Our Mission
As a premier provider of outpatient chemical dependency programs....
Valley Health Associates offers a whole-person approach to prevention, intervention, and treatment services that promote recovery & wellness through healthy lifestyle changes while aiming for full social function.

Serving Monterey County and San Benito County.

We learned more about my child’s addiction within our first two hours of program time at Valley Health Associates than we had in two years of attempting other strategies.”
~Anonymous Parent, North Monterey County

Now Accepting Referrals
Contact us today to learn how we can help!

Salinas, CA
(831) 424 - 6655 tel
(831) 424 - 9717 fax
ValleyHealthAssociates.com
Nonprofit 501(c)3 # 77-0297577

Walking the road of recovery together.

Better!
It can get
We're here to help.

Valley Health
Associates

Drug Treatment Program

YOUTH Outpatient

We're here to help.

Valley Health
Associates

It can get
Better!

Drug Treatment Program

YOUTH Outpatient
Addiction is tough for everyone.

The adolescent brain, in particular, is highly prone to addiction. 

...abusing drugs or alcohol regularly before the brain is completely formed can increase the odds of becoming addicted to these substances.

~American Addiction Centers

It can get BETTER!

We see improvement in the following life areas...

- Family connectedness
- Healthier friendships
- School engagement
- Capacity to hold a job
- Goal setting & accomplishment
- Openness to talk
- Decrease in risky behaviors
- Excitement for life

Valley Health Associates is here to help.

YOUTH 12 - 18 years of age & Transitional YOUTH 18 - 24 years of age

Percentage of students that have abused an illegal drug

20.3% of 8th graders
37.4% of 10th graders
49.1% of 12th graders

~Monitoring the Future Survey

American Society of Addiction Medicine (ASAM) Risk Assessment
This widely used assessment tool utilizes criteria that view clients in their entirety, rather than by a single medical or psychological condition. This means it pays attention to the whole patient, including all of his or her life areas, as well as all risks, needs, strengths, and goals.

Treatment & Relapse Prevention
An individualized treatment plan based on information obtained from the ASAM Assessment is conducted in collaboration with the client and treatment support team.

Counseling & Recovery Services
Counseling is conducted by our licensed clinical staff as individual, group, or family sessions. Peer Support Specialists assist with services as needed and appropriate.

Case Management
Personal goals and objectives aim to improve the quality of life and to achieve full social function. A focus is placed on leveraging personal strengths with newly learned skills. Linkage provided to other community services assures a longterm continuum-of-care.

Substance Abuse Education
Knowledge is an important component of recovery. The evidence-based curriculum includes:

- Living in Balance; Moving from a Life of Addiction to a Life of Recovery
- The Matrix Model; Intensive Alcohol and Drug Treatment Program
- Candis; A Marijuana Treatment Program
- Marijuana; Prevention & Education Toolkit
- Heroin + Prescription Painkillers; A Toolkit

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