



Adolescent Substance Use (ACRA)

Teens who use drugs and alcohol need support, skills, motivation and opportunities to make better choices. We help get them on the **right track**.

Being a teenager today is tough—and some teens turn to substance use. Our Adolescent Substance Abuse Treatment is a six-month program designed to help teens replace alcohol or drug use with positive social activities and behaviors. By helping teens understand how substance use is negatively impacting their lives, we work with them to set goals, learn new skills and make positive choices.

PRACTICAL SKILLS FOR POSITIVE CHANGE

We use a highly successful **Adolescent Community Reinforcement Approach** (A-CRA) to treat teens, aged 12 – 18, who are dealing with substance use and dependency. Teens learn new ways of handling problems without drugs and alcohol by focusing on the rewards of staying substance free. Sessions cover a range of skills such as problem solving, communication, understanding the role of substance abuse in their lives and drug refusal. We encourage active participation in appropriate activities. Having skills and positive activities reinforces sobriety by meeting important life needs in a healthy way. The majority of adolescents participating in the program show significant improvements in their behavior.

Treatment begins with a comprehensive assessment followed by 10-12 individual sessions (3 months). These sessions include looking at the place drug and alcohol use has in their present life and its impact on their future. Enrolled teens will learn and practice new skills, making positive choices and setting goals. Parent and family sessions are part of the treatment.

The second phase of treatment (3 months) reinforces skills learned by practicing them in the real world. This phase adds case management, home visits, and support in the community.

ADOLESCENT SUBSTANCE ABUSE TREATMENT GOALS INCLUDE:

- Increasing and reinforcing involvement in positive behaviors
- Finding healthy peer groups and activities
- Promoting abstinence and preventing relapse
- Teaching teens how to communicate effectively
- Helping families and caregivers to change the cycle of negative interactions with their teens, understanding how their behavior and communication impacts adolescents' substance use

CALL TOLL FREE

1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services.

A NETWORK OF SUPPORT

24-Hour On-Call Emergency Professional Coverage

Crisis Intervention and Support

Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance abuse assessment and treatment

Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Use Treatment Programs
- Community Support and Rehabilitation
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Service

- Whole Health, Behavioral Health Home and Charter Oak Health Center

Housing-Services

- Residential, Outreach and Supportive Housing Programs

CONVENIENT LOCATIONS

BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101
BLOOMFIELD • CT 06002

DANIELSON

77 WESTCOTT ROAD
DANIELSON • CT 06239

ENFIELD

153 HAZARD AVENUE
ENFIELD • CT 06082

HARTFORD CHARTER OAK

HEALTH CENTER
21 GRAND STREET
HARTFORD • CT 06106

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

MANCHESTER

THE CENTER FOR HEALTH
& WELLNESS
444 CENTER STREET
MANCHESTER • CT 06040

MIDDLETOWN

955 SOUTH MAIN STREET
MIDDLETOWN • CT 06457

NORWICH

55 MAIN STREET SUITE 410
NORWICH • CT 06360

PUTNAM

391 POMFRET STREET
PUTNAM • CT 06260

WILLIMANTIC

1310 MAIN STREET
WILLIMANTIC • CT 06226

WILLIMANTIC

1491 WEST MAIN STREET
WILLIMANTIC • CT 06226

EAST HARTFORD

474 SCHOOL STREET
EAST HARTFORD • CT 06108

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG