



DSAT

DSAT– Differential Substance Abuse Treatment is a program for adults with substance abuse related problems. Individuals go through DSAT while on probation, as a part of their Maine Drug Court program, or, through individual/family decisions.

The Program-

Phase I: Orientation & Motivation, weekly meetings, motivation for change.

Phase II: Intensive, twice weekly sessions, closed groups focusing on skill-building. Cognitive skills, specific life-skills, techniques to sustain a substance-free lifestyle.

Phase III: Maintenance, weekly sessions, support groups.

Phase IV: Aftercare.

***Participants are expected to do one-on-one work sessions throughout the treatment program.**

Benefits of DSAT-

- Rehabilitation services such as DSAT are less expensive and more effective than time in correctional facilities [John D. & Catherine T. MacArthur Foundation].
- DSAT teaches participants life-long skills that help them in all aspects of life, along with skills to cope with addiction recovery.
- Completion of a DSAT satisfies DEEP requirements (Driver Education Evaluation Program).
- DSAT is for ANYONE who wants to kick a substance addiction—not just for those probation, or in legal trouble.

Consumer Feedback-

“They are not just teaching me to live without the use of drugs but [are also] teaching me how to live.” -DSAT Participant

“You can get all the help you need in this program.” -DSAT Participant, Age 25

**For more Information, contact:
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**All Locations:
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