

A BETTER CHOICE

Adolescent Outpatient
Substance Abuse Program



To help teenagers learn to believe in themselves, to find meaning, and to recognize there is hope and a future; these are the fundamentals for making 'A Better Choice' toward changing the course and outcome of their lives.



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Substance Abuse Program

Family & Children's Aid
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Call Us Today. We Can Help.
203.748.5689

For Parents

Have you seen some sudden changes in your child?
Change in:

- Attitude
- Behavior
- Friends
- Drop in grades
- Skipping school
- Spending less time with family

A Better Choice will help adolescents understand the consequences of their current and past choices and to create a successful future for themselves.

Then **Take The First Step** and help your child make **A Better Choice!**

For Families

Family involvement is a crucial component of treatment. Family participation includes family therapy sessions, parent support groups and monthly, joint-family Life is Good Playmaker™ groups to promote positive family communication and interaction.

For Teens

Do you feel like your life is under control, but you:

- Find yourself lying to cover things up?
- End up using more than you intended?
- Have blackouts?
- Think nobody understands you?
- Have trouble sleeping?
- Feel alone?
- Feel like crying?
- Feel trapped?

Then **Take The First Step** and help yourself make **A Better Choice!**

A Better Choice Adolescent Outpatient Substance Abuse Program at Family & Children's Aid aims to give youth and teens the skills and knowledge to make **A Better Choice** for themselves.

A Better Choice

Outpatient Substance Abuse program is committed to providing treatment to a diverse group of adolescents and their families to improve their ability to function and lead healthy productive lives in our community. Professional services are rendered by a multi-disciplinary, multi-lingual, master's level clinical team, licensed therapists and licensed alcohol and drug abuse clinicians.

We offer a holistic, innovative, community-based outpatient program that provides comprehensive and integrated treatment approaches with the philosophy of creating an individually tailored treatment plan addressing all aspects of a teen's life—healthy body, mind and spirit in a safe and secure environment.

Some of the treatment approaches we offer are:

- Individual Psychotherapy
- Family Psychotherapy
- Group Psychotherapy
- Psychiatric Evaluations
- Life is Good Playmaker™ Therapy
- Parent Support Groups
- Multi-Family Groups
- Expressive Therapies
- Referral Services
- Pharmacological Treatment

Take the First Step!

1 **Call To Schedule An Appointment**
203.748.5689

2 **Initial Intake**
A mental health assessment will be conducted during the initial intake.

3 **Substance Abuse Assessment**
A deeper assessment with a licensed substance abuse counselor will determine the level of care needed by the adolescent.

4 **Treatment Plan**
Developed by the family and an addiction specialist to best address the needs and goals of the client and their family.

Prevention and Education Services

A Better Choice recognizes that delaying the age of first use of alcohol and drugs is a critical component of prevention. Our team of professionals is committed to having an active role in preventative efforts in the lives of youths and families in our community.

