

teensavers™

Substance Abuse Treatment Alternatives

What You Should Know

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transforming lives



Introduction

The purpose of this white paper is to provide information that will help you better understand adolescent substance abuse and the variety of treatments that are available to resolve the problem and return your teen to a healthy and productive lifestyle.

Information in this white paper was derived from our experience treating adolescents over the past 30 years, as well as from a number of leading organizations that have objectively studied treatment alternatives for adolescent substance abuse and its co-occurring emotional and behavioral issues. These include, but are not limited to:

- National Institute on Drug Abuse (NIDA)
- Commission on Accreditation of Residential Treatment Facilities (CARF)
- University of California at Los Angeles
- Center for Substance Abuse Treatment (CSAT)
- Alcoholics Anonymous
- Alcohol and Drug Policy Institute
- California Department of Alcohol and Drug Programs

All of these sources agree that because teens are still in their formative years, their treatment should differ from that of adults and be uniquely tailored to each child. Our views, and the widely accepted views of the aforementioned organizations, provide the following insights into the treatment of adolescents:

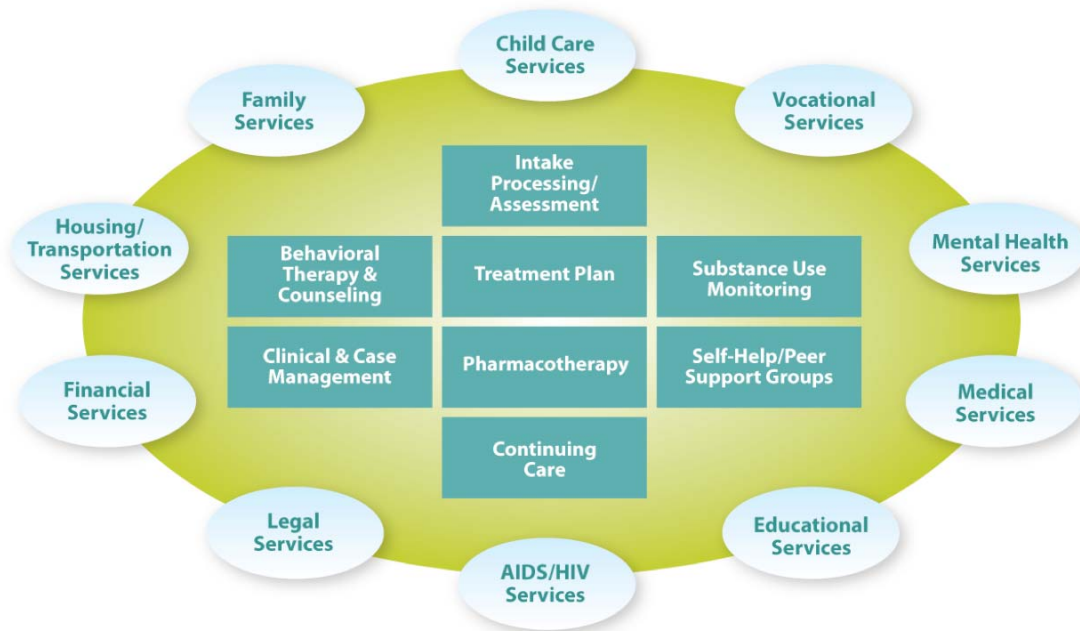
Information in this white paper was derived from our experience treating adolescents over the past 30 years.

1. **No single therapy is appropriate for all teens.**
Numerous treatment alternatives are available and should be matched to the specific needs of each individual. This is vital to successfully resolving the adolescent's issues and returning him or her to a productive role in the family unit and society.
2. **Effective treatment must address the co-occurring emotional and behavioral issues that typically accompany substance abuse.** Treating the substance abuse is only part of the solution. The co-occurring issues that not only accompany, but are usually the underlying cause of the abuse, must also be treated.
3. **A thorough assessment is required to determine the severity of the substance abuse and any co-occurring emotional or behavioral issues.** An assessment assists in developing a treatment plan that addresses all issues and identifies which treatments are appropriate.
4. **The prescribed treatment plan must be monitored on a weekly basis and modified as needed.** In addition to counseling and psychotherapy, the treatment plan may be revised to include medical treatment, medication, family therapy, parenting skills, peer intervention and a host of other alternatives.
5. **Individual, group and family counseling must be combined with other behavioral therapies to be effective.** Substance abuse is only the outward manifestation of deeper psychological issues or imbalance within the family unit. Counseling that includes family members and others close to the

