

HEART OF TEXAS SUBSTANCE USE SERVICES PROVIDES

- Substance use screenings
- Adult outpatient treatment
- Co-Occurring Psychiatric and Substance Use Disorders (COPSD) outpatient treatment
- Case management
- Interim treatment services to promote continuity of care for the people we serve
- Substance use treatment in conjunction with Medication-Assisted Treatment (MAT) provided by and through agreement with the Family Health Center (FHC) in Waco

**Individual Counseling Services
Available Monday - Friday
8:00 a.m. - 4:00 p.m.
(Or by appointment)
Group Sessions Offered
Monday - Wednesday
(Day and Evening)**

Service Area Region 7

- Bastrop
- Bell
- Blanco
- Bosque
- Brazos
- Burleson
- Burnet
- Caldwell
- Coryell
- Falls
- Fayette
- Freestone
- Grimes
- Hamilton
- Hays
- Hill
- Lampasas
- Lee
- Leon
- Limestone
- Llano
- Madison
- McLennan
- Milam
- Mills
- Robertson
- San Saba
- Travis
- Washington
- Williamson

Accepted Forms of Payment include:

- Private Insurance
- Self-Pay
- Medicaid
- Medicare
- Sliding scale payment options for those without insurance or another payer source

***Eligibility for services not based on ability to pay.**

The Texas Health and Human Services Commission (HHSC) furnishes financial support to the activities in this publication. This does not imply HHSC's endorsement or concurrence with the statements or conclusions contained herein. Any grievance which remains unresolved within HOTBHN Substance Use Services may be referred to:

The Office of Consumer Services and Rights Protection: Substance Abuse Services
1-800-942-5540
Texas Department of State Health Services (DSHS) Substance Abuse Division
Complaints Management and Investigative Section
P. O. Box 141369
Austin, Texas 78714-1369

**Office Hours:
Monday - Friday
8:00 a.m. - 5:00 p.m.**

A division of **HOTBHN**

Providing Adult Outpatient Substance Use Disorder Treatment & Co-Occurring Psychiatric and Substance Use Disorders (COPSD) Outpatient Treatment Services to our community members.



**HEART OF TEXAS
RECOVERY
CENTER**

Crisis Hotline: 1-866-752-3451



**HOTBHN Heart of Texas Recovery Center
2220 Austin Ave,
Waco, TX 76701
254-297-8999**

HOTBHN services have expanded to include:

Outpatient Substance Use Services for adult clients who need substance use treatment funded by the Texas Health and Human Services Commission.

These services are provided in addition to other services offered by HOTBHN and can include anyone in our community who is struggling with a substance use disorder.

Services to be provided will be determined with an initial screening to establish appropriateness for treatment.

The assessment done at the initial appointment will determine the length of the services provided. Most services will be from six to sixteen weeks, as determined by the assessment and treatment team.

Co-occurring disorders are addressed and treated in an outpatient setting.

Outpatient counseling services that include therapy can be provided for clients and family members who have a need outside of substance use or mental health case management.

Some topics to be addressed in our program include:

- Alcoholism
- Drug Addiction
- Spirituality
- Twelve Step Education
- Relationships
- Disease Concept
- Low Self Esteem
- Self- Acceptance
- Self-Forgiveness
- Criminal Thinking
- Problem-Solving
- Pro-Social Skills
- Codependency
- Guilt and Shame
- Stress Management
- Anger and Resentment
- Accessing Community Resources
- Communication Skills
- Managing Negative Emotions
- Setting Healthy Boundaries
- Critical Thinking Errors
- Assertiveness
- Grief and Loss
- Feelings
- Communication
- Defense Mechanisms
- Family Relationships
- Relapse Prevention

While all qualified individuals are welcome, priority populations include:

1. Pregnant individuals who inject drugs
2. Pregnant individuals who use substances
3. Individuals who inject drugs
4. Parents with children in foster care who use substances

Other priority populations include:

1. Individuals at high risk for overdose
2. Individuals referred by DFPS
3. Individuals experiencing housing instability or homelessness
4. All other populations

Outpatient and mental health services are available to anyone in our community suffering from a substance use disorder.

We accept referrals from all sources, including state agencies such as CPS, Veterans, Probation, Parole, Drug Court, or private referral.

For more information or to set up an appointment/screening, please get in touch with us at:

PH: 254-297-8999

FAX: 254-752-3793

Monday through Friday

