

About Us

A New Day is certified by MHAS (Ohio Mental Health and Addiction Services) as Mental Health and Substance Use Intensive Outpatient Treatment Facilities. Programs are held in a supportive, caring environment designed to help clients regain their sense of self-worth as they begin their recovery and learn the necessary tools to maintain sobriety or mental health. We provide complimentary transportation to our Lodi and Wooster locations.

OUR VALUES

1. Treat people with respect and dignity.
2. Provide a safe, supportive, structured, and compassionate environment.
3. Recognition that an individual's decision to change is internally motivated.
4. Model honest and ethical behavior.
5. Accountability to each client.



**One Day at a
Time**

A New Day
(330) 636-1741
fax (330) 948-0880
anewdaylodi@gmail.com

127 E. Liberty Street, S.110 737 Bank Street 816 N. Sandusky Ave.
Wooster, OH 44691 Lodi, OH 44254 Bucyrus, OH 44820



A NEW DAY

**Mental Health and
Substance Abuse Addiction
Treatment Services**

FREE TRANSPORTATION

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www.anewdaylodi.com

Our Services

INDIVIDUAL SCREENING AND ASSESSMENT

Assessment is the evaluation of an individual to determine the nature and extent of one's Mental Health, or the abuse, misuse, and/or addiction to alcohol and/or other drugs.

INDIVIDUAL COUNSELING

Individual Counseling is performed to explore mental health or alcohol and/or drug problems/addiction and their ramifications, including an examination of thoughts and feelings, consideration of alternative solutions and decision-making.

MAT

Medication assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. If a person is addicted, medication allows him or her to regain a normal state of mind, free of drug-induced highs and lows. It frees the person from thinking all the time about the drug. These changes can give the person the chance to focus on the lifestyle changes that lead back to healthy living. It is not the same as substituting one addictive drug for another. Used properly, the medication does not create a new addiction. It helps people manage their addiction so that the benefits of recovery can be maintained. Medication is available in the form of Vivitrol and/or Suboxone.

IOP

Intensive Outpatient Group Therapy is designed to let individuals continue living at home while attending treatment in an Outpatient Facility. IOP assists individuals in developing new ways of thinking, learn tools to begin rebuilding their personal lives, identify triggers to use and learn healthy ways to deal with them, cope with cravings, improve decision-making abilities, practicing effective communication, develop healthy relationships, and develop skills to build a foundation for long-term recovery.

Mental Health Services

A New Day provides assistance with mental health issues for adults age 18 and up to bring encouragement, hope, and emotional wellness. Mental Health Counseling will provide tools, problem solving, and behavioral techniques to assist clients with particular problems such as trauma, depression, anxiety, co-occurring disorders, addiction, handling emotions from life problems or stressors, and more. Mental Health Services can impact one's life in a positive way, so that one may learn to live in a more adaptive and functional way.

TRANSPORTATION

Clients that begin to engage in treatment services with A New Day may participate in the free transportation that is offered to clients after the initial assessment is complete. Areas of transportation include, but are not limited to, Wooster and surrounding areas, Orville, Rittman, West Salem, Seville, Medina and surrounding areas, and Wadsworth.

CBT Group

A New Day provides Cognitive Behavioral Therapy (CBT) in Individual or group settings. CBT helps clients identify and change the negative or destructive thought patterns, feelings, and behaviors that may lead to maladaptive behavior. This program emphasizes personal accountability, an understanding of thoughts and choices, and teaches alternative behaviors for those thought processes. CBT can teach individuals to learn to change the way one thinks, which changes the way one feels, which in turn changes the way one views and handles tough situations when they arise. CBT can allow you to become better at intercepting disruptive thoughts that make one anxious, isolated, or depressed, which can help reduce stress, cope with complicated relationships, deal with grief, and face many other common life challenges.



Parenting Classes

A New Day provides counseling utilizing the Triple P Parenting Program. The three Ps in 'Triple P' stand for 'Positive Parenting Program. Triple P is an approach to parenting that gives parents tools and strategies to raise their child in an environment that is safe, loving and predictable. It doesn't tell parents how to raise their children, but gives them the confidence and skills to build good relationships with their child, set boundaries and rules, and follow up with consequences that aren't harmful. This curriculum has been shown to help reduce problem and emotional behaviors. The evidence also shows it helps parents feel more confident, less stressed, less angry and less depressed.

Case Management

We support the individual through all aspects of their recovery in addition to life situations, such as transportation, food, employment, medical, housing, and legal assistance.

If you or a loved one is struggling with mental health or addiction issues, hope and help is here.