

teensavers™

Minimizing Relapse and Building a Self-Sufficient Teen

The Need for Continuing Care

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transforming lives



Introduction

The purpose of this white paper is to provide information that will help you better understand the need for continuing care to minimize the chance of a relapse after completion of an In-Residence or Day Treatment program for substance abuse. Continuing care therapies focus on teaching teens how to cope when they leave treatment and are thrust back into the same social environment that initially contributed to their need for treatment. The focus in the continuing care phase is on helping teens develop the self-discipline and coping skills they need to make the right decisions and resist falling back into their old pattern.

Perhaps the leading authority on the different forms of therapy needed to completely treat substance abuse is the National Institute on Drug Abuse (NIDA), a department within the National Institute of Health. Both the NIDA and Teensavers recognize the necessity of continuing care programs to ensure that an adolescent remains substance free and returns to a healthy, productive lifestyle.

The NIDA model for comprehensive substance abuse treatment states that one of the most critical phases of a comprehensive treatment program is continuing care. As seen in the following diagram, it is a major component of the overall treatment approach.

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Components of Comprehensive Drug Abuse Treatment



The most effective treatment format is made up of a highly structured 30- to 90-day in-residence program combined with continuing care therapy on an outpatient basis for at least another 90 days. There are no quick fixes to resolve substance abuse and its co-occurring emotional and behavioral issues. Continuing care is a critical component to minimizing relapse and ensuring that treatment is effective and lasting. Continuing care is vital to the success of a teen reintegrating with the family unit and society because it:

- Enables open, respectful communication
- Develops a healthy mental attitude, trust and cooperation
- Increases self-esteem and coping skills
- Teaches the skills needed to make healthy choices and develop healthy relationships

- Establishes a clear vision of future goals
- Develops a self-motivated teen

The Teensavers In-Residence and Day Treatment programs focus on identifying the substance abuse problem and the issues surrounding it. Our continuing care program focuses on developing a self-actualized teen who is able to achieve his or her dreams and make a positive contribution to the family unit and society.

Comprehensive Continuing Care Programs

The continuing care phase of treatment consists of four major components that, when combined, are highly effective in developing a healthy, self-sufficient adolescent who is prepared to reintegrate with the family and society. Successful continuing care programs must be comprised of the following:

1. **Effective Support Systems** - encourage reintegration into a different social environment than the one that initially contributed to the teen's substance abuse problem
 - Family support groups
 - Peer support groups
 - Community support groups
2. **Individual, Group and Family Therapy Sessions** - focus on resolving lingering emotional and behavioral issues
3. **Cognitive-Behavioral Therapy** - examines the dysfunctional rules, beliefs and values that led to the substance abuse problem and replaces them with

those that support healthy behavior and permit a teen to fulfill his or her true potential

- The Teensavers Self Mastery Leadership Program™ is an example of this therapeutic approach and has proven to be successful with thousands of teens around the world

4. **Spiritual Awareness** - awakens the component of self that serves as an inner voice and allows one to intuitively know right from wrong

- 12-step programs
- Religious affiliations
- Books and classes by authors like John Bradshaw, Tim Chapman and Deanna Garza Brown

In the following paragraphs, we will examine each of the four components of a comprehensive continuing care program.

Effective Support Systems

Once the teen has successfully completed either an In-Residence or Day Treatment program, it is mandatory that a support network be established to provide the encouragement and safety net required for mentoring and continued support.

Many graduates of Teensavers are now Peer Mentors and help recent grads reintegrate back into the social culture during and after school. Parents and family members must also take an active role in supplying the support and stability the teen needs at home. Reintegrating into society is a difficult time period for teens in part because they are being asked to make new friends and abandon those who helped influence their substance abuse. Breaking away from these old

friendships is necessary to avoid pressure to resume destructive behavior.

Teensavers instructs parents on how to best help their child make these difficult but necessary decisions. We also provide parents with the names of Peer Mentors who have made this transition and whose function it is to support teens on a peer-to-peer level.

There are also a host of community organizations in virtually every city that assist teens who have gone through substance abuse treatment. These organizations range from schools offering afterschool programs to independent organizations providing 12-step programs.

Teensavers helps family members define and implement a formal support system for reintegration prior to their teen returning home. We also introduce the family to Peer Mentors in their area and provide a list of community organizations near their home.

Individual, Group and Family Therapy Sessions

After initial treatment, you should not expect everything to be perfect. There will be bumps in the road in the form of lingering emotional and behavioral issues that will need to be addressed over the 90-day period following release from the In-Residence/Day Treatment program.

These issues will be determined through a post-graduation assessment, which will provide a roadmap on how to best resolve them. The resolution will derive from continued individual, group or family therapy sessions. These are held

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at least once per week depending upon the severity of the lingering problems.

Individual therapy with the adolescent determines the underlying causes of these lingering issues and encourages him or her to follow the steps provided in the customized roadmap. These one-on-one sessions continue until the issues are resolved.

Group therapy sessions are conducted in two formats. The first includes groups of teens who are struggling with similar issues, with no parents attending. The second includes a circle of teens and parents who support each other, facilitating the healing process.

Family therapy sessions include the adolescent and parents, as well as other family members who are willing to support the teen through this difficult time. This process helps to transform the family into a harmonious unit able to get along with, respect and support one another.

