

*Our mission is to honor America's veterans by providing exceptional healthcare that improves their health and well-being.*

Our core values are:

Trust  
Respect  
Excellence  
Compassion  
Commitment



## **VA Substance Abuse Rehab Treatment (SART) Program**

**Addressing the Substance Abuse Treatment Needs of Veterans**

We can assist you in your struggle to attain or maintain a clean and sober life.

March 2007

**SART is an outpatient Substance Abuse Rehab Treatment program located at the VA Outpatient Clinics in San Jose and Monterey, California.**

**The SART Program may provide the following services:**

- Assessment and diagnosis of substance abuse disorders.
- Group therapy is provided on a weekly basis during day and evening hours.
- Individual therapy is provided on a limited basis as the recommended treatment for substance abuse is group therapy.
- Educational classes regarding substance abuse and recovery are available.
- Drug screens and breathalyzer tests may be provided as part of a coordinated treatment plan.
- Assessment and referral to a VA San Jose or Monterey physician for prescribing antabuse as a tool to avoid relapse may be offered.

- Referrals to more intensive outpatient or residential substance abuse programs within the VA are included in our services.
- Case management
- Coordination with the legal system
- Coordination with mental health and medical care
- Monterey Clinic only, will assess for Natrexone. San Jose does not have this service.

**AVAILABLE GROUPS:**

Early Recovery  
Relapse Prevention  
Seeking Safety  
Communication  
Problem-Solving  
Assertive Training  
Anger Management  
Improving Your Mood  
Stress Reduction  
Dual Diagnosis  
Outreach

**REFERRALS MAY BE MADE :**

**For the San Jose VA SART Clinic at 80 Great Oaks Blvd. San Jose, CA 95119:**

- By calling Samantha Sanders, LCSW. SART Coordinator at (408)363-3069 x77618.

**For the Monterey SART Clinic at 3401 Engineer Lane Seaside, CA 93955-7200:**

- By calling Bill Hyman, Addiction Therapist at 831-883-3804 or
- Frank Gaetz, Addiction Therapist at 831-883-3832

**Both Monterey and San Jose Clinic SART referrals can be made:**

- By asking your VA primary care physician to enter a SART consult.
- By asking your VA case manager or Mental health professional to enter a SART consult.
- By calling the numbers listed above.