



THE NESS CENTER

at Northlake

...Where Healing Begins

The Ness Center is a comprehensive Behavioral Health Care Center that provides continuous care for individuals struggling with Mental Health and Substance Use Disorders

- ❖ Supported by a community expansion grant awarded from SAMSHA to increase access to and improve the quality of community behavioral health services and care.
- ❖ Through the collaboration of community partnerships, The Ness Center offers access to compassionate and affordable behavioral health care.
- ❖ Situated on a setting of 42 Tranquil Woodland Acres, patients will receive comprehensive Personalized Services that will put them on the path towards a healthy and more promising future.

CLINICAL APPROACHES

- ❖ Expressive Therapy
- ❖ EMDR
- ❖ Strengths Perspective
- ❖ Recovery Model
- ❖ Cognitive Behavioral Therapy
- ❖ Trauma Informed Care
- ❖ Exposure Therapy

Once Transformation Occurs... Mindfulness Begins.

Mindfulness has been proven to assist in the holistic treatment of mental health and substance use disorders.

- ❖ Meditation Practices
- ❖ Yoga
- ❖ Aroma Therapy
- ❖ Nature Connections
- ❖ Virtual Reality Therapy
- ❖ Journaling
- ❖ Emotional Awareness

CONTINUUM OF CARE

COMMUNITY BASED CRISIS INTERVENTION

- ❖ Mobile Crisis Response Teams provide services 24 hours a day, 7 days a week in the community
- ❖ Licensed clinicians provide immediate screening, intervention and assessment for individuals experiencing a behavioral health crisis

COMPREHENSIVE OUTPATIENT PROGRAMS

Our programs allow those individuals diagnosed with Mental Health and Substance Use Disorders the ability to start rebuilding their lives and to supportively maintain stability while still being able to live in their home environment. Convenient evening hours for those maintaining employment.

MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAMS (IOP)

- ❖ Individuals transitioning from an acute inpatient setting to their home environment
- ❖ Individuals where outpatient treatment has not relieved symptoms
- ❖ Individuals with chronic mental illness at risk for rehospitalization

SUBSTANCE USE DISORDERS IOP

- ❖ Individuals transitioning from an acute detox inpatient environment
- ❖ Individuals who continue to struggle with substance abuse issues
- ❖ Individuals experiencing difficulty adjusting to lifestyle changes associated with sobriety
- ❖ Individual Psychotherapy Sessions

MEDICATION ASSISTED TREATMENT (MAT) CLINIC

- ❖ Designed to provide medication management for patients struggling with substance use disorders who are seeking active recovery

SUPPORTIVE RECOVERY HOUSING - THE CHOCTAW RECOVERY HOUSE **(Opening Soon)**

- ❖ A living center for patients who need a more structured environment in which to live as they continue their treatment from an outpatient setting
- ❖ Provides patients an opportunity to begin their entry into the community, workforce, etc.

- ❖ Provides Recovery Housing for adults with substance use disorders who are in active recovery.

ALL MAJOR INSURANCES ACCEPTED

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