

Assessment

Every client entering our program will complete an individual assessment. Based on the results and recommendations of the clinical staff, the client and their family will enter into appropriate support programs.

Schedule your appointment today.
Tiffany Borchardt - 734-320-0227
Shannon Williams - 734-548-3505



Life Skills

A group-based therapeutic intervention that meets weekly. Topics discussed include, but are not limited to:

- Respect for self and others
- Integrity
- Anger management
- Emotional regulation
- Positive communication
- Healthy relationships
- Budgeting
- Job interview skills
- Social media safety
- Coping skills
- Educational planning



Contact

Plymouth Location

271 S. Main St.
Plymouth, MI 48170
734-455-4095

Canton Location

50430 School House Rd.
Canton, MI 48187
734-495-1722
TTY 734-495-0068

Garden City Location

28525 Warren Rd.
Garden City, MI 48135
734-657-4597



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Follow Us



Diversion Programs and Services



Our mission is to help individuals and families restore hope, embrace change, and improve their lives.



About Us

- + Growth Works is a leading social service provider supporting youth, adults, and families throughout Southeast Michigan.
- + Growth Works is licensed by the State of Michigan as a substance abuse service provider, and its chemical dependency services and youth assistance programming are accredited by the Joint Commission for Accreditation of Healthcare Organizations.
- + Since 1971, Growth Works has provided innovative programs to meet the needs of the community it serves, including evidence-based treatments and solutions for a range of substance abuse challenges.

Programs & Services

Outpatient (OP)

Outpatient substance abuse treatment is a group-based therapeutic intervention program that meets twice a week. Topics discussed include, but are not limited to:

- Relapse Prevention
- Resistance to Change
- 12 Step Program (AA) Education
- Identifying/Managing Triggers and Urges
- Expressing Emotions without Chemicals
- Developing Skills for a Substance-Free Life

Intensive Outpatient (IOP)

Much like the OP program, the Intensive Outpatient Program treats substance abuse through group-based therapeutic intervention. However, due to the intensive nature of the program it is offered three times per week, three hours per session.

Individual Therapy

Individual therapy programs are for clients needing one-on-one treatment to address sensitive issues.

Tutoring

A certified teacher meets with students, either individually or in groups, to assist with assignments, study skills, and organization.

Parent Group

A weekly workshop to engage parent(s)/guardian(s) and discuss the following topics: **ACE's | Trauma and Resilience | Mental Health, Communication | Substance Use | Social Media & Technology | Protective Factors | Healthy Relationships | Emotional Self-Regulation | Self-Care | Safety and Crisis Planning.**

Substance Use Prevention Group

Therapeutic intervention group geared towards youth with experimental and/or early on substance use that meets once a week. The topics discussed include, but are not limited to:

Drug Use Self-Assessment | Motivation | Cognitive Distortions | Anger, Feelings and Emotions | Relationships | Communication | Stress and Self-Care | Self-Awareness, Drugs and the Brain/Body | Mindfulness | Window of Tolerance.

