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Central Texas Council on Alcoholism and Drug Abuse
The Central Texas Council on Alcoholism and Drug Abuse has been helping individuals and families in Central Texas since 1962. We perform prevention programs in schools and community settings, and provide adult and adolescent treatment. We work with individuals with co-occurring disorders and intervene with pregnant and post partum women who are abusing substances.

CTCADA

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Alter a mind, change the future

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Services

Treatment

Outpatient treatment for youth and adults who are abusing drugs or alcohol is available at our Harker Heights, Killeen and Temple offices. Sessions are provided. Treatment is provided 2-4 times weekly, in 2-2.5 hour sessions. Individual sessions are provided once weekly at times convenient for teens and family members.

Our special program for individuals with mental health and substance abuse disorders provides treatment, housing, transportation, medication and other recovery support.s

In order to refer someone to our programs, referral sources or families need only to call one of our offices, from 8-5, Monday through Friday, and speak with one of our staff.

Prevention

CTCADA provides prevention programs in schools, churches, recreation centers, detention centers and alternative educational programs. Our prevention programs increase basic life skills—communication, conflict management, goal setting and problem solving—while also reinforcing the message that alcohol and drugs are destructive forces in the lives of young people. We currently operate in over twenty school districts and community settings, providing federally approved model programs to children ages 8-18.

In addition, CTCADA supports community coalitions against youth alcohol and drug use. These grass roots groups—made up of parents, local government, law enforcement, juvenile justice, businesses, faith based groups and educators—work locally to solve their community's problems and reduce access to drugs and alcohol for youth.

Our pregnant and post-partum intervention services provide case management, assessment and r referral to inpatient or outpatient treatment, education/support groups and individual counseling for girls and women who are either pregnant, or have babies under six months and are abusing alcohol or other drugs.

How To Know If Someone Needs Help

Have they changed their sleeping or eating habits?

Have they changed friends?

Has personal hygiene declined?

Do they seem more moody than usual?

Have they withdrawn from family and old friends?

Do they seem depressed or hyperactive?