



THRESHOLDS

SUBSTANCE USE TREATMENT

Thresholds is deeply committed to supporting and assisting our members as they **improve quality, productivity, and meaning in their lives** by empowering them to effectively address their substance use and related life problems.

To help our members build **hopeful and healthier futures**, Thresholds employs the following Philosophy of Care and evidence-based Core Interventions:

Philosophy of Care:

Holistic, Integrative, Person-Centered & Strengths-Based

We approach each member as the whole and unique person that they are. We individualize our care by cultivating a deep bio-psychosocial understanding of each member, and building upon their resilience. We provide integrated services for mental health.

Culturally-Relevant & Gender-Responsive

We recognize that culture(s), communities, and gender are vital aspects of our identity, and greatly influence our paths towards healing. Using the framework of *Cultural Humility*, we work to provide services that are affirming, inclusive, and relevant to all members, including lesbian, gay, bisexual, trans, queer, and gender non-conforming individuals.

Evidence-Based

We provide access to factual information in a way that is nonjudgmental, and non-shaming. Our *Core Interventions* are selected on the basis of their strong research evidence. We continuously analyze our services in order to improve our quality.

Trauma-Informed

We are sensitive to the effects of trauma and employ practices to avoid replicating it. We seek to understand, recognize, and respond to the effects of all types of trauma. Using the framework of *Trauma-Informed Care*, we support each member in rebuilding a sense of control and empowerment, and reclaiming their sense of self beyond trauma.

Harm Reduction

We respect our members as the expert on their own lives, and seek to partner with them on their path towards recovery. We meet members where they are, and support them to develop goals in a nonjudgmental and noncoercive manner. We believe that members not only have the right and the capacity to make their own decisions, but that they are more likely to reach long-term recovery when we support their self-determination at every stage of recovery.

Core Interventions:

- Motivational Interviewing
- Mindfulness Based Sobriety
- Acceptance and Commitment Therapy
- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy
- Relapse Prevention Therapy
- Medication-Assisted Treatment



HOME | HEALTH | HOPE

**THRESHOLDS SUBSTANCE USE
TREATMENT PROGRAM**

1-888-828-5709

www.thresholds.org/substance-use