



## Service Location

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Lincoln, NE 68510  
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[www.lfsneb.org](http://www.lfsneb.org)

*Evening hours only. Call (402) 435-2910  
for admission or program information.*

*Subsidy funds for this program are received from  
Region V Systems and the Nebraska Department  
of Health and Human Services*



Accredited by the  
Council on Accreditation



Lutheran Services in  
America Member

A portrait of a young man with dark hair, wearing a black t-shirt, with his arms crossed. He is smiling slightly and looking towards the camera. The background is a solid light green color.

# Adult Outpatient Program

A group-focused, non-residential  
substance abuse treatment program  
for adults ages 19 and over

 **Lutheran Family Services**  
of Nebraska, Inc.

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

# Program Summary

The Adult Outpatient Substance Abuse Treatment Program at Lutheran Family Services (LFS) is a group-focused, non-residential program for substance abusing adults ages 19 and over. This program is designed for persons with low to moderate substance abuse.

Outpatient groups meet for one and a half hours once a week for 12 weeks. Each participant is required to attend a minimum of two individual sessions during the 12 weeks of Outpatient Treatment. Additional individual sessions are available as needed.

Program activities focus on the five stages of change for substance abuse. Participants will look at their own patterns of substance use and will develop the knowledge and skills necessary to make lifestyle changes in regard to alcohol and drug use.

Treatment is based on strategies for facilitating change using the principles of motivational interviewing to enhance this process. Change is encouraged through the development of a therapeutic relationship that respects and builds on the client's life goals and free choice. Emphasis is placed on affirmation of the client, emphasis of free choice, support of self-efficacy, and encouragement of optimism that change can be achieved.

# Eligibility

- Substance abuse has caused legal, psychosocial or economic problems in daily living
- Low to moderate risk of relapse
- Low need for professional structure
- If using Region V Behavioral Health funding, client must be an adult Nebraska resident

# Participants Must:

- Be willing to remain substance free of all non-prescription drugs including alcohol for the length of treatment
- Commit and comply with regular and consistent program attendance and assignments (All absences require pre-approval)
- Agree to staff collaboration with appropriate probation/court/CPS staff as agreed upon at admission

# Program Fees

The Adult Outpatient Program will accept Medicaid, insurance or self pay. Payment is due at time of service. For persons without insurance, LFS offers a reduced fee based on income and the number of people in the client's family. Fees include an intake fee, group fees and individual/family services.