

AODA Treatment Program Descriptions

Individual Counseling - Based upon the harm reduction philosophy, certified AODA counselors provide diagnostic assessment and counseling on an outpatient basis to incrementally reduce and eventually eliminate alcohol and drug use. *Service location(s): Milwaukee.*

Day Treatment - Based upon the harm reduction philosophy, certified AODA counselors provide day treatment services to incrementally reduce and eventually eliminate alcohol and drug use. Day Treatment includes group acupuncture by a certified acupuncturist. *Service location(s): Milwaukee.*

Women's Recovery and Aftercare Group - Based upon the harm reduction philosophy, a certified AODA counselor provides a Women's group to meet the specialized needs of females who are in need of outpatient AODA recovery and aftercare services. *Service location(s): Milwaukee.*

Mental Health Service Descriptions

Medical Clinic Consultation-Liaison - Focusing on the interplay between physical and behavioral health, a licensed clinician is available in the Medical Clinic for brief interventions during patient visits and/or for consultation with medical providers. Treatment includes: conducting bio-psycho-social interviews; reviewing medical data; developing a comprehensive differential diagnosis; assisting with case formulation, treatment recommendations, and referrals; as well as implementation and support of medical and mental health care. *Service location(s): Green Bay, Kenosha, and Milwaukee.*

Mental Health Assessment and Evaluation - A comprehensive assessment process is used by a licensed psychotherapist to identify the existence of possible symptoms that are commonly associated with one or more mental health challenges. Results may include a DSM provisional diagnosis, referral(s) for ongoing mental health treatment and other services, and specialized information for medical and mental health providers. *Service location(s): Appleton, Green Bay, Kenosha, Milwaukee, and Wausau.*

Mindful Yoga for Beginners - This evidenced-based psycho-educational group is led by a licensed psychotherapist who teams with a mental health case manager. Meeting once-per-week for six weeks, the group is designed for beginners who are new to the therapeutic concept of mindfulness and the practice of yoga. Mindful Yoga blends western psychology (mindfulness) and eastern spiritual practices (yoga) in an attempt to impact mental health challenges. *Service location(s): Green Bay, Kenosha, and Milwaukee.*

Neuropsychological Assessment and Evaluation - Science has shown that HIV has the ability to affect brain tissue directly, impacting cognitive functioning or thinking ability and daily behavior. A clinical psychologist guides an individual through a series of pencil/paper tests to evaluate brain functioning. Results can inform more targeted medical and mental health treatment. *Service location(s): Green Bay, Kenosha, and Milwaukee.*

Positive Living Program - A licensed psychotherapist serves as the Positive Living Coordinator working with HIV positive individuals to foster healthy behavior changes. As a part of this

intervention, risk reduction counseling, psychotherapy, case management support, and coordinated care are provided. *Service location(s): Milwaukee.*

Psychiatric Assessment and Evaluation - A comprehensive assessment process is used by a licensed psychiatrist for the purpose of diagnosis while also providing information necessary for the care and treatment process. *Service location(s): Milwaukee.*

Psychiatric Medication Management - A licensed psychiatrist monitors the prescription of psychotropic medication. In addition, drug interactions and side effects associated with the interplay of psychiatric and antiretroviral medication requires very careful consideration and ongoing management. *Service location(s): Milwaukee.*

Psychotherapy - A licensed psychotherapist utilizing evidenced-based practices, pairs with an individual, couple, or family using interventions that target one or more mental health challenges. Grounded in theory, treatment is goal-driven and involves listening and talking. *Service location(s): Appleton, Green Bay, Kenosha, Milwaukee, and Wausau.*

Smoking Cessation Services - Utilizing best practices in medical and behavioral health care, this service is a multi-disciplinary intervention that includes: an educational group lead by a licensed psychotherapist which meets once-per-week for six weeks to provide access to education and social support (required); the use of anti-smoking medication prescribed and monitored by the Medical Clinic (optional) with patient drug education provided by the Pharmacy; and, engagement in psychotherapy to address physical addiction and/or psychological dependency of habitual tobacco use (optional). *Service location(s): Green Bay, Kenosha, and Milwaukee.*

Thrive - This once-a-month psycho-educational group is facilitated by a licensed psychotherapist and is designed for those who have been recently diagnosed with HIV. The primary intent is to provide necessary and accurate HIV related information, education, and social support for successfully living with HIV. *Service location(s): Green Bay.*

Transgender Psychotherapy Group - This psychotherapy group focuses on the unique challenges that exist for individuals who are transgender and living with HIV disease. Meeting once a week for eight weeks, a licensed clinical psychologist pairs with a licensed psychotherapist addressing the needs presented by participants in the group. *Service location(s): Milwaukee.*

Wellness Programming Descriptions

Artistic Expression - An educational group that focuses on the benefits of art in relationship to living with HIV. Meeting once-per-week for six weeks, an artist teams with a licensed psychotherapist in using the creative process to: promote self-discovery; empowerment through expression; relaxation and stress reduction; and, diagnosis and symptom relief. *Service location(s): Milwaukee.*

Depression Screening Days - Focusing on educating individuals and linking them to mental health care, these screenings are periodically offered to provide a brief depression assessment by a licensed psychotherapist, information on depression and self-care, and mental health referral for ongoing services when appropriate. *Service location(s): Appleton, Green Bay, Kenosha, Milwaukee, and Wausau.*

Nutritional Services - Focusing on the nutritional needs of those living with HIV disease, a registered dietician provides face-to-face or phone-based services, including information and education. These services target the side effects of intense medication regimes, underscore the importance of increase nutritional needs when living with HIV, provides assistance with weight loss or weight gain, increased fatigue, and decreased energy levels, as well as other medical and mental health related nutritional needs. *Service location(s): Based in Milwaukee but available State-wide.*