

QUESTIONS POSED BY SEVEN CHALLENGES PROGRAM

1. ARE YOU READY TO TALK OPENLY ABOUT YOUR ADDICTION?
2. WHAT DO YOU LIKE ABOUT ALCOHOL AND DRUGS? WHY ARE YOU USING THEM?
3. DO YOU THINK THE USE OF DRUGS AND/OR ALCOHOL CAUSE HARM OR COULD IT CAUSE HARM?
4. WHO IS RESPONSIBLE? YOU? OTHERS?
5. WHERE ARE YOU HEADED? WHAT DO YOU HOPE TO ACCOMPLISH?
6. WHAT DECISIONS HAVE YOU MADE ABOUT DRUGS AND/OR ALCOHOL IN YOUR LIFE?
7. IF YOU SEE PROBLEMS, THEN IT IS TIME TO DEAL WITH THE PROBLEMS AND GET CONTROL OF YOUR LIFE.



COALITION FOR A SAFE AND DRUG-FREE CLAY COUNTY

THE MISSION OF THE COALITION FOR A SAFE AND DRUG-FREE CLAY COUNTY IS TO SUPPORT AN OVERALL SAFE COMMUNITY BY PROVIDING INFORMATION AND EDUCATION TO CHILDREN AND FAMILIES FOR THE PREVENTION OF SUBSTANCE ABUSE, PROMOTION OF SAFE CHOICES, AND THE REDUCTION OF UNSAFE CONDITIONS.



THIS BROCHURE SPONSORED BY CHURCHES FOR A SAFE AND DRUG-FREE CLAY COUNTY



WHAT SHOULD YOU LOOK FOR IN A TREATMENT PROGRAM FOR ADOLESCENT SUBSTANCE ABUSE?



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STEPS TOWARD RECOVERY

ASSESSMENT

BEFORE ENTERING ANY TYPE OF TREATMENT PROGRAM, IT IS NECESSARY TO HAVE THE PROPER ASSESSMENT DONE TO MAKE SURE YOU FIND THE PROGRAM THAT IS BEST FIT TO TREAT YOUR PROBLEM/ADDICTION. WHEN LOOKING FOR A CENTER, YOU SHOULD SEEK OUT ONE THAT OFFERS AN ASSESSMENT SIMILAR TO GAIN. GAIN IS A SEQUENCE OF MEASURES (SCREENER, STANDARDIZED BIOPSYCHOSOCIAL INTAKE ASSESSMENT BATTERY, FOLLOW-UP ASSESSMENT BATTERY) DESIGNED TO INTEGRATE RESEARCH AND CLINICAL ASSESSMENT.

WWW.CHESTNUT.ORG/LI/GAIN/

- MEASURE THE RECENCY, BREADTH, AND FREQUENCY OF PROBLEMS
- MEASURE OF SERVICE UTILIZATION RELATED TO SUBSTANCE USE (INCLUDING DIAGNOSIS AND COURSE, TREATMENT MOTIVATION, AND RELAPSE POTENTIAL), PHYSICAL HEALTH, RISK/PROTECTIVE INVOLVEMENT, MENTAL HEALTH, ENVIRONMENT AND VOCATIONAL SITUATION.



PROGRAMS

THERE ARE PROGRAMS THAT TREAT ALCOHOL AND OTHER DRUGS. PROGRAMS OFFER DETOX AND AFTERCARE TREATMENT. YOUR PROGRAM SHOULD OFFER RELAPSE PREVENTION.



IT IS IMPORTANT FOR YOUR PROGRAM TO BE THREE-DIMENSIONAL:

- OFFER MOTIVATION
- NEW FRIENDS
- FAMILY COUNSELING

THE PROGRAM SHOULD BE ENDORSED BY THE STATE MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES AGENCY (SAMHSA) IN YOUR AREAS AND BE A MODEL PROGRAM AS NOTED BY SAMHSA LIKE THE SEVEN CHALLENGES PROGRAM. WWW.SEVENCHALLENGES.COM

IS THE PROGRAM:

- EVIDENCE-BASED?
- MEDICALLY BASED?
- HOLISTIC IN NATURE?



TREATMENT CENTERS

TREATMENT CENTERS ARE DESIGNED TO SPECIFICALLY MEET INDIVIDUAL NEEDS.



- IS IT A QUALIFIED CENTER? WHAT DETERMINES QUALIFICATION?
- ARE COUNSELORS LICENSED AND CERTIFIED?
- DOES THE CENTER OFFER INPATIENT AND/OR OUTPATIENT CARE?
- HOW DOES THE CENTER MEASURE ITS SUCCESS?
- ARE ANY OF THE STAFF FORMER CLIENTS?
- DOES THE CENTER EMBRACE A 12-STEP PHILOSOPHY?
- WHAT CAN YOU AFFORD? SOME ARE FEDERAL OR STATE FUNDED, SOME MAY BE COVERED BY INSURANCE.



