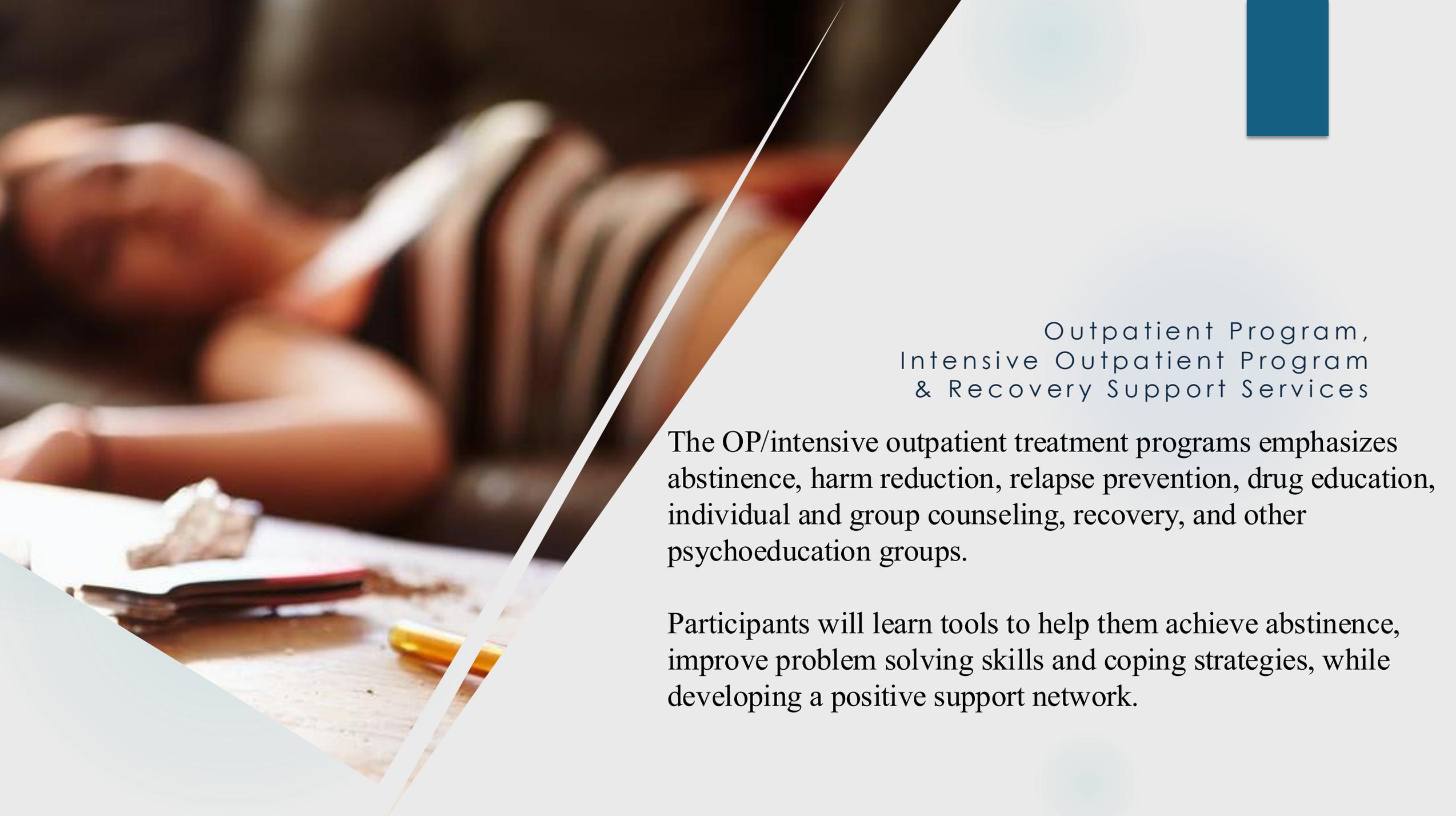


TESSIE CLEVELAND COMMUNITY SERVICES

HOPE PROGRAM





Outpatient Program,
Intensive Outpatient Program
& Recovery Support Services

The OP/intensive outpatient treatment programs emphasizes abstinence, harm reduction, relapse prevention, drug education, individual and group counseling, recovery, and other psychoeducation groups.

Participants will learn tools to help them achieve abstinence, improve problem solving skills and coping strategies, while developing a positive support network.

There are four main stages of drug addiction.

Not everyone in the first two stages will develop a drug addiction, but individuals in the third stage of drug abuse are very likely to progress into full-blown addicts. Here's a closer look at the four main stages of drug addiction.



