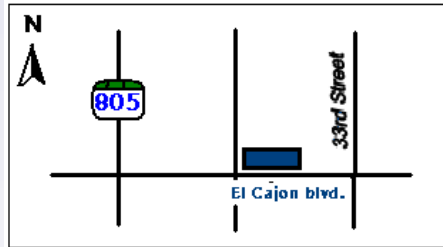




## Our Services

- Screening and assessment
- Group counseling
- Individual/Family counseling
- Peer support meeting
- Healthy recovery activities
- Case management/Referrals
- Co-occurring mental health prevention and early intervention
- Drug testing

*Our program is funded by the  
San Diego County  
Behavioral Health Services*



### UPAC ADULT

#### Alcohol and Drug Treatment Program

3288 El Cajon Blvd, Suite 13  
San Diego CA 92104

**(619) 521-5720 Phone**

**(619) 521-5728 Fax**

[www.upacsd.com](http://www.upacsd.com)

Take bus #215, #1, or #1A

#### MAIN SITE OPERATING HOURS:

**Monday through Friday**

**10:00 AM — 6:30 PM**

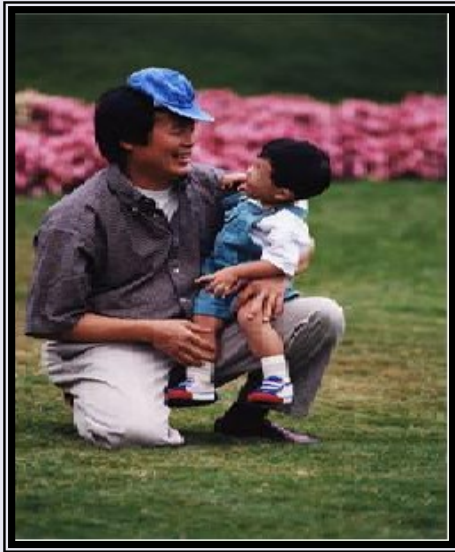
## UNION OF PAN ASIAN COMMUNITIES



## ADULT

### Alcohol and Drug Treatment and Recovery Program





## Our Mission

The mission is to provide culturally competent, evidence based, and effective substance abuse treatment and recovery services to Asian Pacific Islander adults, immigrants, refugees, and other underserved individuals.

*We welcome individuals with co-occurring conditions.*

## Our Services

- Culturally sensitive
- Respectful
- Welcoming
- Evidence based
- Trauma informed



## Language Capabilities

English  
API languages  
Spanish

## Topics Covered

- Relapse prevention
- Stages of recovery
- Positive self-talk
- Stress/anger management
- Recovery planning
- Violence prevention
- Introduction to 12 steps
- Healthy relationships
- Sober living skills
- Conflict resolution skills
- Alcohol and other drug (AOD) physiological effects
- AOD psychological effects

