Our treatment works to better members’ lives by empowering them to clarify personal values and life goals, gain knowledge and support, and practice skills needed to build hopeful and healthier futures.

**OUR APPROACH**
Thresholds provides **Outpatient** and **Intensive Outpatient Services** that are person-centered, trauma-informed, holistic, and supported by strong research evidence.

**TREATMENT SERVICES**
Thresholds offers group and individual counseling services, including: therapy, recovery coaching, case management, family/couples counseling, and medication-assisted treatment. The type, frequency, and duration of services is based on individual needs and preferences. DUI services are available, including: evaluation, counseling, treatment, and education.

Our program delivers integrated treatment using evidence-based practices, including cognitive behavioral therapy, motivational interviewing, dialectical behavioral therapy, acceptance and commitment therapy, harm reduction, relapse prevention therapy, and medication assisted treatment.