

# Youth Substance Abuse Services

Provided by  
Arapahoe/Douglas Mental Health Network

## Bridges to success.

Arapahoe/Douglas Mental Health Network has increased its adolescent substance abuse team to provide more services to youth ages 13-17 and transitional aged youth, 18-24. Services use evidence-based practices to help youth, young adults and their families involved in child welfare and or the juvenile justice system to seek behavioral healthcare and overall wellness.

### Goals

- Abstinence from substance use.
- Recovery from substance abuse and mental health symptoms.
- Behavior modification & social stability.
- Create an easier transition for youth into adulthood.

### Evidence-based Practice Areas

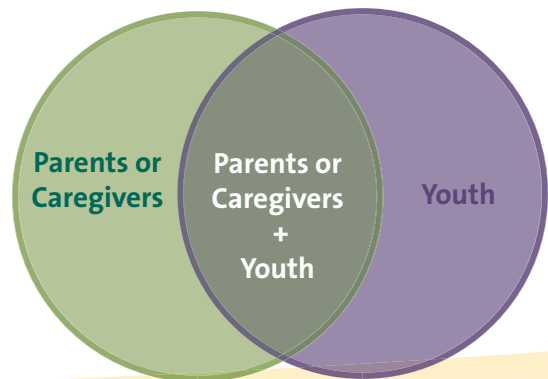
- **Adolescent Community Reinforcement Approach (A-CRA)**
  - Treatment approach proven to address environments that support alcohol or drug use.
  - Skills based learning: problem-solving, communications, relationship skills, choosing positive social activities and supports.
- **Assertive Continuing Care**
  - Program emphasis on education or GED completion, juvenile justice compliance and linkage to healthcare.
- **GAIN assessment (Global Appraisal of Individual Needs)**
  - Nationally recognized assessment tool to screen for substance abuse and mental health issues



Youth & Families  
**Bridges Project**

## Success in treatment involves the family unit.

Three segments of care:



## Getting Started

- Call 303 730 8858
- Inform Intake Specialist that youth is using drugs & alcohol.
- Parent(s)/caregiver and youth attend an assessment appointment.
- Attend appointments with therapist as scheduled (12-24 weeks)

Call 303 730 8858  
admhn.org

Arapahoe/Douglas  
Mental Health Network  
*your path to a better you*

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