



“New Choices For Adolescents”

A 90/70 treatment program developed through collaborative efforts of HSI and the ECRJC

The guiding principals for development of this program focuses on the importance of reshaping our view of substance abusing youth and their families into a more strengths-based perspective, providing holistic, effective, culturally relevant programming. It also focuses on the importance of working together across systems to achieve successful and lasting outcomes.

Population Served:

- Adolescents between the ages of 13 - 18, who are in the secure population at ECRJC.
- Minimum of six adolescents per group
- Adolescents must have completed a chemical health evaluation and have been recommended to receive treatment services

Referral Sources: Potential candidates are referred through their probation officer, social worker, mental health provider or chemical health counselor. Potential clients are then interviewed and screened, along with their families, using several multidimensional assessment instruments to determine appropriateness for program participation.

Critical components of the program include:

Using treatment models based on research and evaluation that have been found to be effective with substance-abusing juvenile offenders. Curriculum is Pathways to Self-Discovery and Change, a cognitive based program. (Milkman & Wanberg, 2005)

Providing overarching service coordination across systems and over time, incorporating informal community supports and structures to prepare for transition to their home community.

Providing a therapeutic process to help youth in recognizing his/her substance use patterns and the relationship of these patterns to undesirable behaviors and outcomes - from personal and family, as well as from community perspectives.

Building on existing and potential strengths to promote resiliency, positive development, and the youth's own decisions to engage in a drug-free lifestyle and take the appropriate steps to prevent relapse and re-offending.

Care is provided with the focus on transitioning youth back into their home communities and programming, coordinating and providing follow-up through that transitional process, thereby reducing the likelihood of further out of home placement costs.

Program Design:

Phase I: Challenge to Change - The overall goal of Phase I is to help the client develop a basic trust in and rapport with the purpose of the program and in the staff delivering the services so as to effectively motivate the client to begin engaging in the change process.

Phase II: Readiness and Commitment to Change - In Phase II the result of engaging in self-disclosure and through a more intensive feedback processes, the client develops awareness, understanding and clear recognition of *his or her own patterns of behavior* in the areas of criminal conduct and AOD use and abuse. During this phase, the client commits to engaging in specific patterns of change in cognitive schemes and changes in behaviors that strengthen pro social attitudes and AOD abstinence.

Phase III: Taking Ownership of Change – The integration and ownership phase of the program represents the *strengthening* and *maintenance* of changes made by the individual in the program. The client now puts together the meaning of the experience and takes consistent action on his or her own goals and desired changes. It is during this phase that clients will transition back into their home communities with services in place to provide ongoing support of the change process.

Program Structure:

- Groups will be held four days per week after school for 1.5 hrs each day.
- Individual sessions will be held in the evenings, minimally once per week.
- Family contact will be made throughout the program.
- Transitional plans will begin immediately upon intake.

Funding: New Choices is funded by contracts with most major insurance providers and through use of the Consolidated Treatment Fund.

Contact: Sheri Vrieze, Supervisor Outpatient Treatment Programs
HSI Chemical Health Division
651-351-3140

RJC Bed Referral
651-792-3021
651-792-1828 (fax)