



TRI-COUNTY
MENTAL HEALTH SERVICES

We offer hope.

DSAT PROGRAM

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-

NEW! Pre-Motivational Phase Group Sessions!

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.

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

-DSAT Participant

For information and referrals, Call the TCMHS Referral Line at

1-888-304-HOPE (4673)

Visit us on-line at www.tcmhs.org