

Adolescent Substance Use Disorder Treatment

If alcohol and/or drug use is impacting you and your loved one's lives, we understand and are here to assist you on your journey to recovery. We provide a co-occurring treatment program that assists in addressing both substance use and mental health symptoms at the same time. This consists of an integrated team of Alcohol and Drug Counselors and Mental Health Professionals who work with patients individually and in group settings. Patients will gain a solid understanding of the nature of the disease of addiction, learn healthy attitude, behavior, and lifestyle solutions as well as build positive strategies and coping skills that lead to lasting change.

Program Details

Who is eligible?

- ▶ Patients ages 12-18 who are still in school
- ▶ Patients who have a substance use disorder and may also have a mental health or emotional problem
- ▶ Most insurance plans, including Medical Assistance and pre-paid Medical Assistance plans, cover substance use disorder treatment services

What can I expect?

- ▶ Each level consists of groups and individual therapy, case coordination, drug screening, and family involvement
- ▶ Intensive Outpatient - 3 three-hour group therapy sessions per week. 1 individual substance use counseling appointment every week. This phase is approximately 10 weeks and based on the patient's clinical needs and progress.
- ▶ Outpatient First Intervention - This program is for patients with no or very limited treatment history and focuses on recovery basics and building blocks for change. 1 three-hour and 1 two-hour group therapy sessions per week. 1 individual substance use counseling appointment every week. 6 week program.
- ▶ Outpatient Step Down - This program is for patients with prior treatment experience, aims to help maintain sobriety, and has limited family involvement (coordination calls, 1-2 family sessions). 1 three-hour group therapy session per week. 1 individual substance use counseling appointment every week. 10 week program.

What are the goals?

- ▶ Partner with the youth, by meeting them where they are at, to develop a therapeutic alliance
- ▶ Develop a realistic plan for change that promotes a healthy lifestyle
- ▶ Identify triggers for use, and develop practical coping skills
- ▶ Engage with the family and community to develop an effective continuing care plan
- ▶ Teach and encourage good nutrition, exercise, and overall physical and emotional health
- ▶ Teach and practice recreational and social activities that exclude the use of alcohol and other drugs

What other kinds of support are offered?

- ▶ Family Education & Support Program — In order for the family to start their own journey toward recovery, family groups and family counseling sessions that involve the patient, their counselor and family members/loved ones are offered and encouraged to foster learning, insight and healing for not only the patient, but also the patient's family
- ▶ External support — Patients will be guided toward developing/attending weekly community supports that fit their needs
- ▶ Other Nystrom services — Individual Therapy, Psychiatry & Medication Management, Nutrition Counseling, Children's Therapeutic Services and Supports (CTSS, includes in-home therapy, skills, and crisis assistance)