

Our Mission Statement:

Dedicated to improving your mental health.

Our Core Values:

Compassion:

We value our clients and strive to enrich and improve their lives.

Respect:

We are committed to treating our clients and community with courtesy, dignity, and understanding. We are mindful of individual differences and cultural and ethnic diversity.

Integrity:

We pledge to provide honest and ethical services to our clients. We align our actions with our words and deliver what we promise.

Innovation:

We strive to be the leaders in education and advancement of knowledge in our fields.

Hope:

Hope is the belief that improvement is possible. Through hope we inspire others to dream and strive for goals.

We share our belief that people can change their lives. We assist clients to identify their aspirations and build upon their strengths.

The Center for Personal Growth is

located near the intersection of 30th Street and Adams Avenue in the Normal Heights area of San Diego.

Public Transportation: The number 2 bus stops at 30th St. and Adams Avenue.

Parking: Street parking is available.

Exodus Recovery is located near the

intersection of El Cajon Blvd. and 30th

Street in the North Park area of San Diego.

Public Transportation: The number 215 bus stops at El Cajon Blvd.

Parking: Parking is available in the parking lot behind the building.

The San Diego Center for Family Therapy is

located near the intersection of East 30th Street and National City Blvd. in National City.

Public Transportation: The number 932 bus stops at 30th St. and National City Blvd.

Parking: Parking is available in the parking lot adjacent to the building.

Exodus Recovery is located off of highway 78.

Public Transportation: The number 302 bus stops right in front of the building. The

Vista Transit Center is just a few blocks away.

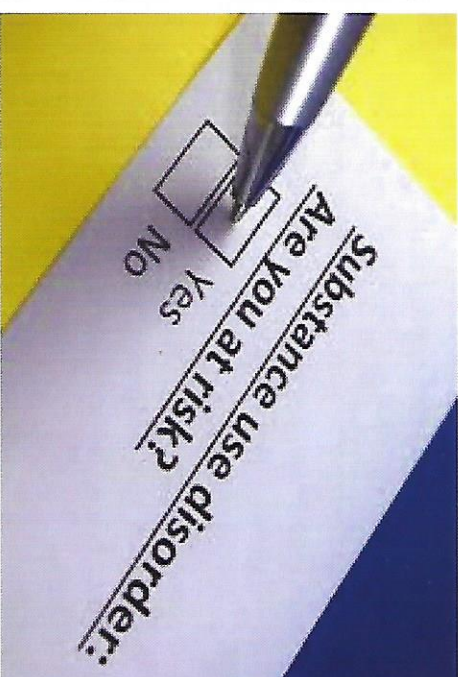
Parking: Parking is available in the parking lot adjacent to the building.

Skills System

Substance Use

Disorders

(S.U.D.) Program



Center for Personal Growth

4656 30th Street

San Diego, CA 92116

619-405-6378

www.centerforpg.com

Satellite Locations:

Exodus Recovery

2950 El Cajon Blvd.

San Diego, CA 92104

San Diego Center for Family Therapy

124 East 30th Street, Suite A1

National City, CA 91950

Exodus Recovery

550 West Vista Way, Suite 109

Vista, CA 92083

About the Skills System for Substance Use Disorders (S.U.D.) Program:

The Center for Personal Growth's Substance Use Disorders (S.U.D.) program is an outpatient psycho-educational program dedicated to assisting individuals with developmental disabilities recover from substance use and abuse while promoting a healthy lifestyle. The S.U.D. program is based on an adaptive coping skills curriculum that helps individuals to better control their substance use by improving their emotional, cognitive, and behavioral regulation skills. We provide a safe and nurturing environment that offers a holistic approach to recovery that includes addiction education and treatment, physical wellness, and meeting the psychiatric needs of our clients.

This service is being funded by the San Diego Regional Center after recommendations to receive this service are reviewed and approved by the ID team and SDRC.



There are nine skills in the Skills System:

1. Clear Picture: Helps me notice what is happening inside and outside of me right now and be grounded and mindful in the moment (not things that have happened to me in the past or things that may happen to me in the future).
2. On-Track Thinking: Helps me think clearly about what I want and what will work to help me reach my goals.
3. On-Track Action: Helps me take positive steps towards my goals and adjust my plans if needed.
4. Safety Plan: Helps me handle risky situations that are happening right now or may happen in the future.
5. New-Me Activities: Helps me to focus my attention when I feel confused, feel better when I am stressed, have fun when I am grumpy, and distracts me when I am frustrated.
6. Problem Solving: Helps me be clear about my goal, identify possible barriers, and develop plans A, B, and C to address the problem.
7. Expressing Myself: Helps me communicate what I am thinking and feeling to others.
8. Getting It Right: Helps me be in the right mind, choose the right person, choose the right time and place, use the right tone of voice, and choose the right words to ask for what I want and need.
9. Relationship Care: Helps me have healthy relationships with myself and others.

Frequently Asked Questions

- You must be 18 years old or older to participate.
- All participants must have an open and active case at the San Diego Regional Center .
- The program is a one year commitment and all participants must make a commitment to attend for the full year.
- Groups are 1 hour and held weekly. Individual sessions are 1/2 hour and held weekly. Typically, individual sessions are scheduled before or after group.
- The group size is from four to ten participants per group. If a group is full, participants can be added to a waiting list.
- Participants may not attend group or individual sessions if they are actively under the influence of a substance.
- Each participant must have a designated support person who is willing to attend a psycho-educational group with the participant once a month for 1 hour.

If you are interested in joining this group, please contact your San Diego Regional Center Service Coordinator and ask for a referral.

Referral forms are available on our website at:

www.centerforgpg.com