

## We Can Help.

Akron City Health  
Department  
Counseling Services and  
Alcoholism Division  
177 South Broadway  
Suite 330  
Akron, Ohio 44308



330-375-2984



We only get one body in this life.

**BE RESPONSIBLE**

### Counseling Supervisor

Carol T. Bowes, M.A.Ed, PCC-S, LICDC, OCPS I

### Prevention Program Coordinator

Ron Hill, B.A., OCPS II, LICDC

All of our clinicians are independently  
licensed professionals.

## Akron City Health Department

A Teaching Health Department associated with the  
Northeastern Ohio Universities College of Medicine



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### The Akron Health Commission

George Goldman, M.D., Richard Neal, Laraine  
Duncan, Jon Fiume, Tracy Carter

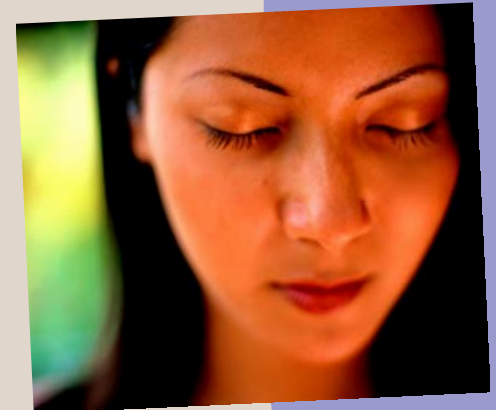
### Mayor

Don L. Plusquellic

### Director of Public Health

J. Michael Moser, M.D., M.P.H.

# DO YOU NEED HELP FOR ALCOHOL/DRUG ABUSE OR DEPENDENCE?



## Akron City Health Department



*A Commitment to Healthy Living*

Costs for all programs are based on a sliding fee scale. Clients must complete an assessment prior to entering these programs.

### **Alcohol, Tobacco and Other Drug Clinic**

ATOD Clinic is a three hour alcohol and drug education program aimed at interrupting early substance abuse patterns.

Topics covered include: Harmful effects of alcohol and other drugs, blood alcohol levels, consequences of choices, laws related to alcohol and drug consumption, family roles and hereditary risks.

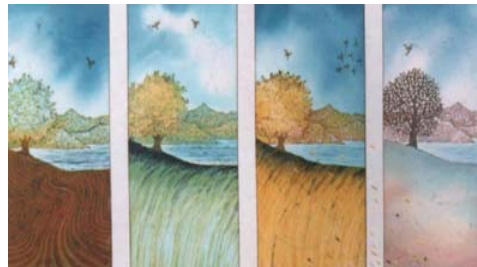


### **Checkpoint**

Checkpoint is a 6-week therapy group that can be supplemented with individual counseling to treat those with substance abuse issues.

Although designed to be 6 weeks long, program length is flexible, based on client needs.

Topics covered include: Disease concept of chemical dependency, negative effects of alcohol and other drugs, relapse prevention, family dynamics, decision making skills, 12 step programs, emotions and defenses.



### **Intensive Outpatient and Aftercare**

Intensive Outpatient Treatment is for individuals who are chemically dependent.

The IOP is a program of individual counseling and group therapy. It is designed as an 8 week program, but the length of time is flexible depending on client needs. It meets three times per week for three hours per day.

The Aftercare Program is designed as an 8-week, outpatient program to support relapse prevention among recovering adults.