



OUR APPROACH

Kolpia offers a welcoming and personalized approach to treatment. Our goal is to compassionately treat individuals who are seeking counseling for substance use and mental health in a safe and confidential setting. Our office location and small group sizes help to ensure the highest level of privacy while being able to provide the best care.

Our programs center around a whole person treatment philosophy. At Kolpia, you're not just a number. You'll find that our counselors not only use the most current methods but are also accepting and encouraging at every turn.

Kolpia counselors aim to let our clients feel heard and appreciated without shame, guilt, or judgment.

Populations Served

- Professionals
- Men/Women/Non-binary
- Adolescents (14+ years)
- Multicultural
- LGBTQ+

At Kolpia, you're not alone.

Kolpia is a state certified outpatient counseling center for substance use disorders and mental health. In addition to outpatient services, we offer a state certified DUII program that meets the requirements for education or treatment.

For information about getting started and fees for all services, please call 541-482-1718 or stop by.

We accept Oregon Health Plan (OHP), private insurance, and private pay.



**611 Siskiyou Blvd., Ste 8
Ashland, OR 97520
541-482-1718**

**836 E. Main, Ste 6
Medford, OR 97504
541-500-8023**

www.kolpiacounseling.com

Substance Use Counseling

Mental Health Counseling

**At Kolpia,
you're not
alone.**

No Shame. No Guilt. No Judgment.

For some, substances have been the solution for as long as you can remember and it's hard to imagine a way out.

Life's struggles can often lead to unhealthy ways of coping, and for many this includes using substances to numb, avoid difficult emotions, or "feel better." It doesn't take long for drug or alcohol use to spiral out of control to the point where it negatively impacts relationships, work, school, and general daily functioning. This can leave you wondering how you ever got to that point.

At Kolpia, you are not alone. Let us be a guide on your path to healing.

"The staff is very friendly and know what they are doing. They helped me make a pretty major change in my life."

Entering treatment can feel like a big step.

Let the professional and caring staff at Kolpia help make the step into treatment easier. Underlying causes of substance use can be difficult to access, and Kolpia's integrative approaches are designed to support recovery and aid healing at a deeper level through evidence-based practices including:

- Individual and Group Therapy
- Art Therapy
- Expressive Arts Therapy
- Mind/Body Therapy
- Holistic Wellness
- EMDR
- Family Therapy



Kolpia is a client-centered humanistic treatment program based on the belief that all people can develop a mentally and physically healthy, substance-free lifestyle without shame, guilt, or judgment.

SERVICES OFFERED

- Intensive Outpatient
- Outpatient
- Education
- Mental Health Counseling
- Alcohol and Drug Counseling
- Integrative Recovery Program
- Medically Assisted Treatment (MAT) Counseling*

**Kolpia does not prescribe or dispense medication.*

"The most valuable part of my treatment was the consistency and kindness."