

Substance Use Counseling

Compassionate, evidence-based support for lasting change

Substance use often develops as a way to cope — with stress, trauma, anxiety, depression, or overwhelming life circumstances. Over time, what once felt helpful can begin to feel out of control, impacting relationships, work, health, finances, and self-esteem.

Substance Use Counseling provides a supportive, non-judgmental space to better understand your relationship with alcohol or other substances and to create meaningful, sustainable change. Whether you are questioning your use, working toward moderation, pursuing sobriety, or maintaining recovery, therapy can help you move forward with clarity and confidence.

You don't have to do this alone.

Who This Service Is For

Substance use counseling may be helpful if you:

- Feel concerned about your drinking or drug use
- Notice substances are affecting your relationships or responsibilities
- Use alcohol or drugs to manage stress, anxiety, trauma, or mood
- Have tried to cut back but struggle to maintain changes
- Experience legal or financial trouble from your substance use
- Are navigating early recovery or relapse prevention
- Want support without shame, labels, or pressure
- Are balancing substance use concerns alongside mental health challenges

We meet you wherever you are in the process — including uncertainty.

How Therapy Helps

Together, we work to understand both the behavior and the needs underneath it. Treatment focuses on building insight, strengthening coping skills, and developing healthier ways to regulate emotions and manage stress.

Therapy can help you:

- Identify triggers and patterns
- Reduce cravings and impulsive behaviors
- Strengthen emotional regulation
- Address underlying anxiety, depression, or trauma
- Improve communication and relationships
- Build motivation and confidence for change
- Develop a sustainable recovery or moderation plan
- Prevent relapse with practical tools and supports

Change is not about willpower alone — it's about learning new skills and receiving the right support.

Our Approach

Our therapists use evidence-based, compassionate approaches. Treatment is individualized through assessment and treatment plans tailored to your goals and preferences, which may include:

- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Harm Reduction strategies
- Relapse Prevention planning
- Trauma-informed care
- Mindfulness and emotion regulation skills
- Coordination with medical or psychiatric providers when helpful

We recognize that each person's relationship with substances is unique. Your treatment plan will be collaborative, personalized, and paced in a way that feels manageable.

What to Expect

Sessions are conversational, supportive, and practical. You can expect:

- A respectful, non-judgmental environment
- Clear goals and measurable progress
- Tools you can apply in daily life
- Space to talk honestly about setbacks and successes
- Integration with other therapy goals when applicable

Whether you're seeking small changes or long-term recovery, therapy is designed to support steady, realistic progress.

Start Where You Are

If you're ready to explore your relationship with substances or want support making changes, we're here to help.

Contact us today to schedule a consultation or intake appointment.

Together, we can create a path forward that supports your health, relationships, and overall well-being.