

Our primary focus is to encourage those who wish to ease the pain, suffering, and discomfort brought on by maladaptive and disillusioned thoughts (dis-ease). It has been our experience that separation of the intellectual masquerading of the mind's activities from the brain's functioning, can and will result in healthier attitudes, a heightened sense of energy, and an increase in productivity. One has become self-assured and more confident.

**"If you can't change your mind,  
you can't change anything"**

- George Bernard Shaw



My name is Roy Gilgallon. I was born into an addictive setting and have been engaged in addiction my entire life. I have experienced addictions as the son of, the spouse of, the father of, and I as an individual who has recovered from multiple addictions. After twenty seven years of serving my community as a general contractor/real estate developer, I had decided to do something more heartfelt with my life. I resolved to pursue my passion.

Credentialing, licensing, gaining didactical and clinical skills were minimal tasks compared to the education received as a family member of an active alcoholic and overcoming addiction myself. You can be assured that your loved ones, our patients, will be treated with dignity, compassion, understanding and respect. At the same time they will be held accountable for their past while planning for the future.

After decades of working with families and individuals it has been revealed that best practice principles are designed around client centered therapy. Our treatment model focuses on a comprehensive set of individual needs. We begin by meeting the patient where they are, followed by setting attainable and maintainable goals. It is our contention that confidence is gained by acting competently at this stage. Discrete goal setting is imperative. Although difficult for many non-users to wrap their heads around the Dis-Ease of addiction, it is less about the use of substances, gambling, tobacco, food or shopping than identifying and defining oneself as the rituals surrounding addiction. We encourage identifying the influences of the mind (thought), its effects on the brain, and behavior-(thought processing). We continue to examine the weight of emotional contexts placed on thoughts/feelings. Participants are guided in a direction that engenders healthy life choices while nurturing their well-being.

431 Rear Wyoming Ave.  
Scranton, PA 18503

Phone : 570-880-7614  
tpals.net • info@tpals.net

Hours of operation:  
Monday - Friday, 9 am - 8:30 pm  
Saturday, 10:30 am - 2:30 pm



1-800-848-1880



1-877-565-2112

The international Gambling Hotline 1-800-522-4700



adult & adolescent  
recovery solutions

FREEDOM FROM  
**substance  
abuse  
gambling  
addiction**



TPALS (Turning Point Alternative Living Solutions) provides a warm supportive atmosphere and positive counseling environment. Our treatment modalities include tenants of Cognitive Behavior Therapy (CBT), Motivational Interviewing, Harm Reduction, bio feedback, cognitive restructuring and self development strategies. Services include but are not limited to group, individual, family counseling, EAP/ probation and parole interventions. We do not propose fear and force techniques. It is our belief that those affected with addiction are more confused about living than fearful of the devastating effects of their addiction(s).



#### Treatment Services Available:

- Substance abuse/addiction evaluations
- Interventions
- Individual counseling
- Couples counseling
- Family counseling
- Group therapy
- Gambling assessment and counseling
- Relapse prevention services
- Discharge and aftercare planning
- Self-regulating/risk management techniques

#### Training & Outreach Program

TPALS is accredited to provide continuing education to Behavioral Health professionals. We provide on-site, and web-based training courses. Our volunteer outreach program centers on awareness and prevention concentrating on seniors, Salvation Army, shelters, veterans, university and high school students. We commit to participate at both private and public institutions.

#### Training & Outreach Services Available:

- Behavioral Health consulting
- Web-based continuing education courses
- Group presentations



#### Group-Based Outpatient Treatment

Outpatient rehab is an affordable and effective form of drug treatment. Because those who would benefit from outpatient rehab want to maintain their daily routine as much as possible, it is an ideal treatment for people who need to work to help support their family and students who want to stay on track for graduation.

Our outpatient treatment extends a supportive atmosphere to the individual transitioning from addictive rituals to stable conditions. Regardless of the costs of addiction this can be a confusing and fearful evolution. TPALS offers peer support, education, resource information, professional counseling while the patient interacts within their community.

TPAL's outpatient drug rehab center understands that achieving lasting sobriety involves more than just treating the physical aspects of addiction. Our outpatient treatment focuses on the psychological, spiritual, emotional and physiological needs of our participants.

TPALS is a state licensed facility. The project coordinator is Roy Gilgallon, NCGCI, CADC.