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SERVICE SPOTLIGHT

Does your substance use seem to impact your overall well-being? Are you looking for help to manage your substance use? Heritage provides substance use outpatient treatment and is available to help.

Our substance use outpatient program has an emphasis on building life skills that are essential to the person's recovery while helping individuals enhance their knowledge about substance use and the effects it has on their entire life.



Treatment consists of treatment planning, ongoing assessment, therapy groups, individual counseling, and the development of an aftercare/continued recovery plan.

To start the process for treatment, please come to our downtown location to complete an assessment (first come, first serve), Monday through Friday (2nd floor), from 8:00 a.m. to 10:45 a.m. then 1:00 p.m. to 3:45 p.m. If you need an alternative time to complete the assessment, please call Heritage at (217) 362-6262 to schedule an appointment.

WELLNESS TIP OF THE MONTH



A recent study on New Year's resolutions found that about half of Americans set resolutions at the start of the year, and only about 30% of those individuals are successful after six months. Everyone wants to make positive and impactful changes in their lives, but how can you make the changes last?

Keep your goals realistic is the first step. When setting resolutions, it's important to take time to reflect on the change you wish to see and what you realistically can do

to achieve that change. Remember SMART goals. Is your goal specific, measurable, attainable, relevant and time bound. Setting SMART goals help ensure you can meet your New Year's resolution. This applies to all kinds of resolutions, including wellness goals

Supporting Mental Health in the New Year

Make it your resolution to support your mental health this year utilizing key concepts from Mental Health First Aid (MHFA).

1. Make time for self-care. Brainstorm a list of self-care activities that make you happy and schedule them as part of your daily routine.
2. Make sleep a priority. Studies have found that sleep and mental health are connected. In fact, approximately 65 to 90% of people with major depression also experience a sleep problem. This year, try to go to sleep a little bit earlier every night and give your body the rest it needs.
3. Limit your screen time. Spending too much time on your phone or computer can impact your quality of sleep, your relationships and even lead to feelings of depression and anxiety.
4. Learn more about mental health. One of the best ways to improve your mental health is to understand it. Visit our website at <https://www.heritagenet.org/mentalhealth> or attend one of our community Mental Health and First aid trainings to learn more!



Holiday Trees

This holiday season Heritage featured some pretty special trees. From the giving tree, to the safe and healthy holiday pledge tree to our butterfly tree. We tried to encourage hope, healing and health this holiday season.