Stage 1: Experimentation

Experimentation is defined as the voluntary use of drugs without experiencing any negative social or legal consequences. For many, experimenting may occur once or several times as a way to “have fun” or even to help the individual cope with a problem. For many, experimentation can occur without any desire to continue using the drug. For others, it can start to become a problem when it moves into the next stage of addiction: regular use.



Stage 2: Regular Use

Some people will be able to enter the stage of regular use without developing a dependence or addiction. These people will be able to stop the drug use on their own. The problem with regular use is that the risk for substance abuse greatly increases during this stage. It also increases risky behaviors such as driving under the influence, unexplained violence, and symptoms of depression and anxiety.



Stage 3: Risky Use/Abuse

The line between regular use and risky use/abuse is a very thin one but is usually defined as continued use of drugs despite severe social and legal consequences. What might have begun as a temporary form of escape can quickly lead to more serious problems. This is the stage where the warning signs of addiction will begin to appear: craving, preoccupation with the drug, and symptoms of depression, irritability and fatigue if the drug is not used.



Stage 4: Drug Addiction and Dependency

Physical dependence on a drug is often intertwined with addiction. Characteristics of dependence and drug addiction include withdrawal symptoms and compulsive use of the drug despite severe negative consequences to his or her relationships, physical and mental health, personal finances, job security and criminal record.

YOUTH PROGRAM 12-17

CO-ED GROUPS

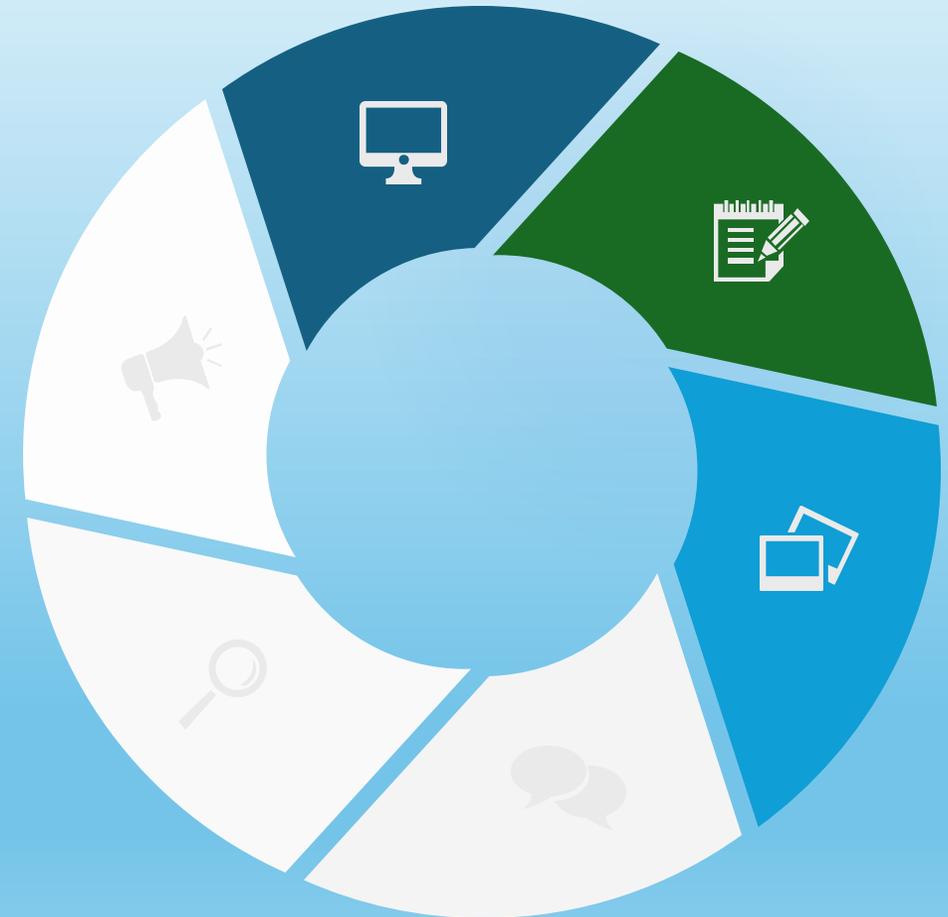
 Drug Treatment Duration
3mo, 6mo, 9mo or 1 year or longer.

 Outpatient Treatment
2-6 Hours Per Week

 Intensive Outpatient Treatment
6-19 Hours Per Week

 Random Drug Testing

 Individual and Group Counseling
Referrals To Mental Health and Other Community Supports When Appropriate



ADULT PROGRAM 18+

CO-ED GROUPS



Drug Treatment

3mo, 6mo, 9mo or 1 year or longer.



