's Partial Hospitalization (PH) programs offer high intensity care for chronic conditions of substance use and mental health disorders.

The Counseling Center offers all levels of care. While clients are in PH they are provided with supportive housing, a certified and licensed treatment team to begin addressing immediate needs of the client. These needs include, but not limited to, stabilization from substance use and mental health disorders, medication assisted treatment, medical care, assistance with resolving legal issues, and supportive housing. PH offers individual and group counseling services for co-occurring disorders, with high intensity case management services. Clients are introduced to multiple pathways to recovery, AA, NA, healthy lifestyles through education and activities.



**Over
200 beds**

Partial Hospitalization (PH) has over 200 beds available to treat clients in acute distress from their substance use and mental health disorders.



**Support today
and beyond**

Supportive housing and referrals to sober living and after care programs when client is ready to step down from this level of care.

“ I have never worked for a better company. The treatment and care the clients get while enrolled at TCC is unparalleled.

JAMIE SHY
TCC STAFF



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They are educated on the disease of addiction, their mental health disorders, and gain skills on how to cope with daily living without the use of substances. Clients are introduced to evidence based clinical services such as Cognitive Behavioral Therapy and Motivational Interviewing. Our goal is to assist and support our clients, creating a successful alcohol and drug free lifestyle. The length of services vary depending on the clinical team's daily assessment as well as client progress in treatment. Once appropriate, clients are then transitioned into a less intensive program.



contact us

Phone: 740-354-6685

Website: thecounselingcenter.org

The Counseling Center
Partial Hospitalization
411 Court Street
Portsmouth, OH 45662



**Access
to all**

PH clients at TCC have access to all the wrap around services available within our agency including healthcare, the HAWC & The Success Center.





THE COUNSELING CENTER

TRANSITIONAL LIVING



ABOUT

Individuals in recovery need extended, individualized treatment options in order to sustain the meaningful changes they are focused on making. The Transitional Living Program bridges the gap between our historic approach to behavioral health services and the future of better outcomes.

The Counseling Center is historically known for its residential treatment options for individuals with substance use disorders. While we still have a focus in that area, TCC is also invested in treating people throughout an entire continuum of care, taking into account individual client needs. The ability to keep individuals connected to appropriate treatment dosage, following their completion of more intensive services affords the chance for people to maintain longer periods of sobriety,



**Over
120 beds**

TCC offers over 120 Transitional Living beds to men, women & mothers with children.



**Alternative
Therapies**

Transitional clients are offered the opportunity to engage in alternative therapies like CrossFit & Yoga as a regular part of their intensive outpatient programming.

“ Transitional living gave me what I needed until I learned how to get it for myself.

RYAN TARVIN
TCC ALUMNI



• • •

transition at their own pace back into society, and ultimately become healthier, more skillful versions of themselves.

The Transitional Living Program is invested in recovery, educational and vocational development, and increasing individuals' ability to meet their own needs. Any individual who follows the clinical recommendations of this program will be healthier, gain independent living, and be employed.



contact us

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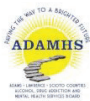
Website: thecounselingcenter.org

The Counseling Center
Transitional Living
411 Court Street
Portsmouth, OH 45662



Access to all

Clients have access to TCC's entire service line including individual and group substance use disorder treatment, primary care, individual mental health counseling, and case management services.





THE COUNSELING CENTER

BRIDGES RESIDENTIAL



ABOUT

Bridges Residential is a clinically managed high-intensity residential program through The Counseling Center. This newest addition to our continuum of care offers a safe and stable living environment for individuals in need of substance use treatment but may have specific limitations or require a higher level of care to avoid immediate relapse or continued use. Individuals enrolled in Bridges Residential will receive 24-hour supervision and supportive services while they begin or continue their recovery journey.



Customized Care

Bridges Residential has programs for both men and women and has the resources needed to handle complex cases and treat individualized needs.



Continuum of Care

The Bridges Residential Program completes our treatment Continuum of Care and serves over 500 clients a year.

“ For the clients that have a higher level of need, we are able to provide them with stabilization on mental health medications and services as well as providing higher care for higher substance use disorder needs.

MAKENZIE GRUBER
AOD COUNSELOR AT BRIDGES



Intensive Service Schedule

We offer over 30 hours of services for our clients throughout the week, including:

- Individual Counseling
- Group Counseling
- Case Management
- Mental Health Services
- Primary Healthcare
- Withdrawal Management
- Prosocial Activities
- Recreational Activities
- Nutrition and Wellness Education
- Family Resources and Education
- Activities of Daily Living



contact us

Phone: 740-353-5174

Website: thecounselingcenter.org

The Counseling Center
Bridges Residential
4578 Gallia Pike
Franklin Furnace, OH





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QUICK RESPONSE TEAM



ABOUT

The Quick Response Team (QRT) provide support to local agencies and community members experiencing crises related to opioid or stimulant overdose. The QRT works to address the opioid epidemic and fentanyl crisis at the frontline, ensuring that community members experiencing overdose receive adequate and individualized care for their needs. The QRT additionally provide linkage to community resources to help initiate the healing process for affected individuals and their loved ones. All of this happens at the scene of the overdose.



On-scene

QRT works on-scene with paramedics and emergency services personnel at the initial time of overdose to provide in-home or on-scene triage of the overdose victim.



Specialized Care

QRT is made up of trained addiction and mental health staff composed of social workers, counselors, and other specialists.

“ Grateful to be with QRT as Team Leader and work first hand with the First Responders to assist individuals with going into much-needed treatment services.

BILLIE TAYLOR
QRT TEAM LEAD



QRT operates 24/7 in coordination with emergency first-responders to provide support and access to community resources to help victims and families of overdose achieve recovery.



The QRT assists in reducing overdose fatalities through the effective use of enhanced education, prevention, analysis of drug trends, and coordinated efforts with first-response units. The QRT meet with overdose victims to assess the individual's needs, develop a personalized plan for intervention, and connect individuals and their loved ones to locally available resources.

The QRT additionally work to provide the community with access to Naloxone, as well as the education necessary to appropriately use Naloxone to save the lives of individuals struggling with substance use and other mental health disorders.



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Foundations Withdrawal Management
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