**Continuing care**

**OASIS**

Goal: Acquire the necessary skills to maintain long-term sobriety; improve quality of life; build a strong network of sober supports; participate in rituals and sober activities that support recovery; develop a written relapse prevention plan that will support the maintenance of long-term sobriety; have adequate support to pursue other goals (i.e. education, employment, housing, etc.).

* Group counseling includes discussion of topics related to substance abuse such as spirituality, culture, acceptance, hope, complacency, dependence, fear, etc.
* Individual counseling as least once monthly with counselor
* Client must be:
  + 3-6 months sober and clean (not including jail time)
  + Willing to attend group 2x weekly
    - Tuesday at BHS-Komatke from 12:00 noon to 3:00 pm
    - Thursday at D3 OASIS- Sacaton from 9:00 am to 12:00 noon
  + Willing to participate for at least one year or until at least until sober 1 year
  + Willing to show up ready to participate in group and work on issues related to substance abuse
* Transportation to group and meetings can be arranged by the Continuing Care Counselor.

**Chandra caraway**

Continuing Care Counselor

602-528-7148 (work)

520-610-1364 (cell)