

People use alcohol and drugs for different reasons including

- to relax
- to forget about their problems
- to fit in with other people
- to relieve boredom
- to change their mood
- to help them feel better about themselves

People having problems with alcohol and drugs might

- miss school or work
- frequently feel sick or hung over
- have trouble in relationships
- be short on money
- feel like everybody is on their back
- wonder if something is wrong
- feel worried, sad or ashamed

We are here to

- support and assist you
- ask for your voluntary participation
- provide you with guidance sessions
- give you information to make healthy decisions
- work with you to set goals and reach them

connections

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Screening

Brief Intervention

Brief Therapy

Referral to Treatment

The **Connections Program** offers services to people concerned about their alcohol or drug use. All services are voluntary.

The Connections Program is a partnership between Cook Inlet Tribal Council, Southcentral Foundation and SAMHSA. For more information contact:

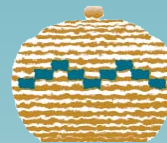
For Adults

907.297.1717

Toll Free 877.297.1717

For Adolescents

907.729.3300



COOK INLET
T R I B A L
COUNCIL, INC.



Southcentral
Foundation

connections

c o n n e c t i o n s

Free Screening is a simple questionnaire to determine if your alcohol and drug use may be putting you at risk.

Brief Intervention involves individual sessions depending on your needs. These sessions are aimed at investigating potential problems that may lead to alcohol and drug use. With the assistance of our staff, you will set goals to develop healthy behaviors. The goal is to reduce the risk of harm that could result in continued use.

Brief Therapy includes 1 to 12 sessions with the number of sessions depending on your needs. You will be referred to take an assessment which helps us to better understand what those needs are. You and our staff will develop goals that are realistic and can be achieved.

Brief Therapy focuses on the present and helps you to develop skills for future change.

You participate by

- completing a screening questionnaire
- bringing knowledge of your life
- sharing your vision for the future
- being motivated
- understanding what's right to you

We provide

- ideas from people who have quit or reduced use
- information about alcohol and drug use
- support and assistance

We are **NOT** here to

tell you what's right or what you should do

We **ARE** here to

help you make the connection between alcohol and drugs and way they effect your life

We're here to help you look at ways to help you maintain a healthy lifestyle