



SERVICES

Diagnostic Assessment

A Diagnostic Assessment is an intensive clinical and functional face-to-face evaluation of a recipient's mental health, developmental disability, or substance abuse condition that results in the creation of a diagnostic report consisting of a diagnosis, a recommendation of target population, and includes an order for services that provides the basis for the development of a Person Centered Plan.

Individual and Family Therapy

We provide Individual and Family Therapy for adolescents and adults. Consultation, education and support for a parent or caregiver of a child who is struggling with an emotional, behavioral or psychiatric illness.

Treatment specialization includes:

- Depression
- Anxiety Disorders
- Schizophrenia
- Bipolar Disorder
- Post Partum Depression
- Life transition issues
- Stress Management
- Parenting and Family Issues

Individual Therapy involves one-to-one meetings with a therapist. Within the context of a cooperative partnership, a working relationship between the therapist and client allows goals to be developed and solutions to be generated. There is typically a focus on particular problems or stressors. Individual therapy helps someone to look more objectively at feelings, thoughts and behaviors.

Family therapy is a form of intervention that includes all or most of the immediate family in the treatment process. Family therapy is based on the understanding that working with someone's environment and social context is critical for change. For children, the primary social context is the family. Family therapists view the family as a unit in itself and not merely as a collection of individuals. Family therapy focuses on family dynamics and interactions, with goals centered on adjusting those patterns to promote positive and healthy functioning.



Substance Abuse Services

Substance abuse refers to the overindulgence in and/or dependence on a stimulant, depressant, chemical substance, herb (plant) or fungus leading to effects that are detrimental to the individual's physical health, mental health, or the welfare of others. The disorder is characterized by a pattern of continued pathological use that results in repeated adverse social consequences related to drug use, such as failure to meet work, family, or school obligations, interpersonal conflicts, or legal problems. Substance abuse is sometimes used as a synonym for drug abuse, drug addiction, and chemical dependency.

Medication Management

Each initial medication evaluation starts with an approximate one hour consultation so that a full history can be obtained and necessary lab tests ordered. Only after a thorough review of all of the data will a collaborative plan be developed. We believe that the person served should be fully aware of his or her diagnoses and have a clear understanding of each medication prescribed and their side effect profile. It is not our intention to always turn to medications as a solution not symptom management but to provide a broad view of every disorder but to provide a broad view of every disorder but to provide a broad view of every disorder.

Marriage & Family Therapy

A family's patterns of behavior influences the individual and therefore may need to be a part of the treatment plan. In marriage and family therapy, the unit of treatment isn't just the individual. It is the set of relationships the individual has i.e. the whole family.

DWI Services

DREAM is a North Carolina licensed DWI Service Provider. We provide Alcohol and Substance Abuse Assessments for North Carolina DWI offenses. We also provide Substance Abuse Treatment programs as required by the State Of North Carolina. State law requires that DWI offenders obtain a substance abuse assessment and complete the recommended intervention, which is either education or treatment.

Case Management

DREAM's case managers assist clients in gaining access to needed medical, social, educational, and other services. Case managers initiate and oversee the process of assessment and reassessment of the client. They are responsible for development of the Person Centered Plan. Case managers are also responsible for referral to appropriate services and continued monitoring of the provision of services.



Community Support – Adults

CS consists of mental health and substance abuse rehabilitation services and supports necessary to assist the person in achieving and maintaining rehabilitative, sobriety, and recovery goals. The service is designed to meet the mental health/substance abuse treatment, financial, social, and other treatment support needs of the recipient. The service is also designed to assist the recipient in acquiring mental health/substance abuse recovery skills necessary to successfully address his/her educational, vocational, and housing needs.

Community Support - Child/Adolescent

CS services are services and supports necessary to assist the youth ages 3 to 17 years of age of younger and their caregivers in achieving and maintaining developmental, rehabilitative, and recovery goals. CS services are intended to meet the mental health or substance abuse needs of children and adolescents with significant functional deficits or who, because of negative environmental, medical or biological factors, are at risk of developing or increasing the magnitude of such functional deficits.

Intensive In-Home Services

This is a time limited intensive family preservation intervention intended to stabilize the living arrangement, promote reunification or prevent the utilization of out-of-home placements (i.e., psychiatric hospital, therapeutic foster care, residential treatment facility) for the identified youth through the age of 20. These services are delivered primarily to children in their family's home with a family focus to: diffuse the current crisis, evaluate its nature, and intervene to reduce the likelihood of a recurrence; Ensure linkage to needed community services and resources; Provide self help and living skills training for youth; Provide parenting skills training to help the family build skills for coping with the youth's disorder; Monitor and manage the presenting psychiatric and/or addiction symptoms; and Work with caregivers in the implementation of home-based behavioral supports. Services may include crisis management, intensive case management, individual and/or family therapy, substance abuse intervention, skills training, and other rehabilitative supports to prevent the need for an out-of-home, more restrictive service.

Pitt County Drug Court

Courts shall establish pilot programs in judicial districts that add a mental health treatment component to the existing drug treatment courts in those districts, thereby expanding those courts into therapeutic court programs aimed at providing treatment to repeat adult offenders with needs for either mental health or substance abuse services. The purpose of the mental health treatment component of the pilot programs is to facilitate cooperation between the State mental health system, mental health service providers, and the judicial system in order for the State mental health system to provide repeat adult offenders that need mental health services with treatment and other mental health services aimed at improving their ability to function in the community, thereby reducing recidivism and easing the workload of the courts.