

Project Eden

Substance Use Disorder Services for youth and families (Alcohol and Other Drug Programs)

Mission Statement

Horizon Services, Inc., is a non-profit community-based organization committed to alleviating alcohol and other drug related problems within the community. In order to further this goal, we provide preventive, educational and therapeutic services, as well as safe environments for individuals, families and the community. These supportive services are designed to enhance the quality and productivity of the lives of all involved, including community members, program participants, staff and volunteers.

Project Eden's Programs

In response to the escalating drug problem within the community, a Castro Valley Pediatrician and Hayward School District Administrator collaborated to create Project Eden in the late 1960's. For over forty years, Project Eden has provided a wide variety of substance use prevention, intervention (pre-treatment), and treatment services to youth, adults, families, and communities in the Hayward, East Oakland, San Leandro, Castro Valley, Fremont, Union City, Newark, San Lorenzo and Livermore areas. Project Eden receives Private (Foundations) and Public (City, County, and State) funding to support our services. We also receive donations from individuals and organizations within our community.

Our programs have identified an increasing need for services in Alameda County, for youth who are already using alcohol/other drugs, or who are exhibiting behavior that increases their risk of using alcohol/other drugs. Such at-risk behavior might include living with a family member who is or has been using alcohol or other drugs; having conflicts with their caregiver; declining performance at school; having conduct problems at home and school; getting in trouble with the juvenile justice system; struggling with sexual orientation or gender identity; or experiencing mental health challenges or co-occurring issues. **Project Eden** provides the following services assist youth, their families, and communities through the following services:

Outpatient Treatment Services:

All services are available in English and Spanish.

Youth and Family Counseling Program (YFCP) provide the following services to youth ages 12 – 20.

Assessment: Youth and Family Counseling staff will meet with the youth and their family to assess the nature and degree of the alcohol/other drug problems, as well as any mental health problems. This process will involve meeting with the youth individually, with the caregiver, and with the

whole family unit. An individualized plan addressing all the unique needs of the family will be developed and may include any or all of the following:

Individual Counseling: Individual sessions with the youth will begin with a safe, confidential place for the youth to establish trust with an adult where they can discuss the challenges of living a substance free life; identify and clarify their own goals and how to accomplish them; and discover ways to improve their relationships with their family.

Family Counseling: Counseling sessions with the whole family will focus on rebuilding relationships; providing the family with education about substance use; helping the family establish healthy boundaries regarding the youth's behavior; and supporting the youth in finding ways to live a healthy lifestyle without using alcohol or other drugs.

Group Counseling: Youth can also attend group counseling with peers to discuss the challenges of substance use. As the youth moves away from a lifestyle that has centered on using alcohol/other drugs, it is crucial to establish a new circle of friends who also aspire to be clean and sober. Positive peer group support is critical to the success of a young person making changes in their life.

Parent Support Group: Group sessions are available for parents/legal guardians. These sessions address youth recovery, family relationships, anger management, conflict resolution, effective parenting, and co-dependency. Families learn how to better support each other in the process of leading healthier, drug-free, and productive lives.

We accept Medi-Cal Insurance. There is a \$40.00 assessment fee. All counseling services are on a sliding fee scale. There is a \$15.00 charge for Urine Analysis Testing. No one is turned away due to inability to pay for services.

Youth Services Program (YSP) provides psycho-educational support to students ages 12 – 19 by providing individual and group sessions. We are on the following school campuses one to two days a week or as needed in Hayward, New Haven, Castro Valley, San Leandro, ~~and~~ San Lorenzo and Livermore Unified School Districts. Students are referred through COST, by faculty, or staff for education and counseling. Students may also refer themselves. These educational counseling sessions address substance use, decision making, co-occurring issues (substance use and mental health issues), sexual orientation and gender identity questioning, anger management, and conflict resolution. YSP staff also provide crisis intervention; information and referral; consultation with school staff, students, parents, and the community; and community outreach and education. Additional services include assemblies, classroom workshops, parent workshops, and youth development. All services are free of charge and don't require any insurance to be involved in our program. All services are available in English and Spanish.

Bridges To Treatment (BTT) offers substance use disorder pre-treatment services for youth up to the age of 20. BTT focuses on engaging high risk youth who are in need of outpatient or residential treatment services, but are resistant to higher level of treatment services for themselves. BTT provides drop-in and scheduled substance use disorder groups and individual sessions. The program also provides case management, parent and family engagement, and referrals to treatment

services in Alameda County. All services are free of charge and don't require any insurance to be involved in our program. All services are available in English and Spanish.

Project Eden's Lambda Youth Project (LYP) provides services to young people in Alameda County who identify as Lesbian, Gay, Bi-Sexual, Transgender, Queer, Questioning, Intersex, and 2-Spirit (LGBTQQI2-S), gender non-conforming, and gender fluid. These youth are at significantly higher risk of alcohol/other drug use, physical health issues and mental health related issues. Since 1992, LYP has provided a safe, supportive environment for these youth and their friends to meet and discuss the challenges in their daily lives. LYP's weekly support group is for youth ages 20 and under. LYP also organizes and sponsors the Hayward Gay Prom, which is an annual substance free event. LYP's Speaker's Bureau provides the community with opportunities to learn from these youth about how to make schools and communities safer. All services are free of charge and don't require any insurance to be involved in our program. All services are available in English and Spanish.

For more information, please contact Project Eden at:

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