

Criteria for Admission

Be a substance abuser/user, co-dependant, concerned person, or significant other of a substance abuser/user.

Be a multicultural person or significant other of a multicultural person.

Complete a substance abuse assessment



ASAC's Multicultural Community Counseling Services

A Special Outpatient Counseling Program of the Area Substance Abuse Council for People of Color or from a Racial or Ethnic Group



404 17th Street SE
Cedar Rapids, Iowa 52403
(319) 366-1408

ASAC'S CULTURALLY SPECIFIC OUTPATIENT COUNSELING PROGRAM

There are various ethnic and racial groups in our society. Each has its own unique cultural traditions and specific, culturally based reactions to substance use and abuse. We believe that substance abuse can be most successfully diagnosed, treated and prevented when the cultural context in which it was developed is taken into account.

ASAC's Multicultural Counseling Services program includes substance abuse assessment, individual treatment, education, group counseling, and aftercare services.

Assessment

ASAC offers a thorough evaluation of a person's use of substances to determine if treatment is warranted, and if it is, at what level of intensity. We work to ensure that each client is placed in the most appropriate, cost-effective treatment level. All information gathered is held in strict confidence.

Treatment Services

At the Area Substance Abuse Council we utilize a "whole person" approach to substance abuse treatment. We take into consideration an individual's entire life circumstances and personal needs. ASAC encourages the involvement of family during a client's treatment and recovery. Treatment services include:

Crisis Intervention
Individual Counseling
Family Therapy
Group Treatment
Aftercare



Commonly Asked Questions

How do I know if a culturally specific program is right for me?

If you are a person of color or from a racial/ethnic group that needs outpatient substance abuse treatment, or a significant other of a multicultural person requiring treatment, this program has been designed especially for you.

Who decides if I use ASAC's Multicultural Outpatient Program?

You do. Your first step with ASAC will be to complete an assessment that will help us decide with you if outpatient counseling is the appropriate treatment for you. Most assessments include approximately one hour of personal interviews, discussions with corroborative sources and the collection of all relevant treatment, legal, medical and mental health records. The assessment concludes with the appropriate treatment recommendations.

What does the Multicultural Community Counseling Program include?

The program includes individual and family counseling, group counseling, and educational sessions on topics such as cultural identity, effects of substance use, decision making and assertiveness training.

Where is ASAC's Multicultural Program located?

It is located at Jane Boyd's Harambee House; 404 17th Street SE, Cedar Rapids, IA 52403.

What will it cost me to use ASAC's treatment services?

Our fees are based on client income and ability to pay. We accept Title 19, insurance, and third party payments. Some, but not all, insurance companies cover our treatment services. You will not be turned away from ASAC due to your inability to pay.

How long will outpatient treatment last?

Each client's outpatient program is individualized based upon their specific needs. Treatment duration can range from four weeks to several months in length.

Will my family be involved?

We believe that the involvement of your family and significant others is a critical factor in helping you through the treatment and recovery process. Family members and significant others are encouraged to participate in the assessment, family counseling, Al-Anon, Alateen and other support services. ASAC employs family therapists to help you and your family through treatment and recovery.

What is my next step?

Call either ASAC's main office at 390-4611 or our Multicultural Counselor at 366-1408 to schedule an appointment. Multicultural office hours are Monday through Friday 8:00 am - 5:00 pm but evening appointments are also available.

Call (319) 366-1408 to learn more about ASAC's Multicultural Community Counseling Services