

# SUBSTANCE USE DISORDER Services

Staff understand that each client is unique and their needs are also unique. Treatment plans are developed to reflect these specific individual needs. Services focus on assisting clients to address substance use disorders and learn healthier coping skills, as well as enhance overall functioning in the client’s life. Seasons SUD staff offer psychoeducation, advocacy, referrals, and a holistic focus to prevent the development of additional problems for individuals and their families.

**Treatment recommendation include:**

- Extended Outpatient Treatment: individual and group counseling
- Intensive Outpatient Treatment: individual and group counseling totaling 9 hours per week
- Co-occurring mental health and substance abuse therapy
- Group therapies: covering relapse prevention, trauma, CBT or DBT based coping skills
- Referral to residential treatment when needed
- Care Team Referrals for additional supports

Referrals & Appointments:  
800-242-5101

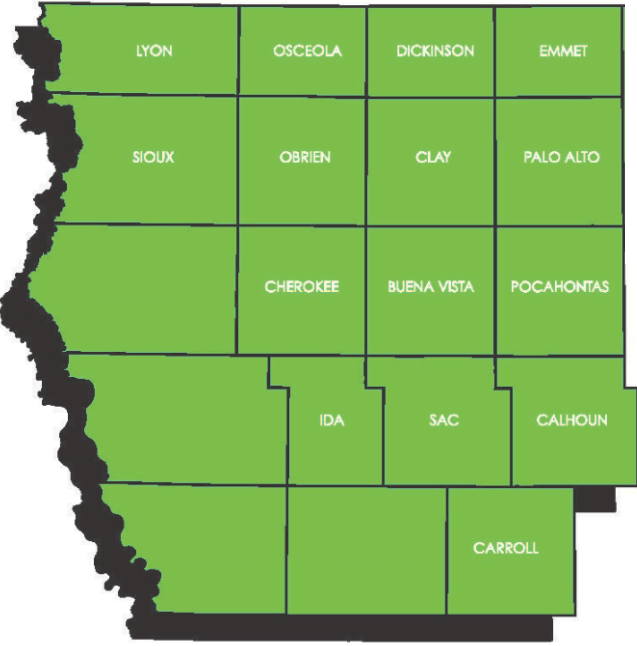
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[www.seasonscenter.org](http://www.seasonscenter.org)

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24/7 Talk & Crisis Line:  
844-345-4569

Suicide & Crisis Lifeline:  
988



## Service Area

Buena Vista | Calhoun | Carroll  
Cherokee | Clay | Dickinson | Emmet  
Ida | Lyon | O'Brien | Osceola  
Palo Alto | Pocahontas | Sac | Sioux