Outpatient Treatment

6 Hours Per Week



Intensive Outpatient Treatment

9 - 19 Hours Per Week

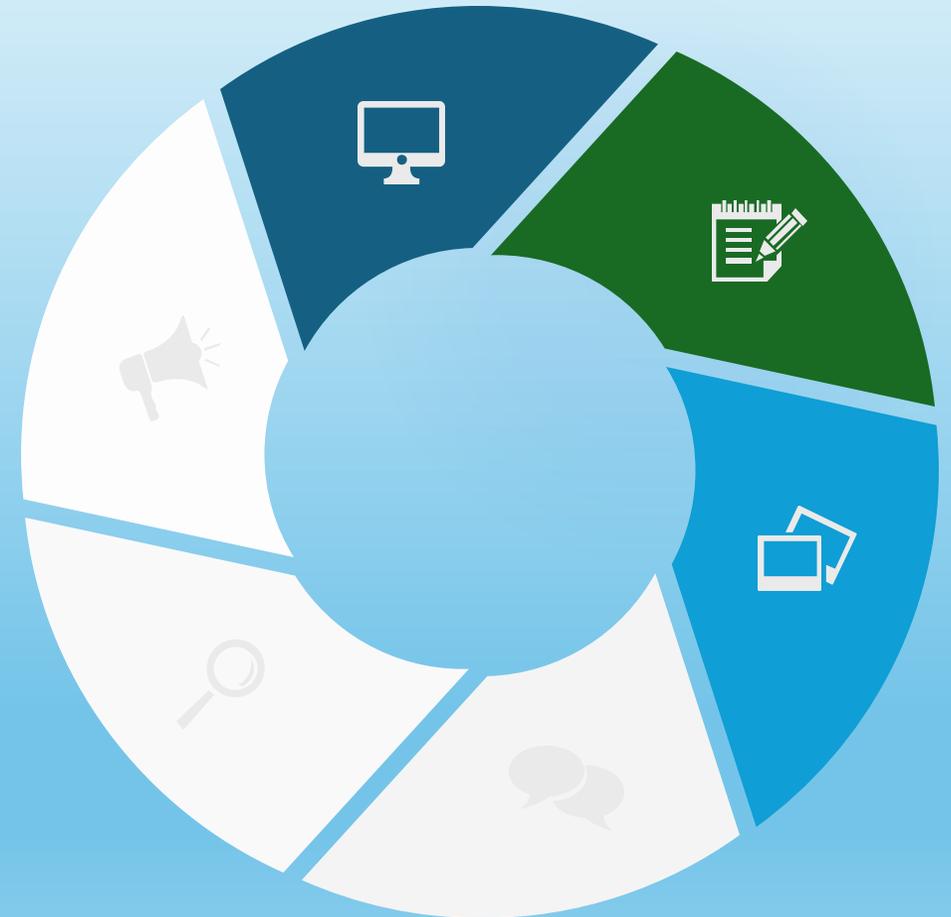


Random Drug Testing



Individual and Group Counseling

Referrals To Mental Health and Other Community Supports Services When Appropriate



TREATMENT STAGES



TRANSITION WHEN CRITERIA MET

STAGE
E01

STAGE 1: TREATMENT ENGAGEMENT

During this initial stage, the counselor determines the client's presenting problems with respect to substance abuse; physical, psychological, and social functioning; and social support network. Also, the counselor explains program rules and expectations and works to stabilize any crises.

STAGE
02

TRANSITION WHEN CRITERIA MET

STAGE 2: EARLY RECOVERY

This stage is highly structured with educational activities, group involvement, and new behaviors to help the client develop recovery skills, address lapses, and build a substance-free lifestyle.



STAGE 3: MAINTENANCE

Maintenance helps the client build on gains made during stages 1 and 2. Clients who have completed stages 1 and 2 of their treatment at the IOT level of care can step down to outpatient treatment programs and enter stage 3 having demonstrated a commitment to change, been stabilized, become abstinent, and developed relapse prevention skills.

TRANSITION WHEN CRITERIA MET

STAGE
03

STAGE
04

TRANSITION WHEN CRITERIA MET

STAGE 4:

This stage is based on a detailed and individualized discharge plan for continuing recovery in the community using available resources.

THE PROCESS



SCREENING

Brief screening conducted via phone or person



INTAKE AND ASSESSMENT

Process includes signing required documents and completing the ASAM assessment. The assessment can take about 2 to 3 hours and focuses on specific areas of the client's life.



