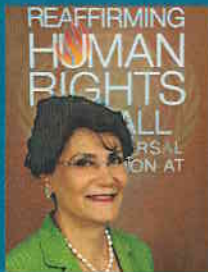


فارسی

ABOUT THE FOUNDER & INSTITUTE



DR. PIRHEKAYATY—AKA DR. TARA PIR—IS A CLINICAL PSYCHOLOGIST AND DIPLOMATE IN BEHAVIORAL MEDICINE AND PROFESSIONAL PSYCHOTHERAPY WHO HAS BEEN IN CLINICAL PRACTICE, TEACHING, CONSULTATION, AND LEADERSHIP POSITIONS FOR OVER 30 YEARS. HAVING FOUNDED THE INSTITUTE FOR MULTI-CULTURAL COUNSELING & EDUCATION SERVICES (IMCES) IN 1989, DR. PIR HAS LED THE INSTITUTE TO BECOME ONE OF THE FEW NON-PROFIT OUTPATIENT COMMUNITY CLINICS DESIGNED TO TREAT THE VARIED NEEDS OF UNDERSERVED CULTURALLY AND LINGUISTICALLY DIVERSE COMMUNITIES OF LOS ANGELES.

IMCES PROVIDES VARIOUS PROGRAMS FOR CHILDREN, YOUTH, FAMILIES, AND ADULTS BASED ON THE PROVEN SUCCESS OF INTEGRATIVE, COORDINATED SERVICES IN PREVENTION AND EARLY INTERVENTION STRATEGIES, WHILE ALSO PROVIDING COMPREHENSIVE SERVICES FOR THE SEVERELY MENTALLY ILL POPULATION. OUR DIVERSE STAFF IS FLUENT AND COMPETENT IN VARIOUS CULTURES FROM AROUND THE WORLD, INCLUDING NINE DIFFERENT LANGUAGES: ARABIC, ARMENIAN, ENGLISH, FARSI, HEBREW, KOREAN, RUSSIAN, SPANISH, AND TAGALOG. WE UNDERSTAND, HONOR, AND RESPECT THE MANY DIFFERENT CUSTOMS THAT CULTURAL AND ETHNIC DIVERSITY BRINGS FORTH. AT THE SAME TIME, IMCES PROMOTES SOCIAL JUSTICE AND STRIVES TO ELIMINATE THE STIGMA OF AND DISPARITY IN MENTAL HEALTH SERVICE DELIVERY WITHIN THE COMMUNITIES WE SERVE.

ABOUT THE AGENCY

IMCES IS A FULL-SERVICE COMMUNITY MENTAL HEALTH CLINIC SERVING INDIVIDUALS AND FAMILIES OF ALL AGE GROUPS, CULTURES, & ETHNICITIES. OUR MISSION IS TO PROMOTE HUMAN RIGHTS AND FOSTER HEALTH AND RESILIENCY IN OUR COMMUNITY THROUGH EDUCATION, CULTURALLY PROFICIENT MENTAL HEALTH PROGRAMS AND SUPPORTIVE SERVICES, & PROFESSIONAL TRAINING—ON LOCAL AND GLOBAL LEVELS.

IMCES

INSTITUTE FOR MULTICULTURAL
COUNSELING & EDUCATION SERVICES

3580 Wilshire Boulevard, Suite 2000
Los Angeles, CA 90010

Phone: 1-213-381-1250

Fax: 1-213-383-4803

www.imces.org



IMCES

INSTITUTE FOR MULTICULTURAL
COUNSELING & EDUCATION SERVICES

SUBSTANCE ABUSE TREATMENT & SERVICES



A NON-PROFIT ORGANIZATION

ASSOCIATED WITH DPI/NGO OF THE UNITED NATIONS

SUBSTANCE ABUSE

■ SPECTRUM OF SERVICES

IMCES has developed several innovative programs and interventions for the treatment of substance abuse. These services are culturally and linguistically appropriate and are designed to serve both adolescents and adults. All programs meet weekly and are conducted at our clinic in Los Angeles.

TEENAGE SUBSTANCE ABUSE GROUP

The purpose of the Teenage Substance Abuse group therapy is to educate and empower the recovering teen to resist drug or alcohol abuse by acquiring a new lifestyle and developing new life skills. New habits, combined with motivation to remain drug or alcohol free, are short-term goals for every substance abuse group therapy session. The program includes a guided curriculum:

- **Legal Implications**
- **Neurological Effects**
- **Addiction Process**
- **Abuse vs. Addiction**
- **Lifestyle Choices**
- **Relapse Prevention**

Throughout the course the teen will have the opportunity to break through the denial, express their feelings through music, learn drug refusal skills through role-playing, and will benefit from the encouragement and comradery developed during group therapy.



DUAL DIAGNOSIS

Dual diagnosis services are treatments for people who suffer from co-occurring disorders—mental illness and substance abuse. Substance abuse intervention or psychiatric intervention when performed as the sole treatment mode has shown to be less effective with many clients due to the complexity and enmeshment of the disorders. Recovery of the individual is enhanced through the treatment of both problems.

Dual diagnosis services integrate assistance for each condition through an effective and active treatment plan, helping the individual to recover from both simultaneously within one setting. Treatment is approached through stages tailored towards the individual. The group process consists of the following curriculum:

- **The Dynamic of Denial**
- **Substance Abuse in the Context of Culture**
- **Integrated Methodology of Dealing with Substance Abuse**
- **Identifying Components of Dual Diagnosis**

STEP TOWARDS SOBRIETY

IMCES has developed a program, Step Towards Solutions, where men and women can share their experience, strength, and hope with each other in a group therapy setting. Through fellowship, members of the group help each other solve their common problems and assist each other in the recovery to sobriety. The only requirement for membership to this group is a commitment to sobriety.

■ RECOVERY PROCESS

IMCES is dedicated to help individuals with substance abuse disorders achieve their individual recovery goals and stability. IMCES works with other community agencies to offer an integrative approach towards recovery. Motivational interventions combined with effective counseling, skill development, and social support is critical to achieving recovery. The ultimate goal is to help our clients break through the barriers to enhance their lives, foster meaningful relationships, and live successfully within the community.

