

Connect to Care is a partnership between the Indiana ATR (Access to Recovery) program and Indiana SBIRT (Screening, Brief Intervention, and Referral to Treatment) made available through support from the Indiana Division of Mental Health and Addiction and the Center for Substance Abuse Treatment/ Substance Abuse Mental Health Services Association.

I received this brochure at the following Primary Care Clinic:

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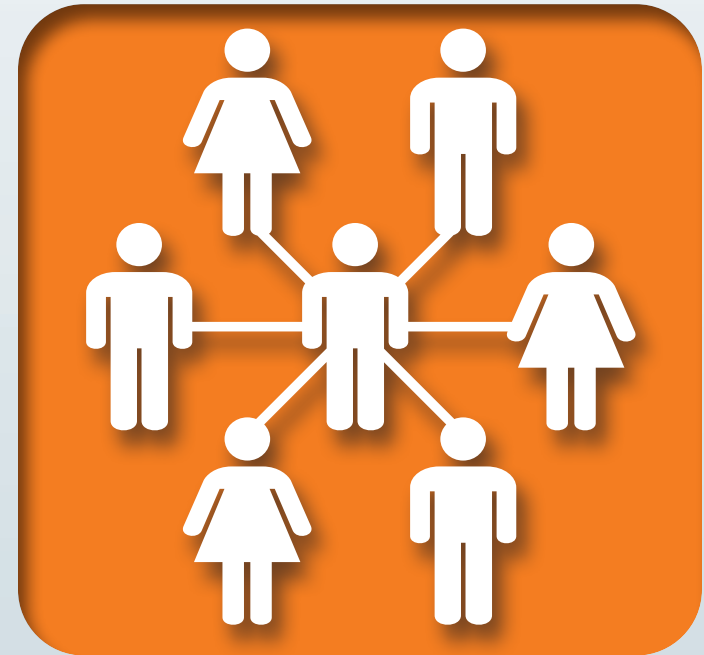
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CONNECT



TO CARE

An Integrated Approach to Health and Wellness

Helping people get the services they need to live a healthy, happy life

CONGRATULATIONS! You have taken the first step to addressing your physical needs by visiting a primary care clinic. During your visit, you were asked questions about your substance use and mental health. These questions were asked to better address your overall health, so that nothing is left out!

Has anyone asked what YOU need to live a healthy, happy life? Have you thought about what this means to YOU? Healthcare should address all aspects of your life. This includes your physical AND mental health.

Everything we do and everything we put into our bodies affects our physical and mental health. For example, if you consume too many sugary treats, it's possible that you could develop Type 2 Diabetes. The same idea applies to other things that you may put into your body like medications, alcohol, and other substances. And all of this can begin to impact your overall mental and physical health.

Are you experiencing any of the following?

- Difficulty falling or staying asleep
- Head aches
- Minor injuries (bruises/scrapes)
- Fender benders
- Increased feelings of depression
- Difficulty performing sexually
- Increased feelings of anxiety
- Financial problems
- Increased confusion and difficulty concentrating
- Stomach pain/nausea
- Lack of energy

All of these symptoms could be related to consumption of alcohol or other substances— even in moderate amounts. Connect to Care is a way to get access to services that can assist you in improving your **OVERALL** health.

Services that may be available to assist you include:

- **Care Coordination:** assistance with navigating the many systems you may be involved with and helping you plan to improve your overall health
- **Bus Passes:** helping you get to the services and supports necessary to address your wellness needs
- **Substance Abuse Education:** individual or group services that help you understand substance use and abuse
- **Wellness Services:** gym passes, yoga classes, and other healthy activities
- **Parenting Education and Support:** individual or group services that support the development and maintenance of positive parenting skills
- **Employment Services:** helping you develop the skills to find and maintain employment
- **Family and Marital Counseling:** helping families with interpersonal communication, conflict resolution, and parenting issues
- **Clinical Treatment:** outpatient substance abuse groups and individual treatment

If you would like to know more, the first step is to contact a Care Coordination agency:

Bethlehem House: 317-920-1519

Community Outreach Network: 317-926-5463

Libertad Counseling: 317-240-2801 (Spanish speaking staff available)

PACE Inc: 317-612-6800 ext 21 (Spanish speaking staff available)

The Way to Recovery: 317-985-5907

Be sure to let the agency know that you are interested in the CONNECT TO CARE program. They will set up an appointment for you to come in and discuss the services and supports that are available to you through Connect to Care.