



# Outpatient Counseling Services for Substance Abuse and Emotional Health

## Counseling Services

Crossroads for Women's™ Outpatient Program offers individual, couples, family and group counseling with flexible hours. Clients meet with an individual licensed clinician. In addition, a number of unique, women-only therapy groups are offered to women in recovery from substance abuse and/or mental health issues.

## Intensive Outpatient Program (IOP)

Crossroads for Women's™ IOP is a structured group therapy option that provides substance abuse treatment either 3, 4 or 5 days per week at 3 hours a day. IOP may be a first step for women beginning their journey to recovery from substance abuse and any co-occurring mental health issues. It may also serve as aftercare treatment for those women who might first require residential treatment to help them stabilize in sobriety.

## Medication Management

Crossroads for Women™ offers psychiatric evaluations with one of our two consulting psychiatrists. Typically, medication management is available when a client is already engaged in treatment with one of our clinicians. When appropriate, our psychiatrists may prescribe psychiatric and/or anti-craving medications to



Greater Portland Counseling Center

clients admitted to one of our treatment programs and conduct follow-up visits to monitor the clients. Crossroads for Women™ may also collaborate with a client's personal care physician.

VISIT [WWW.CROSSROADSFORWOMEN.ORG/COUNSELORS.PHP](http://WWW.CROSSROADSFORWOMEN.ORG/COUNSELORS.PHP) TO MEET OUR OUTPATIENT COUNSELORS.



Kennebunk Counseling Center

## Services for Friends and Family Members

Crossroads for Women's™ Outpatient Program offers individual, family and group counseling designed specifically for friends and family members of women and men who struggle with addiction, regardless of their choices around treatment. Our focus is on the affected person's issues and concerns rather than the addicted loved one.



Windham Counseling Center

## Driver Education and Evaluation Program (DEEP) Services

Anytime a person receives an OUI (Operating Under the Influence) in the state of Maine, the individual must enter into the Driver Education and Evaluation Programs (DEEP) process of the Impaired Driving Program. Crossroads for Women™ is DEEP certified to provide evaluation and treatment for women of all ages who receive an OUI.

## 3 Convenient Locations in Southern Maine

Greater Portland Counseling Center: 66 Pearl Street, Suite 202 | 207.773.9931

Kennebunk Counseling Center: 2 Livewell Drive, Suite 202 | 207.467.3369

Windham Counseling Center: 120 Main Street | 207.894.5733

hours: 8:00am - 4:30pm, evening by appointment

Remember who you wanted to be.™ | [www.crossroadsforwomen.org](http://www.crossroadsforwomen.org)