

SAFE HARBOR BEHAVIORAL HEALTH OF UPMC HAMOT

Partner with Western Psychiatric Institute and Clinic of UPMC

Addiction Medicine Services

Providing outpatient treatment to those with substance use disorders.

Addiction Medicine Services at Safe Harbor Behavioral Health of UPMC Hamot provides outpatient and intensive outpatient treatment to adolescents and adults who have substance use disorders. Individuals in this program will also be treated for any co-occurring behavioral health needs, serious mental illness, emotional disturbances, or any trauma and abuse history.

Addiction is a chronic illness with biological, psychosocial, and spiritual components. Recovery from addiction is an individual process of abstinence and change. Matching treatment services to your personal needs is critical to returning to a healthy lifestyle. Safe Harbor recognizes that individuals battling addiction may have other mental health needs or emotional disturbances. We understand that addressing all of these concerns in a coordinated manner is essential to your recovery.

In the Addiction Medicine Services Program, you will work with your therapist to develop an individualized treatment plan for detoxification, drug and alcohol rehab, and/or treatment for co-occurring mental health concerns. During your individual, group, or family therapy sessions we will address the following:

- Assessment for appropriate levels of care
- Screening for withdrawal
- Identifying usage triggers
- Learning new coping skills
- Development of a relapse prevention plan
- Identification of healthy lifestyle goals

Our treatment uses components of the twelve-step program to educate patients about addictive illness and facilitate the recovery process. We also encourage family members to contribute to developing the individual's addiction treatment plan. Supportive family members are an important part of treatment and the recovery process.



We currently offer Addiction Medicine Services at our main location, 1330 West 26th Street. Walk-in assessments are available. For more information please call the clinical supervisor of Addiction Medicine Services, Jessi Montie LPC, CAADC, at 814-451-2241.

Safe Harbor Outpatient Clinic

1330 W. 26th St.
Erie, PA 16508

For more information about our outpatient services, please call **814-459-9300**, or visit us at **SHBH.org**.

Safe Harbor Crisis Center/Outpatient West

2560 W. 12th St.
Erie, PA 16505

In the event of a crisis, call Crisis Services 24/7/365 at **814-456-2014** or **1-800-300-9558**.