

TAKE THE FIRST STEP!



1. Call to schedule an appointment

888-YOU-BELONG

888-968-2356



2. Initial Intake

Initial meeting with our intake coordinator



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.



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888-YOU-BELONG



Family & Children's Aid
Improving children's emotional and behavioral health

**A
BETTER
CHOICE**

Adolescent Outpatient
Substance Abuse Program



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“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.”

The Basics

- Outpatient Substance Abuse program providing treatment to adolescents and their families
- Professional services rendered by a multi-disciplinary, multi-lingual, master’s level clinical team, licensed therapists, and license alcohol and drug abuse clinicians
- Prevention and Education Services in the lives of youth and families in our community

The Goal

A Better Choice is an outpatient substance abuse program that 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.



Service Description

For Parents

Have you seen some sudden changes in your child?

Change in:

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

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.