



## Adolescent Substance Abuse Treatment Program

### *Program Overview:*

Crossroads provides a range of services specifically designed to help adolescents who are experiencing problems with alcohol or other drugs.

### *Service Philosophy and Approach:*

Crossroads believes chemical abuse and dependency are problems that affect adolescents emotionally, socially, and developmentally, as well as often causing distress to family members. Harmful involvement with mood-altering chemicals and chemical dependency is a treatable condition with identifiable symptoms. Crossroads assists clients in developing the skills to cope with the stresses of life in a responsible, chemically-free manner. The program provides evidence-based treatment making use of a multidisciplinary staff and a 12-step philosophy. Treatment services are individualized to meet the treatment needs of each adolescent.

### *Assessment:*

As the initial step, a therapist gathers information from the adolescent, parents, referral source, and/or other appropriate individuals to assess the adolescent's needs and level of involvement with alcohol and other drugs. Our therapists provide a comprehensive assessment including cognitive, emotional, physical, and social development. Individualized treatment goals and an appropriate level of care are explored with the client/parent/guardian.

### *Case Management:*

A case manager provides guidance and support in addition to linking the client to a continuum

of care and other services as needed. Common supportive services include: assisting in crisis situations; assisting in strengthening social, coping and life skills; and monitoring the adolescent's progress in achieving treatment goals.

### *Individual and Family Therapy:*

Individual and family therapy helps to address more personal issues clients may need to resolve. Youth and family are encouraged to explore ways to nurture change and development. Change is viewed in terms of the systems of interaction between family members and can help an individual in coping more effectively. Family relationships are an important factor in the recovery process.

### *Group Therapy:*

Substance abuse treatment groups for adolescents and parents empowerment groups provide an opportunity to gain support and awareness through facilitated interactions with peers. Group therapy provides an opportunity to address current concerns, to identify with others experiencing similar concerns, and to increase self-awareness by identifying life themes interfering with personal growth. In group therapy, feedback is provided from other group members and the therapist.

### *Multi-family Group Therapy:*

Multi-family groups provide an opportunity for parents to join their child in an education and discussion group. These groups have been shown to help encourage a dialogue between parent and child about substance use and other risky behaviors. This program is designed to educate family members about strategies necessary to intervene with substance abuse and how to foster supportive attitudes and behaviors, which facilitate recovery.

### *Types of Group Therapy Offered:*

- ◆ Discovery – Early Intervention and Education Group
- ◆ Recovery – Non-Intensive Outpatient Group
- ◆ Parent Empowerment – Non-Intensive Outpatient Group
- ◆ Multi-Family – Non-Intensive Outpatient Group

### *Young Peoples AA Meeting:*

A Young Peoples AA Meeting, **Life Is Not Over When You Are Young and Sober**, is held Fridays, 7 p.m. - Crossroads Munson Center

### *Consequences of Adolescent Substance Abuse:*

- ◆ Traffic Accidents
- ◆ School-Related Problems
- ◆ Risky Sexual Practices
- ◆ Delinquent Behavior
- ◆ Juvenile Crime
- ◆ Developmental Problems
- ◆ Physical and Mental Consequences
- ◆ Family Disturbances

### *Signs and Symptoms of Substance Abuse:*

- ◆ Sudden changes in personality without another known cause
- ◆ Loss of interest in favorite hobbies, sports, or other activities
- ◆ Sudden decline in performance or attendance at school or work
- ◆ Changes in friends or reluctance to talk about new friends
- ◆ Deterioration of personal grooming habits
- ◆ Difficulty in paying attention, forgetfulness
- ◆ Sudden aggressive behavior, irritability, nervousness, or giddiness
- ◆ Increased secretiveness, heightened sensitivity to inquiry



*Hours:*

**Mon - Thurs: 9 a.m. - 9 p.m.**  
**Fri: 9 a.m. - 5 p.m.**  
**Sat: 9 a.m. - 1 p.m. by appointment**

*Alcohol and Other Drug  
Walk-In Services:*

**Tues: 1 - 3 p.m. (new clients only)**

*For further information, contact:*

**William White, PCC-S, LICDC**  
**Director of Munson Center Services**  
**8445 Munson Road**  
**Mentor, Ohio 44060**

**Phone: (440) 255-1700**

**Fax (440) 205-2417**

**Web: [www.crossroads-lake.org](http://www.crossroads-lake.org)**



**Crossroads**

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and Healthier World for Children**



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Art by Bobbi, age 14



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