

Be Well with UT Health.

Behavioral Health
Services

What makes Be Well different?

Be Well: Outpatient treatment for substance abuse recovery

Be Well. It's the simple goal of everyone who walks through our doors. To find hope through recovery – and life after substance abuse.

And that's just what the UT Health **Behavioral Wellness Clinic (Be Well)**, strives to deliver. Our comprehensive substance abuse treatment program offers personalized care for patients through education, evidence-based psychotherapy and psychiatric treatment.

Led by compassionate and dedicated clinicians, our team is here to help every person reach their goals for a healthy, balanced life as we work together guiding patients and family, and providing support through the recovery process.

Take the first step in discovering life after substance abuse. Contact one of our caring staff to schedule a consultation at 210-450-6450.

Hours

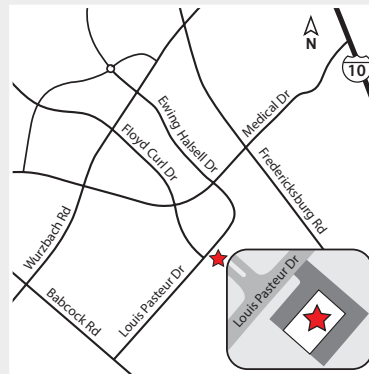
Open Monday - Friday
8:00 a.m. - 5:00 p.m.

Location Information

📍 University Plaza Building
7526 Louis Pasteur Drive, Suite 318
San Antonio, TX 78229

Located along the following bus routes:
520, 600 and 603

📞 Schedule a consultation
210-450-6450





Highly personalized treatment plans

What works for one person may not be ideal for another. That's why Be Well takes an individualized approach to every plan of treatment to find the right solution for each individual. Our experts work to discover the appropriate plan of care, from short-term therapies to long-term treatment, all of varying degrees of intensity, depending on the clinical need and the person's preference. By partnering fully with our patients, our clinical team strives to earn and build trust in every relationship, which is a critical element in successful recoveries.

Medication assistance

Some substance abuse treatment plans are able to achieve the best possible result with the aid of medication. Be Well uses a comprehensive approach to treatment, which may include recovery supportive medications, utilized in conjunction with psychotherapy to treat both substance abuse and any underlying mental health issues.

Some medications include:

- Buprenorphine (Suboxone)
- Naltrexone (Vivitrol, Revia)
- Disulfiram (Antabuse)
- Bupropion (Zyban, Wellbutrin)
- Varenicline (Chantix)
- Topiramate (Topamax)
- Naloxone (Narcan)

What is psychotherapy?

Psychotherapy is simply an open and collaborative dialogue. It involves a therapist and a client working together to address the client's personal life stressors and concerns – all in an objective, neutral and completely nonjudgmental environment.

By identifying barriers that may inhibit a patient's recovery, psychotherapy helps the team to successfully implement a plan that will be most effective for each unique case. Psychotherapy helps patients develop better coping skills and habits to stop substance abuse and promote a healthier outlook on life.

Comprehensive support. Successful recovery.

It's important to understand the services we may utilize to help our patients recover. Comprehensive treatment options at Be Well often include group and individual psychotherapy, in combination with psychiatric treatment. Group therapy sessions focus on substance abuse education, relapse control and prevention, stress management, building effective coping skills and fostering positive family and interpersonal interactions, while individual therapy may address the personal underlying causes of substance abuse. Psychiatric care utilizes medication support as part of the full scope of treatment.

Treatment of co-occurring disorders

At Be Well we understand that, many times, substance abuse can commonly occur alongside conditions such as depression or mood disorders, anxiety, and other behavioral health diagnoses. Our clinicians are experts in understanding these co-occurring disorders and integrating appropriate treatment along with substance abuse care.