- adolescent can uncover these issues and aid in treatment.
6. **Treatment does not have to be voluntary to be effective.** Modern intervention techniques are employed to bring the teen to the realization that it is in his or her best interest to enter treatment.
 7. **The adolescent must be fully detoxified before any meaningful treatment can begin.** If our assessment determines that a teen is severely addicted to a particular substance, he or she will be placed in our detoxification program under the care of medical personnel. Modern medications can make the detoxification process shorter and less painful.
 8. **The most effective treatment plan consists of a highly structured 30- to 90-day in-residence program and a minimum of 90 days in outpatient continuing care therapy.** There are no quick fixes to resolve substance abuse and its co-occurring emotional and behavioral issues. Continuing care is critical to preventing relapse and ensuring effective treatment.

Comprehensive Treatment Programs

Utilizing a single substance abuse, emotional or behavioral therapy has not proven to be the best approach in long-term success of overcoming addictions. The National Institute on Drug Abuse (NIDA) advises that “the best treatment programs provide a combination of therapies and other services to meet the needs of the individual adolescent.” The following diagram illustrates the recommended components of a successful drug abuse treatment program.



Components of Comprehensive Drug Abuse Treatment

Teensavers agrees with the NIDA approach and utilizes a Five-Phased Approach to treatment that has been proven to greatly increase success rates. Our Five-Phased Approach encompasses the following:

Phase One: Assessment, Intake and Intervention

This critical stage is focused on accurately assessing and identifying the level and type of substance abuse problem, as well as the co-occurring medical, emotional and behavioral issues an adolescent is facing.

Based on the initial assessment, a personalized plan is developed and the determination is made as to whether an intervention should be conducted. In some instances, the teen does not need an intervention. In others, the teen is not cooperative about accepting or entering into treatment. In this case, a trained interventionist will meet with the teen's family at their home or a neutral meeting place and will educate them on the intervention process and how it can be customized for their child.

There are three different approaches that may be utilized by the interventionist depending on the family's concerns and the child's needs and willingness to cooperate. After the intervention, and if the parents desire, transport professionals will safely escort the child to the In-Residence program facility.

Based on an initial assessment, a personalized plan is developed for each child.

Phase Two: In-Residence Detoxification and Stabilization

For children with severe addiction problems, it is necessary to complete a Detoxification and Stabilization Program to become substance free before entering the treatment phase.

During the three- to five-day detoxification phase, medical professionals examine the child and guide the process. Medications specifically developed to stop the craving for alcohol and certain drugs are prescribed by a licensed physician and then monitored by treatment team members in order to make the detoxification process shorter and much easier on the child. The child's moods, vital signs and physical well-being are constantly monitored.

Once the Detoxification and Stabilization Phase is completed, a personalized treatment plan is developed and the child transitions into the Treatment Phase.

Phase Three: In-Residence or Day Treatment Program

Teensavers offers two treatment alternatives: In-Residence and Day Treatment. Our In-Residence program is for those teens who require a higher level of supervision. Our Day Treatment program is a "9 to 5" option for those teens who require less supervision.

Once the appropriate program is determined, a more comprehensive assessment is conducted and a customized treatment plan is developed for the child. The In-Residence treatment is conducted in a Teensavers residence under the supervision of State Licensed Counseling Professionals, as well as other support staff, and the teen is monitored around

Medications to ease the detoxification process are prescribed by a licensed physician.

the clock. Our teen-to-staff ratio is 3:1, which ensures the child is given a highly attentive level of treatment.

Teensavers is ranked in the top 1% in the nation for quality of care and is accredited by the Commission on Accreditation of Residential Treatment Facilities (CARF). Each Teensavers residence is designed to provide an extended family environment with only six teens per residence. Day Treatment is conducted at one of our outpatient facilities.

For both In-Residence and Day Treatment programs, no single treatment will resonate with every child. For this reason, Teensavers employs a variety of methods to customize each child's treatment plan. These methods include, but are not limited to:

- The Art of Feeling™
- Drug and Alcohol Education Sessions
- Cognitive Behavioral Therapy
- Neuro Linguistic Programming (NLP)
- Feelings Therapy
- Coping, Stress and Anger Management
- Shame Reduction
- Self-Esteem Exercises
- Peer Influence Resolution
- 12-Step Introduction
- Issue Resolution with Parents and Other Family Members
- Physical Fitness Program
- Social Therapy and Activities
- Community Contribution Exercises and Outside Services

Teensavers is ranked in the top 1% in the nation for quality of care and is accredited by the Commission on Accreditation of Residential Treatment Facilities (CARF).

