WELL WITHIN - SUBSTANCE ABUSE TREATMENT AND PREVENTION PROGRAM

To Teen:

Is your substance use causing you concern? Are you having trouble finding healthy ways to cope and manage stress, anxiety, depression, and life’s difficulties in general? Has your drug using behavior negatively affected your relationships with your parents and friends? Is your drug use creating issues with school or even now the juvenile justice system?

CHAC’s Mindfulness-Based Substance Abuse Treatment for Adolescents is a group based program that is designed to help you learn to use the skills of mindfulness, to take control of your life and to lessen or eliminate the need to “use.” You can gain the necessary skills needed for you to reduce the frequency of substance use, or other unhealthy behaviors, in a safe, non-judgmental and comfortable group setting with peers.

What Can I expect to achieve?

- Increased ability to manage strong emotions
- Reduced Impulsivity
- Reduced Stress
- Decreased drug use
- Decreased craving to use drugs
- Ability to observe drug cravings without reacting
- Increased overall well-being
- Increased perception of the risk of drug use
- Learn facts about various drugs of choice and alcohol

Program Schedule
Session 1: Introduction to Program
Session 2: Mindfulness of Drugs and their health effects
Session 3: Reacting vs. Responding
Session 4: Mindfulness of Delusion
Session 5: Emotional Awareness
Session 6: The Brain and Drugs
Session 7: Mindfulness of Cravings
Session 8: Mindfulness of Triggers
Session 9: The Family System and Drugs
Session 10: Mindfulness of the Peer System
Session 11: Mindfulness of the External Environment
Session 12: Closing Ceremony
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About: Mindfulness-Based Substance Abuse Treatment for Adolescents

What: The Mindfulness-Based Substance Abuse Treatment Group is a 12-week evidence-based program consisting of twelve 120-minute group sessions. Each cohort is limited to 12 participants. Participants must be between the ages of 15-18 yrs.

When: Groups will meet from 4-6 pm on Thursday evenings starting this fall and winter of 2017, continuing into 2018

Where: CHAC clinic at 590 W. El Camino Real, Mountain View, CA 94040

Cost: The cost of the Mindfulness-Based Substance Abuse Treatment group is $50 per group session and a total of $600 for the series of 12 sessions. This cost includes all group sessions and the initial assessment. Healthy snacks and refreshments will also be provided.

Please contact Veronica Foster, LMFT, Clinical Supervisor & Well Within Program Director for any questions or to set up an intake at 650-965-2020 ext. 124 or email at vfoster@chacmv.org

For Parents:

There is no magic wand we can wave to end the influence of drug use - or even to stop teens from experimenting and using drugs. Drugs are more accessible than ever before, and parents are struggling to save their children from becoming a victim to a new drug epidemic. The drug culture in our nation is changing and it is bringing with it a new host of challenges and risks that we have never seen before: new designer drugs are being promoted, marijuana is being legalized for recreational use and we are seeing an alarming prescription drug epidemic across the nation.

Our teens have been told ad nauseam all the reasons why using drugs are a bad idea. “Just say no does not work.” Our kids have been urged to draw a connection between drug use and an inability to be successful in life. Despite these warnings and scientific data, drug use continues to increase amongst our youth population.

CHAC’s Well Within Program is a trail blazing an effort to provide young people with realistic skills to manage their emotions, life stressors, and anxiety that often lead to drug using and at-risk behavior. Through the use of experiential activities that include meditation, psycho-education, processing and relapse-preventions strategies, CHAC teaches teens to use mindfulness skills to increase their self-awareness and to aid in managing thought processes and feelings in a healthy and practical way. CHAC believes in the importance of being authentic, relatable, and in providing a non-judgmental environment for youth. We meet the client where they are, asking them to come in as they are and to not change a thing. CHAC clinicians are highly experienced with working with teens and resistance. The Well Within team is knowledgeable and experienced in treating addiction.

If your teen has begun experimenting with drugs or has already experienced sustained use, CHAC’s Well Within Program can help your family. We will meet with you and your teen to conduct a mental health and substance abuse assessment, which will determine if our program is suitable for the level of intervention they need. Should your teen require a higher level of care, CHAC can guide you to the right resources.

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