#### Who are we?

Intensive Treatment Systems (ITS) primary objective is to assist patients to free themselves from substance use issues, with medication management, counseling and integrated care services. Ultimately through the use of supportive services, it is our goal to guide patients toward a life free of drugs and alcohol with improved personal and vocational functioning.

#### How we do it?

ITS offers an innovative approach to Medication Assisted Treatment (MAT), for Opioid Use Disorder and/or Alcohol Use Disorder. By providing fully integrated care options - 24 hours a day; individualized to treat any drug and/or alcohol addiction, it allows us to work alongside our patients to maximize their chances for success.

# **Next Steps?**

That's the easy part! We are an outpatient provider available 24 hours a day 7 days a week. There is no 'bad time' to call!

You can choose to pre-book an appointment or just walk into one of our clinics.

Our knowledgeable providers will be able to determine the most appropriate treatment for you.

# **WE CAN PROVIDE SAME** DAY TRANSPORTATION

Walk In's and Same Dav **Appointments Are Available!** 









ACCESS POINT - WEST (COE) **Includes Buckeye Outreach OPEN 24 HOURS A DAY 7 DAYS A WEEK** 

> **CENTRAL CLINIC** Monday - Saturday 4:00 am - 12:00 noon

**NORTH CLINIC** Monday - Saturday 4:00 am - 8:00 pm

THUNDERBIRD, MESA & **SAN TAN CLINICS** Monday - Saturday 5:00 am - 1:00 pm

**ONE PHONE NUMBER** FOR ALL CLINICS 1-855-245-6350

**ACCESS POINT - WEST (COE)** 4136 N 75th Ave., #116, Phoenix, AZ 85033

CENTRAL - 651 W Coolidge St., Phoenix, AZ 85013

MESA - 340 W University Dr., #19, Mesa, AZ 85201

NORTH - 19401 N Cave Creek Rd., #18, Phoenix, AZ 85024

SAN TAN - 36375 N Gantzel Rd., #101, San Tan Valley AZ 85140

THUNDERBIRD - 13820 N. 51st. Ave., #300, Glendale, AZ 85306



# **TREATMENT & SERVICES LIST**

We care enough to make a difference!



#SAVINGLIVES

#### **Medication Assisted Treatment**

Medication assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies. This treatment is supervised and prescribed by a healthcare provider and is effective in the treatment of opioid use disorders and can help some people to sustain recovery long term.

# **Peer Support**

At intake, all patients will be offered time with a member of our Peer Support team and will be able to discuss their individual needs and concerns. Our Peer Support team also attend all Community Outreach events.

# **Psychiatric Services**

Led by compassion, our in-house psychiatrist is able to help our patients cope with psychiatric disorders, including: Depression, Anxiety, Bipolar, Schizophrenia, ADHD, Mood and Cognitive Disorders. Providing assessments, diagnosis and medication management specific to each patient's individual psychiatric needs.

# **Group/Individual/Family Counseling**

INDIVIDUAL COUNSELING puts the focus on the immediate or pressing needs of an individual.

FAMILY COUNSELING In a family system everyone is affected by the behavior of the other and helpful patterns of behavior develop or unhelpful patterns of behavior develop.

GROUP COUNSELING If you want to make a powerful "change outside make a powerful change inside". The power to change often begins with knowing you are not alone.

#### **Mobile Clinic**

The Mobile Unit has been converted into a working clinic in order to provide full service in the community that parallels one of the 5 Intensive Treatment Systems physical locations.

#### **Integrated Health Care**

Our patients are able to access care for both their physical health and behavioral health at one location. This improves overall treatment efficiency and allows ITS to more effectively treat the whole person.

Providing integrated care to our patients helps us to blend the expertise of mental health, substance use and primary care to create a team-based approach to offer mental health care and general medical care in the same setting. ITS has it's own Lab onsite for true integrated care and convenience for our patients.

# **Intensive Out Patient Groups**

At ITS – IOP is an open group; meaning clients can join the group at any time during their treatment. IOP group sessions are made up of 2, 5, 7 or 10 people. Our IOP's are led by skilled facilitators who engage participants to set and reach their individual treatment goals.

#### **Veterans**

Our qualified clinicians and peer support staff have ongoing specialist training through Psych Armor to prepare them in assisting Veterans and their families with treatment for Drug and Alcohol Addiction and indirectly, we can assist them and their families in learning how to cope with trauma or grief.

### **Pregnancy + MAT**

Methadone Maintenance Treatment (MMT) program can prevent the withdrawal symptoms many drug users experience. Withdrawal while pregnant is especially dangerous and can cause miscarriage or premature birth. By blocking the withdrawal symptoms MMT can help you have a healthy and successful pregnancy.

MMT while pregnant will not cause birth defects for your baby.



#### **Women's Health**

Women have unique needs based not only on biology but also environmental and sociological factors.

Women with drug addictions tend to have PTSD more than men with addictions. The unique needs of women in recovery require specialist interventions that aid in the patient's recovery.

#### **After Care & Alumni Services**

Aftercare is an important part of recovery, beyond treatment we want you to succeed. Intensive Treatment Systems (ITS) understands the value of strong support systems, our goal is to help you develop progressive coping skills necessary for sustaining sobriety and long term success.

#### **24-7 Access Point Clinic**

We are open 24 hours a day – 7 days a week! Our ACCESS POINT focus is to provide anyone who is suffering with ANY Drug or Alcohol addiction the best patient centered care no matter the time or day. When a patient decides they are ready to reach out for help, having a place to go to at

that time is crucial. Being available 24 hours a day allows anyone in need to get help; removing the restrictions of limited hours increases the opportunity to serve more patients when they are ready.

#### **Metro Valley Transportation**

Our goal is to remove barriers to treatment, the biggest one being the lack of transportation – ITS offers transportation services to assist patients needing to get to treatment at any hour of the day.

#### **Substance Use Navigator**

ITS Substance Use Navigators (SUN) are feet on the floor in local hospitals. SUNs are a resource for patients and the hospital alike. They help connect patients to the proper resources for their needs by utilizing their network of providers and facilities.