TREATMENT PLANNING

The treatment plan is the roadmap to recovery. It is the client's agreement to services, commitment to follow the plan. The individual works in collaboration with the counselor to develop a schedule convenient to the individual.



PROGRAM ORIENTATION

During orientation, the client will be oriented to the program and given a tour of the facility. The client will have an opportunity to meet other individuals entering and/or currently participating in outpatient treatment as well.



PSYCO-EDUCATION GROUPS

Psychoeducational groups are designed to educate clients about substance abuse, and related behaviors and consequences.

SKILL DEVELOPMENT GROUPS

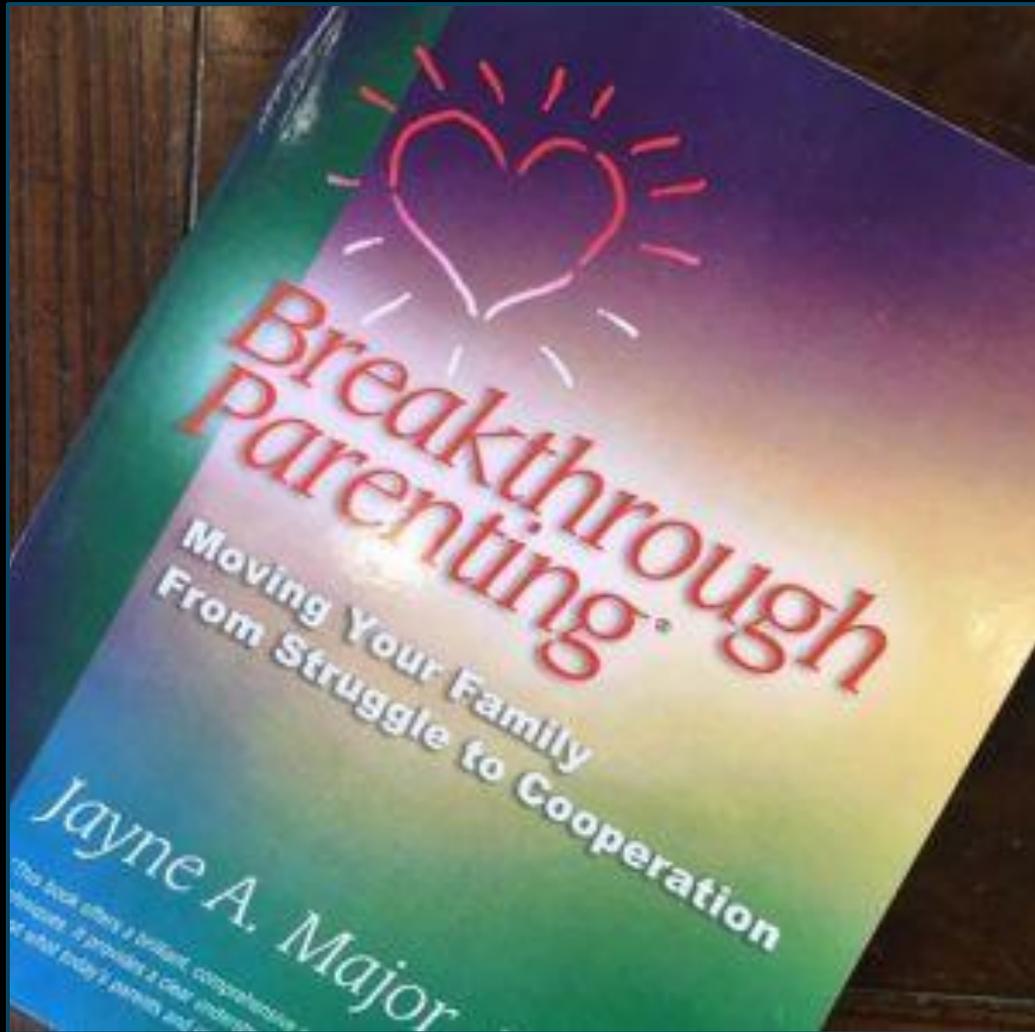
Skill Development Group is an effective way for participants to develop, and practice skills to function in the outside world and be able to handle stressors and avoid potential relapses

SUPPORT GROUPS

The focus of support groups can range from strong leader-directed, problem-focused groups in early recovery, which focus on achieving abstinence and managing day-to-day living, to group-directed, emotionally and interpersonally focused groups in middle and later stages of recovery.

EXPRESSIVE GROUPS

includes a range of therapeutic activities that allow clients to express feelings and thoughts—conscious or unconscious—that they might have difficulty communicating with spoken words alone..



BREAKTHROUGH PARENTING

The Breakthrough Parenting curriculum is widely considered to be the most comprehensive and up-to-date parenting curriculum available today, covering all age groups and educational levels.

