

# Community Service Board of Middle Georgia

## Adult Behavioral Health



**Mission Statement:** We are dedicated to providing those we serve with quality innovative behavioral healthcare in a recovery-based environment.

**Vision Statement:** We will be recognized as a state leader in comprehensive behavioral healthcare providing integrated cost-effective services.



*CSB of  
Middle Georgia's  
Phone Numbers:*

- ◇ **Main Office:** Laurens County Outpatient Clinic  
2121-A Bellevue Road, B1  
Dublin, GA 31021  
(478) 272-1190
- ◇ **Abundant Life**  
2121-A Bellevue Road, B7  
Dublin, GA 31021  
(478) 275-6845
- ◇ **Braswell House**  
207 North Anderson Drive  
Swainsboro, GA 30401  
(478) 289-2486
- ◇ **Burke County Outpatient Clinic**  
292 West 4th Street  
Waynesboro, GA 30830  
(706) 437-6863
- ◇ **Eastman Annex:** Dodge County Outpatient Clinic  
621 Plaza Dr  
Eastman, GA 31023  
(478) 448-1040
- ◇ **Emanuel County Outpatient Clinic**  
223 North Anderson Drive  
Swainsboro, GA 30402  
(478) 289-2530



"If we plant a seed in a desert and it fails to grow, do we ask, "What is wrong with the seed?" No. The real conspiracy lays in this: to look at the environment around the seed and to ask, "what must change in this environment such that the seed can grow?"

The real conspiracy that we are participating in here today is to stop saying what's wrong with psychiatric survivors and to start asking "How do we create hope filled, humanized environments and relationships in which people can grow?".

Patricia Deegan – Ph.D in Psychology

And Person with a Diagnosis



**Office Hours**

Monday - Friday 8 A.M. – 5 P.M.

[www.csbmga.com](http://www.csbmga.com)



*Community Service Board  
of Middle Georgia*

## *Getting the Most Out of Your Services*

Here are some general things you might want to keep in mind the first day you are here.

**Write ideas down beforehand.** You might want to write down what you want to talk about in case you forget. It is okay to bring your own notepad to your appointments if you want to.

**Ask lots of questions.** It is okay to ask lots of questions, especially if you don't understand something. Please let us know if you are not sure what we're asking of you.

**Try to visit with a positive attitude.** Keeping an open mind and positive attitude will help you get the most possible help out of your visits here.

**We will sometimes be writing or typing when you talk, here is why...**

Your counselor or therapist will take notes while you are talking. This is called collaborative documentation. It means we are writing what you say while listening to you—just to make sure we write down the most accurate information possible.

**Don't be afraid to speak up.** Sometimes you won't "click" with the first person you see. Try to be open minded at first but if that's the case, you have the option to ask to speak with our Engagement Specialist. They will listen to your concerns and do their best to correct the situation. We can't always switch providers due to a limited amount of therapists and doctors—but we can help you communicate with them if you feel you are not being heard.

- ◇ M.O.N.A.R.C.H.  
223 North Anderson Drive  
Swainsboro, GA 30401  
(478) 289-2522
- ◇ Quentin Price, MD, Crisis Stabilization Unit  
118 Thomas Lane  
Dublin, GA 31027  
(478) 275-6811 ext. 1177
- ◇ RISEUP  
621 Academy Avenue  
Dublin, GA 31027  
(478) 353-1188
- ◇ Screven County Outpatient Clinic  
302 East Ogeechee Street  
Sylvania, GA 30647  
(912) 564-7825
- ◇ S.P.A.R.K.  
2121-A Bellevue Road B2  
Dublin, GA 31021  
(478) 275-6811 ext. 1081
- ◇ S.P.I.R.I.T.  
2121-A Bellevue Road, B8  
Dublin, GA 31021  
(478) 275-6812 ext. 1219
- ◇ Step One Recovery  
2121-A Bellevue Road, B3  
Dublin, GA 31021  
(478) 275-6800

## *Intake/Evaluation*

The Community Service Board of Middle Georgia serves 16 counties in Middle and Eastern Georgia. We are a Behavioral Health provider. We offer outpatient counseling, substance abuse residential, community services, adult peer support, and emergency services. All behavioral health services are available to those in need, during their time of need.

When a person first contacts our agency, the receptionist will ask for some information from you like your phone number and address so we can stay in contact with you. Your first visit will be intake, where we gather information that will help us better serve and assist you through your recovery process. During intake, you'll be provided resources and information regarding your care and recovery.



## *Resources:*



CSB of Middle  
Georgia's  
Crisis Line  
(478) 275-6820



**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**

**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



**1-844-326-5400**

[gasubstanceabuse.org/cares-warm-line](http://gasubstanceabuse.org/cares-warm-line)



Every once in a while, you will be asked to complete a survey, telling us how satisfied you are with our treatment facilities. Survey results are used to study our programs and look at possible changes that would improve the quality of care provided to you and others.



## Confidentiality

## Care Planning

After your intake, your counselor will help you establish goals that you want to reach while you are here and what to do to reach those goals. Your personalized goals, hopes, and aspirations will be included in the care planning process. Your part and our part will be written down in your Treatment Plan. Keep in mind, your recovery will be your own personal journey, only you can live your life. We are here to offer support and encouragement while you work toward your goals. We are here because we would like to see you get better and lead the life you want for yourself.