- Academic Excellence Program (conducted daily; transferrable credits nationwide)
- Parent Education Sessions
- Weekly Family Sessions (over the phone if family is unable to attend)
- Weekly “Parent Only” Sessions (addressing tough issues without the child present)
- Ongoing, Unannounced, Random Drug and Alcohol Screening
- Weekly Clinical Updates from Clinical Staff to Child’s Parents/Guardians

Our exclusive Teensavers workbook is provided to each child as a foundational treatment tool. The workbook guides teens through a comprehensive self-examination that drives them towards making healthy decisions. Treatment is provided in individual, group and parent-teen sessions.

A treatment plan is developed for each teen that identifies the specific issues the teen is facing. The issues requiring treatment may include one or more of the following:

- Alcohol or Other Substance Abuse
- Low or Damaged Self-Esteem
- Depression
- Suicidal Thoughts/Behavior
- ADHD/ADD
- Anger Problems
- Learning Disabilities
- Lack of Motivation
- Defiant Behavior
- Issues Concerning Academic Achievement

- Personality Disorders
- Anxiety Disorder
- Victimization
- Unresolved Resentment
- Eating Disorders
- Confrontational/Threatening Behavior
- Isolation
- Manipulative Behavior

In-Residence treatment typically lasts 30 days, but may be extended to 60 to 90 days or longer depending on the severity of the child's problem and number of co-occurring issues. Once In-Residence treatment is completed, we recommend that outpatient treatment and classes continue for at least another 90 days.

Phase Four: Outpatient Continuing Care

Outpatient Continuing Care involves attending one or two aftercare counseling sessions per week, depending on the child's unique needs. These may be individual, family or group sessions. Continuing Care focuses on resolving any lingering issues to reduce the chance of a relapse. In cases where the child has traveled over 50 miles to attend treatment, an aftercare support system will be set up in that child's immediate area prior to the child's discharge from the treatment program. Families that were referred to Teensavers by their therapist will be referred back to that therapist with an aftercare follow-up plan in hand. Some aftercare treatments may include the following:

For a treatment program to be effective, treatment plans must be personalized to the needs of each child.

- Individual or Group Sessions
- Peer Support Groups
- Family Sessions
- Academic Support
- 12-Step Program Assistance
- Updated Roadmaps

Phase Five: The Self Mastery Leadership Program™

Self Mastery reinforces the treatment received during the 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 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. Subjects included in this training include:

- 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 Effects 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.

Self Mastery
reinforces treatment
by teaching teens
leadership skills,
self-sufficiency and
how to build
character.

Summary

The combined In-Residence and Continuing Care treatment format has yielded a success rate that is unparalleled. It is highly recommended that the teen participate in both In-Residence and Continuing Care programs. Programs offered by Teensavers fall within four major categories:

- In-Residence Program (30-90 days or longer)
- Day Treatment Program - spending days (9:00-5:00) in therapy and nights at home (30-90 days)
- Continuing Care Program - resolving lingering issues (30-180 days)
- Self Mastery Leadership Program - building character, leadership and self-sufficiency (90 days)

If you are thinking of placing your teen in an in-residence treatment program, we suggest contacting at least three facilities and asking the following questions to determine whether or not your teen will receive the personalized care he or she needs:

- Do you perform assessments to identify my child's problems and their severity? Who performs these assessments? Besides substance abuse, do you treat co-occurring emotional and behavioral problems?
- Do you perform interventions if my child is resistant to the idea of being treated?
- Do you provide transportation services if my child is resistant to treatment?
- Do you develop customized treatment plans for each child?
- How many psychological treatment alternatives do you utilize?

- Does the treatment program meet or exceed the standards set by the NIDA?
- If my teen is severely addicted, do you have in-residence detox facilities under medical supervision? What medications do you use to reduce withdrawal and physical discomfort?
- What is your success rate in resolving teenage substance abuse, emotional and behavioral issues?
- Are you CARF accredited?
- What type of continuing care programs do you offer? How long do they last?
- What is the maximum number of teens housed at one time?
- What is your staff-to-patient ratio?
- 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.

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

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.