For those clients who find themselves experiencing problems with alcohol or drugs, The Sterling Center offers help for the abuser, and his or her family.

- Alcohol / Drug Assessment
- Individual Counseling
- Group Counseling
- ACOA Counseling
- Co-Dependency Counseling
- Family Therapy
- Relapse Prevention

There are many factors that contribute to an individual's alcohol or minor drug abuse. Home and Job related stress, depression, poor self-esteem, traumatic and stressful family background, and other issues all need to be explored and worked through in order for the individual to give up his or her dependency on turning to alcohol and drugs to feel better.

Our licensed, substance abuse specialist works in coordination with other team members to carefully address the client's specific substance issues, as well as other general mental health problems.