



SUBSTANCE USE SERVICES

**Bridges Counseling**  
center for child & family wellness

# Bridges to Recovery

*Bridges Counseling Substance Use Services is a comprehensive early intervention and step down program. Established with a vision of prevention and continuing care support, we have an experienced team of therapists and support staff working together to create individualized care plans that create successful outcomes.*

## New beginnings in that first year

The first phase of recovery after treatment can be especially challenging. Our services provide a solid foundation to step down while creating new routines and relationships.

## Safeguarding against addiction

Educating and providing resources against emerging substance use issues is at the core of our mission. We work hand in hand with families, schools, and IOPs to develop healthy alternatives.

## Why choose a Psychotherapy Center for Recovery?

Because substance use is about more than addiction. It's often much more complex and intertwined with relational conflict, mental health issues, trauma, emotional pain, and more. Treatment should involve evidence-based therapies and holistic approaches to healing, as well as individualized attention.

## Who we Are and Who we Service

Led by Owner/Director, Heather DiDomenico, LPC, along with LCADCs Colette SanFelice and John Cerrato, we are licensed psychotherapists and drug counselors committed to serving adolescents, adults, families & couples facing emerging or diagnosed substance abuse issues.



Director, Heather DiDomenico with client.



**Email us for more info**  
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# Our Services

## Education

We develop partnerships with local schools and communities to educate and prioritize prevention.

## Evaluation

We provide a comprehensive screening using a standardized psychotherapy measurement tool (LOCI-3).

## Referral

We will use our expertise to determine what type of intervention, if any, is warranted. Recommendations may include intensive outpatient treatment centers, group therapy or weekly maintenance therapy.

## Drug Testing

Easy and discreet, a urinalysis is completed in-house and shipped overnight to the Scientia Dx lab who will then identify possible illicit drug use and/or medication misuse.

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