

# Cobb / Douglas Clubhouse

## Clinical Services:

- Assessments
- Referrals
- Intensive, After Care and Early Intervention Groups
- Case Management Services

## Enrollment Requirements:

- Must have a primary substance abuse diagnosis at a mild or moderate level;
- Can have co-occurring disorders with mild mental health issues (i.e. Depression with Cannabis Use) —Referrals available

## Transportation:

- Transportation is provided for residents Cobb and Douglas Counties (based on availability) and is facilitated by the Community Services Board's transportation department.

## Hours of Operation:

- Monday & Wednesday:  
4:00p.m. – 7:30p.m.
- Tuesday:  
4:00p.m. – 6:30p.m.
- Thursday:  
4:00p.m.— 7:15p.m.
- Friday 4:00 p.m. – based on event
- Saturday & Sunday: based on monthly schedule.

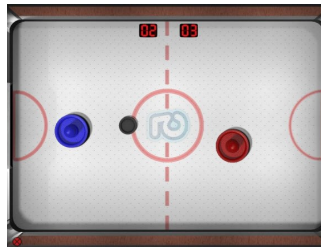
## Contact:

- For additional information contact:  
Bert Martin—Program Director  
Email: [wmartin@cobbcsb.com](mailto:wmartin@cobbcsb.com)  
Phone: 678-480-5273, Fax: 770-739-7190
- To schedule an assessment contact the Call Center at 770-422-0202

# Recreational & Educational Activities

## The Activity Corner

- Introduces participants to stimulating activities, such as video games, air hockey, pool table, exercise equipment, board games etc., in an effort to develop a healthy interest in activities other than substance use.



## Resource Room & Education Lab

- Designed to emphasize and assist the participants in making educational gains through planning and one-on-one assistance. Participants may complete their homework, receive tutoring, learn resume building skills and other educational activities.
- Movies and educational DVD's are available for weekends and movie



**Location**  
**680 Thornton Way Suite B**  
**Lithia Springs, GA 30122**

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# 7.E.A.M Clubhouse

## Adolescent Recovery Services

### Our Goal:

The S.A. Clubhouse is an exciting place for youth to learn early recovery skills, alternative decision making and coping skills in an effort to prevent the continued use of psychoactive substances. Clubhouse programming provides a pivotal opportunity for youth to overcome past challenges while forming new life goals to support long term recovery.

TEAM Clubhouse utilizes process groups and structured activities to engage youth while providing encouragement and advocacy without judgement.

Ultimately we support teaching youth to celebrate recovery though life's journey while formulating a roadmap for reaching desired life goals.

**Together Everyone Achieves More at The Clubhouse!**



A Provider of Mental Health, Addiction and  
Developmental Disability Services

## Cobb/Douglas County Community Services Board

The **Cobb/Douglas CSB** is a public agency created by state law to provide mental health, developmental disability, and substance abuse services. The service areas are Cobb, Douglas, and Cherokee Counties, Georgia. The agency provides support to over 14,000 people annually. The majority of funds utilized to provide services are generated through a contract with the State of Georgia, Medicaid and Medicare revenue, Cobb County, Douglas County, Vocational Rehabilitation, grants, private pay and donations.

The agency's goals include: consumer preference; work initiatives; and the expansion of the availability and access to natural community supports through the reduction of stigma. Our programs are CARF (Commission on Accreditation of Rehabilitation Facilities) accredited.

## Clubhouse Program

The Clubhouse serves as a place where adolescents (ages 13-17) and their families can come to feel at home and participate in life mending activities. Some benefits of The Clubhouse include **empowerment, companionship, and maintaining one's balance in life.**

Clubhouse Components include:

### Social Component:

- Structured Therapeutic Recreational Activities (Skyzone, Andretti, Paintball, Sparkles, Camping, etc.)
- UMATTERR Program (Utilizing Media and Technology to Encourage Recovery & Resiliency)
- Life Skills
- Computer Lab & Resource Room
- Themed Weekly Events
- Community Service Events

### Educational Support Services:

- GED / College Preparation Material
- Tutoring and Homework Assistance
- Literary / Book Club

### Employment Services:

- Youth Customized Employment Program

### Peer & Family Support Services:

- Positive Peer Mentoring
- Parent Psycho Educational Groups
- Family Night

### Aftercare & Relapse Prevention Services:

- Weekly aftercare / Relapse Prevention Groups
- 12-Step Program Introduction
- Counselor Follow-Up

## Clubhouse Groups

Evidence based models are used to help participating adolescents master the daily struggle of overcoming substance abuse. Groups offered are:

**Group A (Intensive)** — Is the most intensive group substance abuse offered through The Clubhouse. Adolescents in this group have demonstrated difficulty abstaining from substances for long periods of time and need assistance in making conscious decisions to stop using alcohol/drugs, building coping skills, and identifying triggers of drug use. Adolescents are randomly drug screened each week.

**Group B (S/A Education)** — This group further develops positive coping skills, short/ long term goal setting and exploring the root cause of the adolescents drug use and or curiosity. Adolescents are randomly drug screened each week.

**Group AB (Aftercare)** — Is considered a Maintenance and Relapse Prevention Group and is the final step in The Clubhouse Program. Adolescents will reach this group after successfully completing Group A, and completing 12 consecutive weeks of negative drug screens, and two family night attendances. This group is designed as a check in to help hold the adolescent accountable for his/her actions and gives him/her an opportunity to utilize the group when they are having difficulty navigating life challenges and the recovery process.