Cognitive-Behavioral Therapy – The Self Mastery Leadership Program™

Self Mastery reinforces the treatment received during our In-Residence or Day Treatment program by teaching teens how to build character and leadership skills. Its main focus is developing healthy, self-sufficient teens capable of reaching their full potential, which is key to minimizing relapse after residential care.

To accomplish this, Teensavers utilizes a nationally recognized program called the Self Mastery Leadership Program™, which is conducted by its author. The program

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have been recognized by educators, law enforcement personnel and elected officials on a local, state and national level. Additionally, the program was recognized at the Presidential Summit on the Future of America's Education and is highly regarded for its effectiveness in working with adolescents who have substance abuse, emotional and behavioral issues.

The Self Mastery program is a curriculum-driven program that is divided into 24 modules taught three nights a week for two hours per night. This program typically takes 90 days to complete.

The essence of the program focuses on the fact that there are two worlds: the outside world and the inside world, which is made up of one's own rules, beliefs and values. The only world you can control is the inside world, which determines how you react to events in the outside world. By controlling your inside world, you can achieve anything you desire in life because you are only limited by what you believe. The subjects in the program include:

- The Two Worlds
- Your Dream Is Possible
- Self Evaluation Profile
- Physiology, Thoughts and Beliefs
- How Behavior Is Formed
- Building a Positive Belief System
- How to Create Positive Change
- Developing an Attitude of Possibility
- Resolving Internal Conflicts

- Fulfilling Psychological Needs
- Developing Healthy Relationships
- Basic Nutrition and Fitness
- Understanding Personality Types
- Communication and Listening Skills
- Your Strategic Life Plan - Goal Setting
- Developing an Action Plan to Attain Goals
- Action Plan Time Management and Accountability
- The Power of Character
- Dynamics of Problem Solving
- Cause and Effect of Life Choices
- The Power of Role Models
- The Role Model Conference
- Contribution, Mentoring and Tutoring
- Community Outreach
- Curriculum Review and Team Building Activities

Group discussions, team building and community activities reinforce the subject being discussed and create an enjoyable classroom environment.

Spiritual Awareness

Psychologists have agreed for decades that man is made up of three parts: the mind, the body and the spirit. Steven Covey wrote, "We are spiritual beings having a human experience." Abraham Maslow, one of the world's most well-renowned psychologists said, "Spirit is part of the human essence. It is a defining characteristic of human nature and is the core of human life." If treatment focuses only on mental

and physical issues, a major component of man is left damaged. Most of us will agree that there is something greater than ourselves, whether we refer to this as God, The Source, A Higher Being or use a different term. At the very least, we must admit that we all have an inner voice that intuitively provides a sense of right or wrong. There is a need for some form of spirituality in all of us – knowledge that there is a higher purpose and a moral code that exists in order for a family unit or society to survive.

For treatment to be complete, adolescents must be encouraged by parents and others to explore their spirituality, develop their conscience, foster their intuition and commune with something greater than themselves. Even if the parents and family members are not spiritually aligned, we recommend letting the child explore this relationship without hindrance.

Summary

The combined in-residence and continuing care treatment format has resulted in an unparalleled success rate. It is for this reason that we highly recommend teens participate in both in-residence and continuing care programs. Continuing care programs offered by Teensavers fall within four major categories:

- Support System Programs (ongoing)
- Individual, Group and Family Therapy Programs (30-180 days)
- Self Mastery Leadership Program - building character, leadership and self-sufficiency (90 days)

There is a need for some form of spirituality in all of us – knowledge that there is a higher purpose and a moral code that exists in order for a family unit or society to survive.

- Spiritual Awareness Program - providing the incentive to explore spirituality

The need for continuing care has been acknowledged by virtually every authority on substance abuse treatment in the country. If you are thinking of placing your teen in a continuing care program, we strongly advise asking the following questions to ensure that your teen receives proper care:

- Do you perform assessments to identify any lingering emotional or behavioral issues before you recommend a continuing care program?
- What type of continuing care programs do you provide? How long do they last?
- What are the goals of each continuing care program?
- Do you develop customized treatment plans for each child?
- Will I participate in the treatment of my child through group sessions?
- What expenses are involved in the treatment of my child?
- Are treatment expenses covered by insurance?

Over the course of 30 years, Teensavers has developed some of the most successful programs and therapies in the nation and has earned the trust of families, the juvenile justice system, schools, community organizations and insurance companies. We firmly believe that no one therapeutic approach will cure every adolescent substance abuse problem because every child is different and each problem is

compounded by other medical, emotional and behavioral issues that must be addressed with various forms of therapy.

About the Author

Tim Chapman is the Founder and Executive Director of Teensavers. He has 30 years of experience working with teens, young adults and parents.

Tim created the "Six Basic Feelings" theory used exclusively by Teensavers as one of its foundational tools for recovery. Tim has designed over 10 treatment programs in California and opened the first adolescent outpatient substance abuse treatment program in 1978.

Tim is a columnist for the Pulitzer Prize winning Orange County Register newspaper, a talk radio show host and an educational consultant to many organizations in the U.S.

He has authored and published two books Midolscence: Handling the Twenty-Six-Year-Old Teenager and Chapman's Addiction-ary.

As a Professional Interventionist and Certified Substance Abuse Counselor, Tim has worked with thousands of families. His direct, teach-by-example approach has made him a respected leader in his field.

To obtain more information about Teensavers or to arrange for a visit to one of our residences, call 800.451.1844.