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## **“It’s time to Get REAL...”**

Get Recovery Empowerment And Life is a substance abuse outpatient treatment program which also provides HIV/AIDS and Hepatitis C screenings

### **The GET REAL Program...**

...is a Substance Abuse & Mental Health Services Administration (SAMHSA) funded initiative to address substance abuse and co-occurring mental illness . GET REAL encourages clients to Get Recovery Empowerment And Life by confronting their issues concerning substance use. This program is designed to provide outpatient substance abuse counseling and support. Our model utilizes support groups, one-on-one counseling, recovery support and life skills education in order to support clients in achieving and maintaining long term sobriety.

The GET REAL program is a collaboration between the following agencies : APEB (AIDS Project of the East Bay) , WORLD (Women Organized to Respond to Life-threatening Diseases) and Latino Commission on Alcohol and Drug Abuse. Our target populations are African American Young MSM (18 to 29 years old) , African American MSM (30 years and older) and African American Women (18 years and over) who reside within the city of Oakland and/or Alameda County. However, no one will be refused entry to the program who needs support. Persons who are interested in finding out more about the program or are interested in enrollment are encouraged to contact any of the agencies listed above.

**Case Management:** The GET REAL Case Managers are trained substance use specialists who are here to provide you with needed support and referrals in order to help you succeed with maintaining your sobriety.

**HIV and Hepatitis C testing:** Our counselors will talk with you in order to evaluate your risk for exposure to HIV/AIDS and Hepatitis C, then make arrangements for you to obtain the needed screenings.

**Mental Health Support :** In the course of your treatment there may be times when you experience depression or find that there may be more serious concerns regarding your mental health. Our case managers are prepared to help you connect with providers who can offer the support you need.

**Support Groups:** An important aspect to maintaining your sobriety is knowing that you’re not alone. Part of our treatment model utilizes group support which is facilitated by one of our trained substance abuse specialists.

**Substance Abuse Counseling:** Our trained substance abuse specialists will provide you with consistent one-on-one counseling and support in order to help you maintain your sobriety.

**Recovery Support:** Our goal is to provide our clients with wrap around services and incentives to help them maintain a positive attitude and long term sobriety. With this in mind our case management team is prepared to provide you with referrals and linkages to other resources as needed.



## **GET REAL OFFERS**

***Substance Use Treatment***

***Outpatient Treatment***

***Recovery Support***

***Counseling***

***HIV & Hep-C Testing***

***Referrals & Incentives***

***We are here to  
support you on the road to  
recovery.***

Substance use is a very complex and often private issue. The following questionnaire is designed to help you decide if you may need additional support in stopping or curbing your substance use.

1. Have you felt you ought to cut down on your drinking or drug use within the past 30 days?
2. Have people annoyed you by criticizing you're drinking or drug use within the past 30 days?
3. Have you felt bad or guilty about your drinking or drug use within the past 30 days?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves to get rid of a hangover (eye-opener) within the past 30 days?
5. If you haven't been drinking or used substances within the last 30 days. When was the last time you drank or used?  
\_\_\_\_\_
6. If you've been obtaining treatment for your alcohol or substance use; have you relapsed?  
\_\_\_\_\_

*\*Please score each question as follows*

Alcohol Use \_\_\_\_\_/6, Drug Use \_\_\_\_\_/6

If you can answer "Yes" to at least two of these questions, you may be experiencing some difficulties with your substance use. We recommend that you make arrangements to speak with one of our counselors in order to help you determine if the GET REAL program may be right for you.

## GET REAL

### !!Help is Available!!

The Get REAL Program is inclusive of Transgendered persons. Transgendered clients may contact the staff member who reflects the gender with whom they most closely identify.

#### *If you are Male call*

Alex or Manuel at:

510.663.7979 ext 112

#### *or send an email to:*

Alex [getrealalex@gmail.com](mailto:getrealalex@gmail.com)

Manuel [getrealmanuel@gmail.com](mailto:getrealmanuel@gmail.com)

#### *If you are Female contact*

Nikia or Denise at

510.986.0340

#### *or send an email to:*

Nikia [getrealnikia@gmail.com](mailto:getrealnikia@gmail.com)

Denise [getrealdenise@gmail.com](mailto:getrealdenise@gmail.com)

***Are You Ready to Make A Change?***

## GET REAL

***WE CAN HELP YOU  
PUT THE PIECES BACK TOGETHER!***