

# 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: Skill Building** 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 on 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

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