



Behavioral Health Program

Treatment of both mental health and addiction disorders is part of the integrated care we provide onsite at Duffy Health Center. Our mental health and addiction services range from medical management of disorders to education and recovery support. Our staff's training in trauma-informed care ensures that patients receive exceptional treatment for their mental health and addiction issues.

Supporting the Journey

Staff work closely with clients to identify triggers, manage anxiety and depression, and encourage small but important changes in lifestyle and behaviors. Using this knowledge empowers clients to understand their challenges, modify their actions, and achieve realistic goals for themselves. We work with clients on an individual and group basis through the stages of change and provide an array of supports as they undertake their journey.

OBOT Program

Since 2006, the Duffy Health Center has been a regional leader in providing an integrated approach to treating opioid addiction in an outpatient setting. Our OBOT (Office-Based Opioid Treatment) Program provides medical treatment, nursing management and concurrent behavioral health services for up to 100 clients. Currently, we are training staff at local community health centers to incorporate this evidence-based practice. Our OBOT Program includes:

- Medical and medication management
- Group therapy
- Close weekly medical monitoring and nursing counseling

Support Groups

Introduction to Recovery addresses denial and resistance through addiction education and behavioral therapy.

Relapse Prevention revisits and reinforces positive behavior by focusing on warning signs, stress management and forming healthy relationships.

Living Recovery assists patients transitioning from a life of addiction to recovering life.

Women's Group addresses codependency, family issues, empowerment and wellness through talk and expressive therapies.

Seeking Safety addresses the damage done by a severe or overwhelming life event (trauma). The primary goal is to help develop or maintain a sense of safety by learning to manage strong reactive feelings, cope without substance use and maintain healthy relationships.

Navigating Depression educates those with depression or bipolar disorder about the multi-faceted aspects of these conditions and strategies for successful recovery.

Partnering with the Community

Duffy Health Center's success is built upon the partnerships we strengthen in the community and the innovative solutions we provide. We welcome ideas, collaboration, and your additional support.

"I am certain that the [OBOT] program has saved my life. If I'm having a hard time, I can walk into Duffy and someone will always be willing to talk."

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