

What is Driving With Care?

Driving with care is a multi-week Group Therapy Program at North Central Health Care that focuses on helping participants make better life decisions when it comes to alcohol, other drugs and driving safely. It is available only through probation referral, for those with 4 or more OWI's.

- 16-1/2 Week Program (33 sessions)
- Group Format
- Individual Sessions with a NCHC counselor (average once per month)*
- Must Be Referred by a Probation or Parole Officer in Marathon County
- Participants Typically Have 4+ OWI's or special circumstances
- Each client is expected to remain in individual or group counseling for 8 months following completion of this course.**

* Clients who see a provider outside of NCHC are required to enroll with a NCHC provider during their Driving With Care course for individual therapy.

**Once the DWC course is completed clients will continue to see the NCHC provider or seek care elsewhere for individual counseling.



The Driving With Care Program is for participants who have 4+ OWI's or special circumstances and are on probation or parole in Marathon County.

Experience Matters

At North Central Health Care, our team of skilled and 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

Participants must be referred by a probation or parole officer in Marathon County. Once a referral is received, the North Central Health Care referral coordinator will contact the client to schedule an appointment.

NCHC Wausau Campus 715.848.4356
Fax Referrals: 715.261.4128 or
Email to: outpatientreferrals@norcen.org
1100 Lake View Drive
Wausau, Wisconsin 54403



North Central Health Care
Person centered. Outcome focused.

Driving With Care

Providing Education About
Alcohol, Other Drugs,
and Driving Safety




North Central Health Care
Person centered. Outcome focused.

www.norcen.org

**Strategies for Responsible
Living and Change**

Serving the Residents of Marathon County



North Central Health Care

Person centered. Outcome focused.



Goals and Objectives

Driving With Care offers both Education and Therapy. The Three Goals of DWC are:

1. Learn the pathways to relapse and re-offending.
2. Learn and practice the skills to prevent future problems related to alcohol or other drug use to prevent relapse.
3. Learn and practice the skills to prevent future impaired driving to prevent re-offending.

Meeting these goals requires learning three sets of skills.

- ✓ Cognitive/Mental Self-Control Skills
- ✓ Social/Relationship Skills
- ✓ Community Responsibility Skills



The Importance of Education

The education you receive through Driving With Care will challenge you to take an honest look at how your behavior might fit various kinds of alcohol and other drug use and misuse patterns. It is only by recognizing the patterns and developing an action plan for change that one can hope to have a different outcome.

The Power of Change

Driving With Care Therapy is about taking action to change your thinking and behaviors so that you can prevent relapsing and/or re-offending. It is also about building a more positive relationship with yourself, others and the community. We want you to walk away with skills and strategies to help you live a more responsible and meaningful life.

What You Can Expect

- Group Therapy
- Individual Therapy
- Substance Abuse Education
- Co-Occurring Education
- 12-Step Recovery Philosophy
- Evidence-Based Treatment

Group Sessions

Group sessions are held Monday and Wednesday. Sessions rotate between 16-1/2 weeks in the evening and 16-1/2 weeks in the morning. Availability will depend on when you are referred.

Morning Group Sessions

Mon. & Wed.
9-11 am

Evening Group Sessions

Mon. & Wed.
5-7 pm



**Helping keep
everyone safe,
on and off
the road.**