

## Creating Freedom... Saving Lives

De Paul Treatment Centers provides addiction treatment to men, women, and youth. Founded in 1974 by the Society of St. Vincent De Paul, De Paul Treatment Centers has been an independent, non-profit treatment center since 1977.

De Paul's clients come from diverse backgrounds and are referred by a variety of sources, including families, friends, employers, social service agencies, and the justice system, as well as self-referrals. Many De Paul graduates hold positions in large companies, small businesses, and non-profit agencies. They are students, parents, and active members of their communities.

De Paul is known for combining compassion with a commitment to our clients' recovery. As an independent, not-for-profit agency, our priority is to help our clients create freedom from drug and alcohol addiction and achieve a healthy and rewarding lifestyle.

### De Paul Adult Treatment Center

1312 SW Washington Street  
Portland, OR 97205

*One block south of Burnside between SW 13th St. and the I-405 freeway. Walking distance from downtown bus mall and light rail.*

### De Paul Outpatient Services Center

205 SE 3rd Avenue, Suite 100  
Hillsboro, OR 97123

*Across the street from the Hillsboro Central/SE 3rd Transit Center MAX.*

For more information and enrollment:

**503-535-1151**

**info@depaultc.org**

**www.depaultreatmentcenters.org**

All mail correspondence:  
De Paul Treatment Centers  
PO Box 3007  
Portland, OR 97208-3007

De Paul is a nationally accredited, independent non-profit agency funded in part by the State of Oregon, Multnomah and Washington Counties, insurance and program fees, and gifts from individuals, companies and foundations. To make a gift to the De Paul Treatment Centers, please contact the Development Department at 503-535-1172.



**DE PAUL TREATMENT CENTERS**

**ADULT  
SERVICES**



## We Are Here to Help

De Paul's programs provide substance abuse treatment in a safe, structured and welcoming environment. Clients participate in a variety of group, individual, and family therapies that focus on drug and alcohol education, life skills, mental health, and maintaining recovery.

## Our Treatment Philosophy

De Paul views addiction as a complex, chronic and treatable illness. Similar to heart disease, diabetes, and asthma, it results from an interaction of human behavior and biology. We believe all individuals have within them innate health and the capacity to recover.

De Paul treatment programs address the needs of the whole person, using comprehensive, evidence-based practices. Treatment is focused on relapse prevention and is supported by case management, community integration, 12-Step, and other recovery groups.

We respect the dignity and recognize the uniqueness of each individual and the need for individualized treatment. We use available community resources and work collaboratively to support the ongoing recovery of our clients.

## Comprehensive Health Care

De Paul's integrated health care staff will address the client's emotional and psychological needs. Mental health evaluations and treatment are available to address those with co-occurring diagnoses. Treatment staff, supervised by Medical and Clinical Directors, include: Nurse Practitioners, Psychiatric Nurse Practitioners, Family Therapists, and Certified Master's Level Counselors.

## Treatment That Meets Your Needs

De Paul offers the full continuum of care including:

- Detox
- Residential Treatment
- Day Treatment
- Outpatient Treatment
- DUI and Court-Ordered Treatment
- Family Therapy
- Mental Health Assessments and Treatment
- Pain Management Program

With this full continuum, clients can progress through levels of care and build relationships with counselors while continuing their individualized treatment plan.

Our detox, residential, and day treatment programs are offered at our Downtown location. Outpatient treatment, including our DUI certified program, is available at both our Downtown and Hillsboro locations.

We assess each person's strengths, abilities, needs, and preferences to develop an individual plan to meet specific goals. All treatment programs use cognitive/behavioral skill building in which clients practice how to identify their personal relapse cycle and develop the skills to effectively intervene in this cycle. Our role is to help with education, skill building, and developing healthy lifestyles that support recovery. Skill building topics include health, housing, nutrition, employment, and parenting. Case managers and counselors work hand in hand with clients on their personal post treatment transition plans.



## Family Involvement

We encourage family member involvement during treatment. Studies show when families are involved in treatment, clients are more likely to be successful in their recovery. In our Adult residential program, clients engaged in family therapy have successful completion rates of 87% compared to 44% for those who did not have family members involved. Including the entire family in the treatment process improves treatment outcomes, reduces alcohol and drug use, improves relationships within the family, and reduces the frequency of relapse.

## How to Get Started

Call 503-535-1151 now for a free screening to help determine the best treatment options.

## Effective and Affordable Care

Adult alcohol and drug treatment is covered by most insurance plans, including the Oregon Health Plan. Our financial specialist is available to discuss insurance billing and payment plans.