



## **ANNOUNCING A NEW PROGRAM**



### **ST. FRANCIS CENTER DUAL DIAGNOSIS PROGRAM**

Substance use/abuse affects a large number of adolescents. Research shows substance abuse is often correlated with youth violence, depression, and suicide. There is a large overlap with substance abuse and bipolar illness. Many adolescents experience risk factors for substance abuse, including:

- ✦ **Poor academic performance**
- ✦ **Ineffective coping skills**
- ✦ **Behavioral issues in the classroom**
- ✦ **Ineffective social skills**
- ✦ **Affiliation with negative peer groups**
- ✦ **Chaotic home environment**
- ✦ **Parental substance abuse/mental illness**

Many adolescents experiencing substance abuse have a co-existing mental health issue. Research indicates that up to 88% of adolescents have at least one psychological disorder in addition to substance abuse/dependence.

St. Francis Center recognizes the need for substance abuse and dual diagnosis services for residential adolescents. *We are proud to announce the addition of a Substance Abuse Track to the St. Francis Center.*

#### **Definition of Substance Abuse As It Relates to Individuals Who May Benefit From the Program:**

Adolescents having a history demonstrating a maladaptive pattern of substance abuse manifested by recurrent, significant, adverse consequences related to repeated use of substances may benefit from this program. They may have experienced repeated failures, situations in which use became physically dangerous, encountered legal problems, school performance issues and recurrent social and interpersonal issues related to substance misuse/abuse. The resident continues to use substances despite history of recurrent undesirable consequences.

#### **Programming:**

The Dual Diagnosis Track will include the following:

- ✦ **Individual and Family Therapy**
- ✦ **Chemical Dependency therapy group conducted three times weekly by a Licensed Chemical Addiction Counselor (LCAC)**
- ✦ **Chemical Dependency skills groups three times weekly, concentrating on 12-Step recovery programs, disease process of chemical dependency, peer pressure and recovery, communication skills, dealing with feelings chemically free, self-responsibility and choices. The focus of the groups will be to provide skills necessary to abstain from substances upon discharge.**
- ✦ **Family education: An additional family education track provided by a LCAC will focus on the disease process of chemical dependency in the family, the parents' role in supporting a chemical free lifestyle as well as topics of enabling, denial, persecution, multi-generational abuse and a recovery**

environment.

- ✦ Residents will attend one (1) weekly NA meeting *in addition* to the current requirement of attending one (1) meeting while on pass if Phase IV St. Francis Center or Phase I-II on Journey.
- ✦ Parents will be expected to attend a minimum of one (1) Al-Anon meeting monthly.

*Outcomes:*

We will be using *The Matrix Model for Young Adults and Teens* and supplementing additional groups/information. The *Matrix Model* is an *evidence based* alcohol and drug treatment program developed by the Matrix Institute. *The Matrix Model* has been recognized as an exemplary treatment program and is listed on the NREPP.

*The Matrix Model for Young Adults and Teens* research shows significant decreases in self-reported days of drug and alcohol use at the six (6) month follow-up compared to intake. The treatment resulted in significant increases in clients reporting no drug or alcohol use at the six (6) month reassessment (see Hazelden website [www.Hazelden.com](http://www.Hazelden.com) or [www.matrixinstitute.org](http://www.matrixinstitute.org)).

*The Matrix Model* has been refined over a twenty-five (25) year period. The program integrates cognitive behavioral therapy, contingency management, motivational interviewing, 12-step facilitation, family involvement and other elements to provide clients the skills and understanding needed to overcome addiction.

For further information or referrals to the program, please contact:

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