Court Order Classes

Enrollment Letter

Progress Letter

Completion Letter and Certificate

(Registration Link)

<https://form.jotform.com/240946729784069>

Cost:

\$20.00 each weekly class (Required 10 classes)

\$25.00 Workbook

HOPE program presents:

HOMework HELP

at Tessie Cleveland Community Services

Drop-In. Free. Open to All.

Need a little extra support with homework? We've got you covered.

Homework Assistance Available:

 **Mondays, Wednesdays & Fridays**

 **4:00 PM – 7:00 PM**

 **Tessie Cleveland Community Services**

 8019 Compton Ave., Los Angeles, CA 90001

- ✓ Drop-in support. No registration required
- ✓ Open to all students
- ✓ Snacks and drinks provided

Safe, supportive space to learn and focus

Available now through June 30, 2026

Come by anytime during program hours.
Stay for a little or the whole time.
We're here to help!

For more information, Contact
Lorena Garcia at 323-586-7333



Tessie Cleveland Community Services

HOPE PROGRAM

TUESDAYS IN THE KITCHEN FREE CULINARY CLASSES

Join us for a fun, hands-on culinary class focused on building cooking skills, kitchen confidence, and creativity with food.

-  **STARTS**
Tuesday, February 17th
-  **4:30 p.m. - 5:30 p.m.**
-  **TCCSC LA OFFICE**
8019 Compton Ave., LA 90001

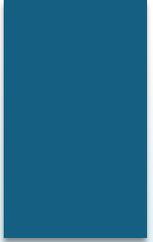
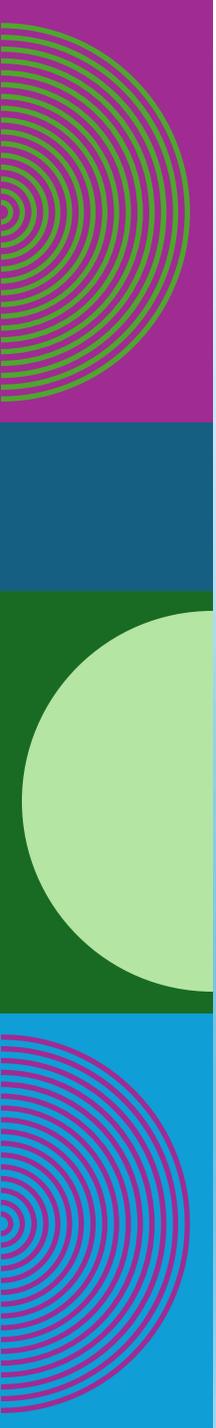
- SAMPLE MENU:**
- ✓ Turkey lettuce wraps
 - ✓ Hawaiian chicken skewers
 - ✓ Mini salad subs
 - ✓ Sautéed veggies
 - ✓ Yogurt parfaits
 - ✓ Salmon sliders

REGISTER WEEKLY
Scan the QR code to sign up



LIMITED TO 15 PARTICIPANTS PER WEEK

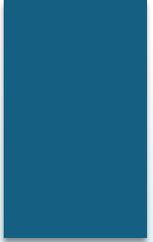
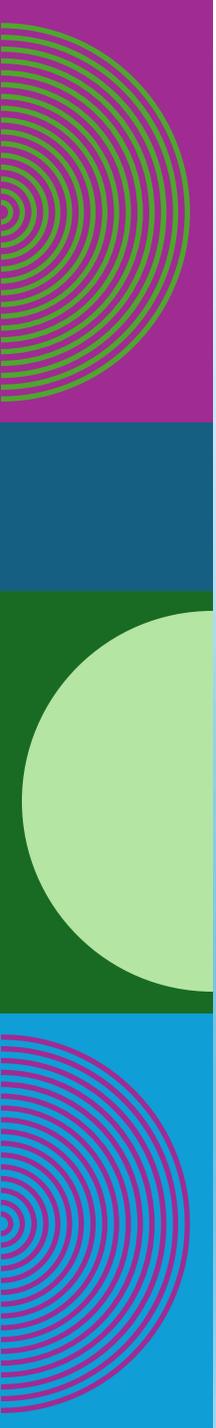
FOR MORE INFORMATION CONTACT: LORENA GARCIA at 323-586-73333 or lorenag@tccsc.org



HOPE PROGRAM
323 586-7333 EXT 7302#
HOPE@TCCSC.ORG

**Early Intervention, Outpatient, Intensive outpatient program
and Recovery Support Service**

Age: 12-17 and 18 and up
Insurance accepted: MEDI-CAL



THANK YOU