

Compassionately  
serving our  
community  
through accessible,  
specialized care.



### Equal Opportunity in Service Delivery

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

For more information, questions or referrals, please contact North Central Health Care:

**NCHC Wausau Campus 715.848.4356**  
2400 Marshall Street  
Wausau, Wisconsin 54403

**NCHC Antigo Center 715.627.6694**  
1225 Langlade Road  
Antigo, Wisconsin 54409

**NCHC Merrill Center 715.536.9482**  
607 N. Sales Street, Suite 309  
Merrill, Wisconsin 54452

**NCHC Crisis Center Available 24/7**  
If you are experiencing an emergency, crisis or are in need of Ambulatory Detoxification Services, please call North Central Health Care Crisis Center:  
**715.845.4326** or **1.800.799.0122**  
Hearing Impaired/TTY Line: Call 711



North Central Health Care  
Person centered. Outcome focused.

[www.norcen.org](http://www.norcen.org)

MENTAL & BEHAVIORAL HEALTH



North Central Health Care  
Person centered. Outcome focused.

## OUTPATIENT Substance Abuse & Addiction Treatment



Support & Treatment  
for A Healthy Recovery

*Serving Residents in the Counties of  
Marathon, Langlade and Lincoln*



# North Central Health Care

Person centered. Outcome focused.



## Outpatient Substance Abuse & Addiction Treatment

North Central Health Care offers a state certified outpatient clinic that provides a variety of outpatient mental health and substance abuse services available to residents in the counties of Marathon, Langlade and Lincoln.

Each person's treatment and recovery is unique to their situation. North Central Health Care has developed a variety of outpatient treatment options available for a variety of diverse situations, delivered by a professional, experienced team of providers.

## Specialized Support & Treatment Solutions

Addiction is complicated and unique to each individual. It can be caused by a combination of hereditary, mental health, environmental and social circumstances. It has far-reaching consequences in a person's life that can lead to other disorders such as depression, anxiety or trauma and can impact the lives of friends and families. It can take many forms:



- Alcohol Abuse
- Drug Abuse
- Gambling
- Smoking

## Individualized Treatment Programs

Proper treatment for substance abuse and addiction is key in the recovery process. Treatment may incorporate counseling, training and educational services with a variety of treatment approaches and techniques. The length of each person's treatment is flexible and based on their need and rate of progress. North Central Health Care has developed several levels of programming to best meet the individual needs of persons in treatment.

### Individual Counseling

Individual counseling is an effective collaborative approach between a client and their counselor, to assist in identifying problems, exploring feelings, working through challenges, and setting goals, in order to move toward the change they desire. In the individual sessions, the client and counselor work toward promoting personal strength through interpersonal interaction.

### Group Counseling

Individuals struggling with substance abuse and addiction need a support network to help them succeed. Group counseling is a unique experience for most people because counselors and group members work hard to make it a safe and confidential place to explore relationships. Through the sharing process, members develop a level of trust that makes it possible to be honest and open with each other.

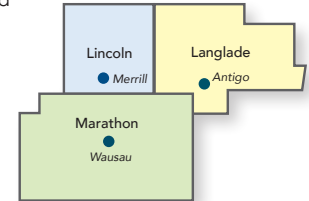
### Substance Abuse Day Treatment

Some individuals need a more structured and intensive recovery program and require a significant amount of support while they are obtaining treatment. Substance Abuse Day Treatment provides a multi-disciplinary approach. Techniques and interventions aiding recovery may include group and individual therapies as well as educational services directed by a team of skilled individuals trained in multiple disciplines.

## Accessible Care

North Central Health Care serves residents in the counties of Marathon, Langlade and Lincoln. With such a large geographical area, it is important for treatment and recovery that there is access to these services close to home.

Outpatient offices are located in each of the three counties we serve with treatment available in **Wausau, Antigo, and Merrill.**



## Ambulatory Detoxification

The Ambulatory Detoxification Program is an outpatient model for individuals requiring detoxification from drugs or alcohol, with many of the benefits of inpatient detoxification but in a less-restrictive, cost-effective environment. This is the first step in a continuum of substance abuse treatment that ultimately leads to recovery. Admission assessment is conducted at the North Central Health Care Crisis Center in Wausau.



## Experience Matters

At North Central Health Care, our team of skilled, experienced professionals are expertly trained in a variety of treatment solutions. We work together to help you experience the best outcomes. Our interdisciplinary team consists of:

- Referral Coordinators
- Counselors
- Therapists
- Psychiatrists
- Psychologists
- Nurse Practitioners