Our number one priority with your care planning is ensuring you are involved. If you feel that you were not involved during this process, please let us know. Ask to speak with an Engagement Specialist, a person who works here, who once walked through our doors just like you did. This person will be able to assist you in making sure you are involved in the future.

## *Your Responsibility*

Getting better means taking responsibility for your recovery. This means keeping appointments and calling if you need to reschedule or make a new appointment. Be honest with your counselor and your doctor. They need your help in order to help you in return. Take your medicine as prescribed. Call if you have any problems. Notify your counselor if you start taking any new medicine or if there are other big changes. Respect yourself and others, notify staff if you feel your health or safety is at risk, and exercise your right as a citizen. You may file a complaint if you feel your rights have been restricted or violated in any way. This is known as a complaint/grievances procedure. You may contact the Consumers' Rights Representative, Marsha Williams, at (478) 272-1190 for more information.

## *Our Responsibility to You*

We are responsible for keeping our appointments with you, being honest, letting you know what your rights are, informing you about your medicine and diagnosis, following the least restrictive plan of care, and stepping in if you tell us you have thoughts about harming yourself or someone else. It is our responsibility to follow fair and ethical treatment practices. We are responsible for providing you with care free from neglect, physical abuse, or verbal abuse. You will be given a copy of your right, and a list of your rights will also be posted for you to review in the common areas for our facilities. If you need another copy or lose yours, let us know. We will give you another one.



## *Success Stories*

**“I have learned to respect myself as well as others. It has taught me to think before I act.”  
-Linda**

**“I thought I was the only one with an illness—but I came to [CSBMG] and I found out that I wasn’t the only one.”  
-Kendrick**

**“Coming here has helped me spread my wings by allowing me to build my self esteem. I no longer think less of myself.”  
-Demykle**

**“My case manager has been absolutely amazing to and with me. She has been helping me improve my self-esteem, self image...”  
-Stacia**



## Braswell House

### Semi-Independent Residential Program & Addictive Disease Intensive Outpatient Transitional Services

Braswell House provides a safe, stable, drug-free residence to 10 males for a minimum of 30 days who are discharging from a DBHDD Crisis Stabilization Unit (CSU) or hospital without a safe and sober home environment to return. Transportation is provided from the CSU to Braswell House. Transition planning begins at the onset of services. Discharge care will be coordinated with the individual's provider(s) in his county of residence. Braswell House is a fully-furnished 4 bedroom facility. Staff are onsite at all times. Semi-Independent Residential Services **must** coincide with the Addictive Disease Intensive Outpatient Transitional Services.



*Intensive Outpatient  
Transitional Services (IOP)*

The Addictive Diseases Transitional IOP emphasizes reduction in use and abuse of substance and/or continued abstinence; the negative consequences of substance abuse; development of social support networks and necessary lifestyle changes; educational skills; vocational skills; improved family functioning; the understanding of addictive disease; and the continued commitment to a recovery program.

### *Our Responsibility to You*

We recognize that we have a responsibility to you and the communities we serve. Organizational and Professional code of ethics (that means how we should run things, and with what kind of attitude) are posted in common areas of each building, and copies are available if you would like one.

We have the responsibility to follow up with the referral sources for mandated people regardless of treatment outcome.



### *Family Involvement*

Your family is important to us. If you would like to bring your family or close friends with you during your first visits, please do so. Be sure to let your loved ones read this pamphlet and have them call us if they have questions. You may choose to have a loved one make decisions for you if you are not doing well and are unable to understand recommended treatments. There are family support services available within our programs to help families understand the challenges their loved ones are facing. Family Therapy is also an option – ask your counselor for more details.

## *Becoming Familiar with Our Programs*

Once you pick out a program best suited to fit your needs, staff will provide you with information regarding building specific emergency plans and procedures, floor plans, tobacco product use, drug use and possession of weapons. Program specific rules will be discussed with you. If you have questions, please feel free to ask. We want to make sure you have the best possible experience at our facilities.



## *Adult Mental Health Programs*

Adults age 18+ can get assistance from the many different behavioral health services we offer. We have outpatient counseling, peer supports, community supports, and medication maintenance just to name a few. These programs are for people with a wide range of behavioral health challenges including, but not limited to: depression, anxiety, schizophrenia, bipolar disorder and adjustment disorders.

## *Abundant Life*



**ABL** is a 6 month residential program, designed to view recovery as an ongoing process to improve health and wellness. Abundant Life helps you to learn to live satisfying self-directed lives and is available to pregnant and parenting women. ABL works with women who are at high risk for relapse, are pregnant, have Child Protective Services or Family Support involvement, criminal justice involvement, psychiatric disorders, and are sufficiently medically stable to participate in treatment. We strive to help women who struggle with drug and alcohol problems recover and return to their local communities successful, sober and independent.

## *RISE UP*



Facebook @ RISE UP

Our mission is to provide a safe, supportive community setting for individuals and families in recovery to establish, maintain and enhance recovery through the utilization of peer support by offering nonclinical activities that engage, educate and empower.

