

## DRIVING DIRECTIONS

### From San Francisco

- Merge onto US-101 S via the ramp on the LEFT toward SAN JOSE
- Take the WILLOW ROAD exit toward MENLO PARK.
- Turn SLIGHT RIGHT onto WILLOW ROAD

### From San Jose

- Merge onto US-101 N towards San Francisco
- Take the WILLOW ROAD exit (cross over 101)



**Menlo Park Division  
is part of the VA Palo Alto Health Care System**

Health Care Services:

- Audiology
- Chaplain Services
- Compensated Work Therapy (CWT)
- Day Treatment
- Dental
- Dermatology
- Diabetes
- Dietetic
- Pharmacy Services
- Physical Therapy/PM&R
- Podiatry
- PTSD Programs
- Radiology Services
- Recreation Therapy
- Smoking Cessation
- Speech Pathology
- Social Work Services
- Substance Abuse
- Urology
- Vocational Rehabilitation
- Wellness
- Women's Health



## Addiction Consultation & Treatment

795 Willow Road  
Bldg. 321, Wing A  
Mail Code Bldg 321-ACT  
Menlo Park, CA 94025

Phone: 650-493-5000 x22734  
Toll Free: 1-866-717-1978

# ACT

## Addiction Consultation & Treatment

### Services Available:

- Evaluation for Substance Abuse
- Residential Treatment
- Outpatient Services



*Placing Veterans First*

1-866-717-1978

More contact information on the back cover



## A.C.T.

- We offer a range of substance abuse treatment services to veterans, including screening, assessment, brief intervention, self-help materials, medication management, outpatient treatment, and residential treatment.
- Veterans seeking treatment are screened over the phone and immediately invited to attend outpatient treatment. Face-to-face evaluations to assess for substance use and mental health treatment needs are scheduled at this initial phone call.
- ACT staff look forward to working with you on a recovery plan that meets your needs.
- The ACT team offers integrated care for veterans with mental health concerns and empirically supported treatment for substance use disorders.

### ATS Website

Access information, resources and a self-guided web course on our website:  
[http://www.palo-alto.med.va.gov/  
MentalHealth/ats/](http://www.palo-alto.med.va.gov/MentalHealth/ats/)

### Outpatient Evaluation

Screening for and assessment of substance use disorders & mental health issues.

### Outpatient Treatment Groups:

**Veterans must complete a telephone screening before attending ACT Outpatient Treatment Groups.**

ACT offers groups Mon—Fri. We have morning, afternoon and evening groups available. Full group schedule available upon request.

### Residential Treatment

**We offer two residential programs:**

- Foundation of Recovery (28-60 Days)
- First Step Program (90 Days)

All veterans must be assessed by the ACT team before entering residential treatment. Program visits are scheduled by the ACT team. Veterans should not “drop-in” for program visits

**Veterans seeking residential treatment are:**

- Expected to attend 3 months of outpatient aftercare treatment following their stay in residential treatment.
- Encouraged to use all outpatient resources available to them to further their recovery.

### Foundation of Recovery

The Foundation of Recovery Program (F.O.R.) is a program that helps Veterans adjust to being newly clean and sober

(Segment I) followed by a personalized recovery plan that follows patients for three months post-completion (Segment II). The focus of F.O.R. is to help newly recovering and/or Dually Diagnosed Veterans learn the basics of early recovery.

Daily groups teach:

- Coping Skills
- Problem Solving
- Relapse Prevention
- Motivational Tools
- Introduction to the 12 Steps

Once veterans have moved through the first segment of the program their personalized recovery plan may include First Step, Homeless Veterans Rehabilitation, PTSD, or Outpatient Treatment.

### First Step Program

The First Step program is a 90-day residential treatment program, with groups and case management. After completion of the program, it is followed by ongoing aftercare activities.

The program focuses on:

- Maintaining sobriety and developing Relapse Prevention Skills
- Addressing all issues related to one's addiction
- Establishing a plan for a continuing clean and sober lifestyle

