



## Vision

- To provide immediate, empathic support and concrete solutions to those seeking support, information, or referral.

## Mission

- We are a volunteer-based, non-profit organization that provides services, resources, education, training and information to people who are in need of support and to people who are seeking volunteer opportunities in our community. With a drop-in center and 24-hour hotline as our foundation, we work to coordinate and deliver human services throughout Centre County.

**Community Help Centre is funded and supported by Centre County United Way, Centre County Government, fee-based programming, and other generous supporters and foundations.**



*For Any Problem, Any Time*

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1-800-494-2500

[CommunityHelpCentre.com](http://CommunityHelpCentre.com)

*A program offered by Community Help Centre to provide education and support to parents struggling with the substance abuse of a child*



**PACCT:**  
*Parents of Addicted Children Come Together*

814-234-8222  
1-800-494-2500

## Development of PACCT

Part of Community Help Centre's mission has always been to provide emotional support and information regarding substance abuse to the people living with the problem as well as the families affected by it.

Recognizing the need in this community for a program that specifically addresses the challenges faced by parents of children with substance abuse issues, PACCT was created.

Guided by Community Help Centre's trained facilitators, group members help each other problem solve and find ways to potentially intervene and break the cycle of addiction.

## What is PACCT?

A group of 8-12 parents that meets once a week for two hours over the course of 4 weeks

During each session, education on various topics is covered followed by group discussion and processing, with an emphasis on self-care and personal well-being.

### Topics Covered Include:

- Substance abuse, addiction, recovery, and relapse
- Impacts on the family
- Healthy and effective coping skills
- How to recognize and reduce enabling behaviors
- Steps to take in the home to encourage sobriety
- Treatment options
- Local services available

## Is PACCT for Me?

- Regardless of your child's age or residence, any parent struggling with the substance abuse of their child is welcome
- Whether you suspect your child is abusing substances or you know your child has an addiction, you are welcome

### How do I sign up?

- Call 814-234-8222 to learn when the next program starts and to get in touch with the group facilitators.
- A group facilitator will contact you to determine if PACCT will meet your needs.
- A modest fee is based on income and is due one week before the group starts.
- New groups will start on a monthly basis.