***All support services provided at no charge!***

## *Addictive Disease*

Addiction is a treatable disease that affects the physical, mental, emotional and spiritual life of a person. The disease dramatically influences, and is influenced by, family members. It has been proven that persons with alcohol and drug challenges recover best in group therapy/counseling. The primary component of your treatment will be in a group setting.



**Step One Recovery Center** is a five day a week group program that will assist you in identifying personalized ways to stay sober and reach your goals.

**Substance Abuse Night Groups** are available for those who are unable to commit to a five day a week program. This is a 3-hour group based on individualized strengths, your progress, and your ability to maintain sobriety, and is held twice per week.

**DRC Lite** is a program operated in conjunction with the GA Department of Corrections to provide care as an alternative to incarceration for certain probation violations. This program is based on your strengths, your progress within the program and your ability to remain sober. There are specific requirements set by the Department of Corrections that you must adhere to.



## *Outpatient Clinic Open Access*

- First come, first served.
- Please bring
  - Picture ID
  - Insurance card if applicable
  - List of medications

**Burke County**  
Tuesday & Thursday  
7:30AM-11:30AM

**Screven County**  
Monday  
8:00AM-11:30AM

**Laurens County**  
Monday through Friday  
8:00AM-2:30PM

**Emanuel County**  
Monday & Wednesday  
8:00AM-11:30AM

**Dodge County**  
Monday & Wednesday  
8:00AM-11:30AM

Our team is comprised of experienced and passionate professionals. Our team strives to provide quality care.

Psychiatrists  
Nurse Practitioners  
Registered Nurses  
Licensed Practical Nurses  
Licensed Professional Counselors  
Associate Professional Counselors  
Paraprofessionals  
Case Managers  
Certified Addiction Counselors  
Certified Peer Specialists  
Customer Service Representatives



## ***Peer Support***

***M.O.N.A.R.C.H.***

is an Adult Peer Supports Day Service Program that promotes personal development and wellness as a means to acquire a more meaningful life. We provide Peer Supports Group services around Recovery, Self-Advocacy, Living, Social, and Occupational Skills.



Meaningful  
Opportunities  
Nurturing  
Advocacy  
Recovery  
Connection  
Health

We believe everybody can learn, grow, better their lives, and live as independently as possible. We are people like you, who have been in similar situations. We want you to have a voice and to be your best you, and live your best life.

## ***Psychosocial Rehabilitation Individual (PSR-I)***

is a service based on skill building and improving your ability to live and function on your own. Someone can come to your house, or you may meet them at our office to discuss and implement independent living skills specific to your needs. Ask your care provider what you need to do to sign up for this service.



## ***Quentin Price, M.D., Crisis Stabilization Unit***

Quentin's Place is 24 hour, 16-bed residential treatment facility, providing supervision and support for adults needing detox and psychiatric recovery services. Admissions are short-term, with an average stay being around 5 days.

The goals of this program are to prevent unnecessary hospitalization and to provide a stable environment for those who need it.

We utilize the resources in your community to link you to the best services and supports to help you through your recovery. You will have a follow-up appointment with our agency or other service agency of your choice upon discharge from the CSU.

Referrals are made through coordination with local hospitals, probate judges and law enforcement agencies, as well as through family members and self-referral.



This program is designed to serve those who carry **both** a *behavioral health* and *developmental disability* diagnosis. We call it, dual diagnosed.

Supporting  
Peers  
In  
Recovery  
Initiatives  
Taskforce

We enjoy building life improvement skills by practicing:

1. self-awareness
2. developing your interpersonal skills
3. continuously learning

Everything that happens at S.P.I.R.I.T.  
is led by CPS's  
(*Certified Peer Specialist*)  
people just like you.

Truthfully, you could be the  
leader!

Your opinions, ideas, wants, and needs will  
be considered and your voice will be heard!

You may want to learn a new skill. Your new  
group of friends can learn something new  
with you.

**Monday- Friday**  
**8:00AM-3:00PM**

*We can help organize transportation too!*



**Peer Support**

**SPARK!**

Supporting  
Peers  
Along  
Recovery's  
Kaleidoscope

An Adult Peer Supports Day Service Program that promotes personal development and wellness as a means to acquire a more meaningful life. We provide Peer Supports Group services which includes Recovery, Self-Advocacy, Living, Social, and Occupational skills.

We recognize the value of wellness connections and the ability to relate to others with behavioral health experiences. It is our belief that shared lived experience is one of the best ways to gain support.



*Ask us about the Emerging Adult Peer Support  
Program at SPARK, too!*



### **Community Support Team (CST)**

operates 24/7 according to your needs and is dedicated to assisting those who frequent hospitals or prisons. We provide the skills necessary to prevent hospitalization or incarceration. There are certain requirements for these programs, so please ask your care provider for more details.

### **Intensive Case Management**

**(ICM)** operates during normal office hours and assists with preventing relapse that may lead to hospitalization or incarceration, but is different and offers less intensive services, from our CST (Community Support Team) program. Please see your care provider for additional details.