



*Transitions is licensed by the
Illinois Division of Substance
Use Prevention & Recovery
(SUPR)*



CARF accredited since 1977

Ready to Get Started?

*There are several ways to get started
in Recovery Through Balance*

1. Speak with your case manager or therapist at your next scheduled appointment. Let him or her know you are interested in substance use treatment services.

2. If you are not currently enrolled in services at Transitions, walk in to our Maine Street office or call us. Our staff will get you headed in the right direction!



Transitions
of Western Illinois

Inspiring Growth | Empowering Lives

4409 Maine Street, Quincy, IL 62305
217-223-0413

www.twi.org

 **Transitions**
of Western Illinois



Recovery Through Balance

*Treatment for Co-Occurring
Disorders*

Recovery Through Balance

The Recovery Through Balance Program helps people who have co-occurring disorders – co-occurring mental health and substance use disorders. Services are evidence-informed and enable people to receive both mental health and substance use services from the same treatment team.



ABOUT OUR SERVICES

- services are available to adults who are 18 years of age or older and who reside in Adams County, IL
- the Illinois Medicaid card is accepted for services; a fee for services based upon income and family size can also be established
- services help people, through a small series of overlapping and incremental changes, to achieve significant changes in sobriety, symptom management, and increased independent living.
- Level I and Level II services are provided – Level I services occur less than 9 hours/week; Level II services are more intense, occurring more than 9 hours/week.



GOALS OF THE PROGRAM

Goals of Services are:

1. to reduce relapse of substance use and mental health problems
2. to reduce hospitalizations
3. to reduce involvement with the legal system (arrests and/or incarceration)
4. to reduce the duplication of services
5. to reduce service costs
6. to improve continuity of care
7. to increase quality-of-life outcomes
8. to improve independent living skills
9. to increase individuals' use of natural supports and community resources

SERVICES AVAILABLE

- Mental health and substance use assessment services
- Treatment planning and individualized goal setting
- Individual counseling services
- Psycho-education services
- Group services (relapse prevention, coping skills groups)
- Psychiatric services – evaluation, medication services

www.twi.org



Inspiring Growth
Empowering Lives