



Group Schedules

To accommodate different needs, we offer specialized group sessions:

- **Women's Group:**

Mondays & Wednesdays from 9-10 am

- **Men's Group:**

Tuesdays & Fridays from 9-10 am

- **Co-ed Group:**

Tuesdays from 5:15-6:30 pm

We foster community partnerships to provide activities such as yoga, jiu-jitsu, weight training, and more, all aimed at promoting whole person health. Additionally, we focus on enhancing cooking skills to encourage a healthy eating lifestyle.



Contact Us!

For details about Vera French's Whole Person Co-Occurring Disorder (COD) Treatment Program,

Email: referralspt@verafrenchmhc.org

or

Call: **(563) 383-1900**

Vera French accepts Medicaid, and offers telehealth options.



VF Clinic at Central Park

1441 W. Central Park Ave.

Davenport, IA 52804

(563) 383-1900

verafrenchmhc.org



VERA FRENCH
Mental Health for Healthy Living



The Vera French CO-OCCURRING DISORDERS PROGRAM

The Vera French Whole Person Co-Occurring Disorder (COD) Treatment Program is an innovative approach to addressing Substance Use Disorders (SUD) by integrating mental health treatment and healthy living strategies for whole person health.

1441 W Central Park Avenue Davenport, IA 52804
(563) 383-1900



Evidence-Based Strategies

At Vera French, we utilize a range of evidence-based approaches including:

- **Seeking Safety:** A peer-based initiative that assists group members in regaining stability in their lives through exercise, nutritious eating, and effective coping strategies.
- **Enhanced Illness Management & Recovery (E-IMR):** A peer-supported intervention focused on managing illness and fostering recovery, specifically tailored for those with co-occurring disorders.
- **Eye Movement Desensitization and Reprocessing (EMDR):** A structured therapeutic technique designed to address post-traumatic stress disorder (PTSD), provided through individual therapy sessions.

Whole-Person Therapy

Our treatment philosophy revolves around whole-person therapy, ensuring we address not just the SUD but the entire individual, resolving root causes to facilitate long-term healthy living. Our services include:

- **Cognitive Behavioral Therapy (CBT)**
- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**
- **Motivational Interviewing**
- **Dialectical Behavioral Therapy (DBT)**
- **Multisystemic Therapy (MST)**



Peer-Based Models

Our COD treatment program aligns seamlessly with other peer-based models already implemented at Vera French, such as:

- **Assertive Community Treatment (ACT)**
- **Carol Center Peer-Run Clubhouse**

