

Adolescent Substance Abuse Treatment Program

Community
Health  Center
Focusing On Your Future

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Offering recovery solutions for over 30 years

702 E. Market Street
Akron, Ohio 44305
330.434.4141
www.commhealthcenter.org

HOURS

Monday–Thursday Friday
8 AM–7 PM 8 AM–4:30 PM

The Community Health Center is an equal opportunity employer and provider of services.



The Community Health Center facilities and services are certified by the Joint Commission on Accreditation of Healthcare Organizations



REV 2/05 0000

Adolescent Substance Abuse Treatment Program



a program of the
Community Health Center

Adolescent Substance Abuse Treatment Program

Recent research shows the younger a youth begins substance abuse, the higher the potential that youth has to use more than one substance and for an extended lifetime of substance abuse.

The focus of our outpatient treatment program is a motivational approach to engage the youth in long-term abstinence from drugs and alcohol.

■ **GROUPS** All adolescents in treatment have common issues that can be addressed in group. These treatment areas include: choices/consequences, social skills, coping skills as well as gaining an understanding of the effects of drug and alcohol use. Specialized groups are also offered to address gender specific issues and concerns.

■ **FAMILY** This program is designed to educate family members about strategies necessary to intervene with substance abuse and foster supportive attitudes and behaviors, which facilitate recovery.





Some of the symptoms below are normal developmental issues that adolescents exhibit. However, certain combinations of behaviors and the quality of interactions can serve to alert you to drug abuse issues. The keys are noticeable changes in physical appearance, personality, attitude, behavior.

If you suspect someone you care about is using drugs, please call 330.434.4141 to arrange an assessment or to speak to a counselor.

***Intervene early.** The earlier teens are helped, the less chronic and potentially harmful will be the impact of substance abuse upon their lives.*

Problems in the Home

- Withdrawal from family activities and responsibilities
- Isolates self in room or “hides”
- Late coming home or not at all
- Reluctant to discuss friends or introduce them to parents
- Demanding and disrespectful
- Refuses to tell you where they are going and with whom
- Lies about activities
- Missing items of value especially money, jewelry
- Missing prescription medications, cough syrups, over the counter medications
- Missing household cleaners, markers, white-out, aerosols
- Wearing clothing with drug logos
- Always needs or has excess amount of money
- Using drug slang words, e.g., “joint,” “reefer,” “wet,” “poppers,” “crank”

Problems at School

- Disruptive behaviors
- Disrespect of authority
- Lower grades/lower achievement
- Truancy/tardiness
- Sleeping in class
- Hiding reports or letters from school staff
- Poor attitude towards sports or other school activities
- Fighting/bullying
- Suspension or increase in detentions
- Theft/vandalism of school property
- Caught smoking cigarettes, marijuana on school property
- Dealing drugs or intoxicated at school

Legal Problems

- DUI charges
- Vandalism
- Breaking and Entering
- Probation
- Concealed weapons
- Car theft
- Selling drugs
- Public intoxication, underage drinking
- Car accidents

WARNING SIGNS of Possible Alcohol/Drug Abuse Among Youth

Physical and Emotional Problems

- Frequent illness/flu-like symptoms
- Sudden increase or decrease in appetite
- Smell of alcohol or marijuana
- Strong body odors
- Red eyes or increased use of eye drops
- Lack of motivation
- Memory/attention problems
- Distorted thinking/ideas/thoughts
- Irritability/mood swings
- Argumentative/negative/cynical attitudes
- Less affectionate
- More secretive
- Becomes defensive about drug issues

The highest influences and predictors of drug use are peers, availability, and school performance.



TREATMENT SERVICES

Treatment is a process that is designed to both educate and develop insight and behaviors to support positive decision-making regarding illicit drugs and alcohol use. Our Adolescent Outpatient Treatment includes behavioral and physical healthcare with individual, group, and family counseling services, primary healthcare and random urine drug screens. Here at CHC, we utilize various methods of treatment engagement.

■ **ASSESSMENT** Because adolescent substance use occurs with varying degrees of severity our diagnostic department provides a comprehensive assessment including cognitive, emotional, physical, social and moral development and the corresponding environment the adolescent lives in. A detailed history of substance use and abuse is examined to determine appropriate treatment goals and appropriate level of care.

■ **INDIVIDUAL** This program is designed to increase the teen's knowledge and insight into the social, biological and psychological effects of substance abuse. Treatment areas that are emphasized include: alcohol and drug education, anger and stress management skills as well as understanding of their own emotions, thoughts and behaviors. Additionally, youth are encouraged to develop and maintain a relapse prevention plan of action.

The premise of the treatment of adolescents is that “while initial drug use may be benign, it can become a progressive disease which left untreated can be fatal to the individual.”

CHC is committed to a holistic approach in dealing with drug abuse as well as primary healthcare needs.

Treatment is centered not only on the individual, but considers the entire family structure as well as peers, court involvement, educational support, employment issues and overall wellness.

