



## NEWS RELEASE

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### **FOR IMMEDIATE RELEASE**

## **Texas Bar Foundation Grant Awarded to The Council on Recovery to Support Services for Substance Use Disorders**

**HOUSTON, Texas** (May 5, 2022) – The Texas Bar Foundation awarded The Council on Recovery \$15,000 to support Discovering Choices, an innovative outpatient treatment program for adults struggling with substance use disorders and who are involved in the justice system. Through this effort, The Council can deliver high quality outpatient treatment services tailored to the needs of each individual client, most of whom have limited financial resources.

“The work of our Discovering Choices team is incredibly effective in helping people to face the most difficult moments of their lives and find their way back to solid ground,” says Kamari Brewer, LCSW, Chief Program Officer for The Council on Recovery.

Although many organizations offer outpatient treatment, The Council’s Discovering Choices program is unique in offering an addiction psychiatrist onsite, so that we can address co-occurring substance use and mental health issues. Research demonstrates that individuals with both mental illness and substance use disorders re-offend at higher rates, yet most programs do not offer treatment for both conditions together. By offering addiction psychiatry services onsite, The Council can deliver more effective and comprehensive treatment at a single location, not only improving outcomes for our clients, but also making their treatment experience easier and more seamless.

Discovering Choices is also unique in that it offers three specialized treatment tracks including for adults; for pregnant and parenting women; and for individuals with co-occurring psychiatric and substance use disorders. The intensive six-week treatment program consists of individual therapy, psycho-education, and process groups, and allows individuals to receive the care they need without requiring an overnight stay.

“We are incredibly grateful for the generosity of the Texas Bar Foundation for allowing us to continue this vital work for those in our community who most need it,” says Mary Beck, LMSW, President and CEO.

Since its inception in 1965, the Texas Bar Foundation has awarded more than \$24 million in grants to law-related programs. Supported by members of the State Bar of Texas, the Texas Bar Foundation is the nation's largest charitably-funded bar foundation.

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**About The Council on Recovery:** Founded in 1946, The Council on Recovery is Houston's oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals of all ages. The Council on Recovery is committed to helping Houston overcome the addiction epidemic through a focus on family healing and long-term support that is equally accessible to all in need. Directly touching over 50,000 lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more, our mission is to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees. For more information, visit [www.councilonrecovery.org](http://www.councilonrecovery.org).