



Syntero, Inc. is a nonprofit organization that advocates and supports the health and well-being of individuals, families and communities by providing professional, compassionate expert counseling and community-based services that adapt to the changing needs of the community.

Syntero Substance Use Disorder (SUD) Programs

Outpatient Mental Health & SUD Counseling

Syntero provides evidenced-based therapeutic treatment and counseling services to youth and adults. A specialized staff of master's level clinicians is trained in a variety of treatment modalities that help individuals, couples, and families deal with substance use disorders, trauma, grief and loss, anger management and other difficult behavioral health issues. The goal of our services is to empower individuals to manage effectively, improve their quality of life and promote happier, healthier lives.

Intensive Outpatient for Substance Use Disorders

Syntero offers an intensive outpatient program for youth and adults who are struggling with addiction and behavioral issues. This program is designed to help those youth and adults in early recovery who have experienced ineffective treatments in the past. The program is evidence-based and proven effective in maintaining long-term sobriety through a matrix model. Syntero's IOP is facilitated by licensed counselors specializing in addiction treatment. Most private insurance, Medicaid, EAPs and private pay are accepted.

Substance Use Disorder Groups

Supporting all ages and levels of substance use disorders, Syntero's groups provide safe spaces to share experiences and receive support from peers. All groups are facilitated by licensed professionals and require pre-registration. *See group offerings on reverse.*

According to the 2023 US National Survey on Drug Use and Health (NSDUH):

- 48.5 million (16.7%) of Americans, aged 12 or older, battled a substance use disorder in the past year.
- Approximately 2.2 million (8.5%) of the US adolescent population, ages 12-17 suffered from a substance use disorder in the past year.

Syntero SUD Groups:

Days, times, locations and details are available by contacting our intake team at 614.889.5722 ext. 133 or intake@syntero.org. All groups are facilitated by licensed counselors specializing in addiction treatment.

Adult Intensive Outpatient (IOP) Group

This group is designed for adults 18+ who are actively dealing with addiction and who require a level of care that supports obtaining and maintaining sobriety and abstinence from alcohol and/or other drugs. There are 12-16 group therapy sessions and bi-weekly or weekly individual therapy sessions. Both current Syntero clients and new external clients may be referred. External clients require an intake assessment before beginning this group.

Adult Relapse Prevention

This group is designed for adults in recovery from substance abuse who struggle with maintaining their recovery and may also have mental health challenges. The goal is to improve self-care and strengthen recovery skills. Both current Syntero clients and new external clients may be referred. External clients require an intake assessment before beginning this group.

Alcohol & Drug Education/Exploring Recovery Group

This group is designed to educate adult group members who are struggling with addiction, about substance use disorders including alcohol and other drug abuse and to increase awareness of the negative impact of these substances on their lives. Both current Syntero clients and new external clients may be referred. External clients require an intake assessment before beginning this group.

Adolescent Mental Health/Substance Use Intensive Outpatient (IOP) Groups

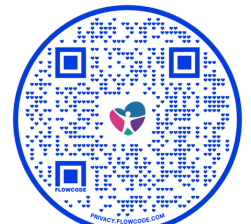
Syntero offers an Intensive Outpatient Program (IOP) for adolescents struggling with mental health and/or substance use issues. Syntero's integrated IOP model addresses adolescent mental and substance use disorders as distinct or co-occurring diagnoses. Licensed clinical facilitators of this group specialize in treating adolescents.

Adolescent Relapse Prevention Group

This group is for teenagers 12-18 years old struggling with mental health or substance use issues who are in their recovery journey. Self-referred clients and court-ordered clients are welcome.

Adult SUD Support Group

This free, weekly, one-hour support group is held virtually on Zoom and is facilitated by Syntero's licensed clinicians. This group offers adults in recovery from SUDs a safe space to check in, share experiences and get support. Participants collectively decide on topics of discussion, which may include barriers to recovery, identifying supports, managing triggers, warning signs, relapse-prevention strategies, current stressors, and progress tracking.



Syntero is nationally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), certified by the Ohio Department of Mental Health and Addiction Services, and supported by ADAMH Board of Franklin County, Delaware-Morrow Mental Health & Recovery Services Board and private donations.

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