



Confidentiality

Your Union's Fringe Benefits Funds office retains the services of Care Plus Solutions, Inc. In addition to its expertise, one of the most important reasons for selecting an outside firm is to ensure confidentiality.

Our firm maintains all records and only provides anonymous statistics in utilization reports. All protected health information is strictly confidential with the exception of "harm to self or others".

When you seek help with our firm, we “meet you where you are” in the recovery process. We help you to uncover your motivation for change.

The Stages of Change

PRECONTEMPLATION STAGE

- Resist change
- In treatment due to pressure from others
- Cannot see the problem

CONTEMPLATION STAGE

- “I want to stop feeling stuck.”
- Acknowledge there is a problem
- Struggle with ambivalence

PREPARATION STAGE

- Make plans to change behavior

ACTION STAGE

- Change behavior and surroundings
- Period of greatest commitment of time and energy

MAINTENANCE STAGE

- Maintain one's sobriety
- Work doesn't stop here
- Relapse prevention strategies



“Recovery is about progression, not perfection.” - Unknown





What happens when I call?

You will receive a confidential, comprehensive clinical assessment of the presenting problem(s) that you are experiencing, from a Master's level counselor.

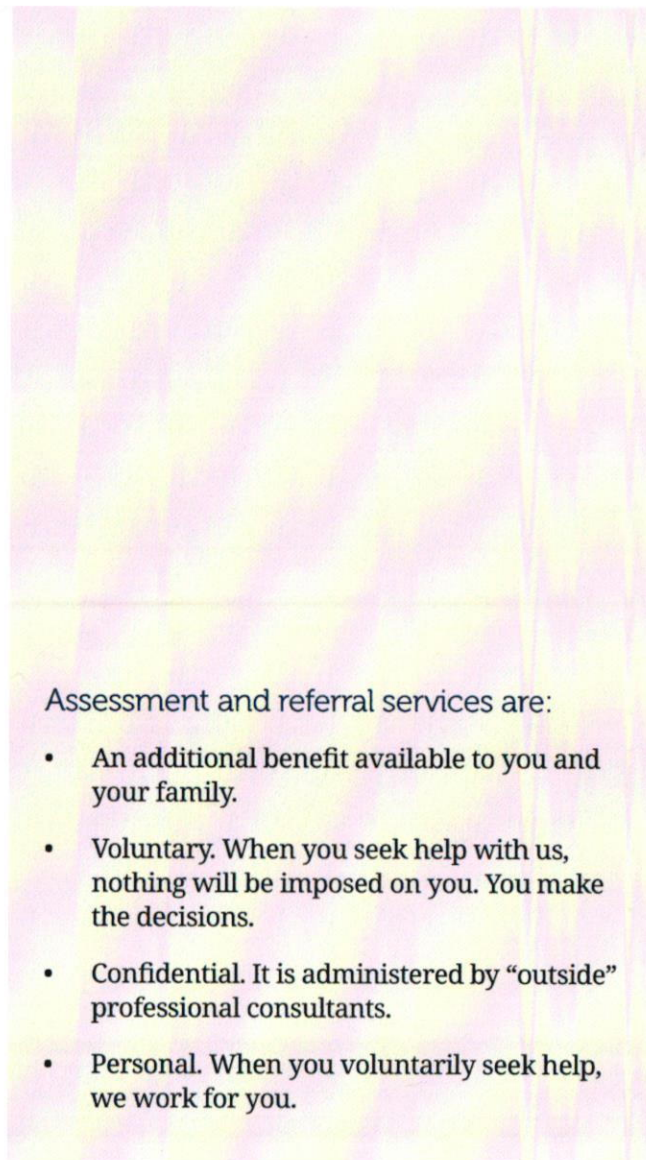
We will provide you with a referral that is appropriate for your clinical needs as it relates to alcohol and drug use.

Our counselors will help you to verify sufficient health insurance coverage and work hard to help you minimize costs.

We ensure that you are referred some place that has availability within days. If life-threatening, we make every effort to get you into a facility within 24 hours.

Once referred, we continue to manage your case, guiding you through all phases of drug and alcohol treatment.

"The best time to plant a tree was 20 years ago. The second best time is now." - Chinese Proverb



Assessment and referral services are:

- An additional benefit available to you and your family.
- Voluntary. When you seek help with us, nothing will be imposed on you. You make the decisions.
- Confidential. It is administered by "outside" professional consultants.
- Personal. When you voluntarily seek help, we work for you.

We are available 24 hours a day, 7 days a week.

1-800-765-8263

www.careplussolutions.com



Substance Abuse Assessment & Referral Services

Confidential 24/7 assistance

1-800-765-8263

