Well Within
Substance Abuse Treatment and Prevention Program

PARENTS:

CHAC’s *Mindfulness-Based Substance Abuse Treatment for Adolescents* offers a group-based program designed to help teens aged 15-19 learn to use the skills of mindfulness to reduce or eliminate the need to “use.” Teens gain the necessary skills to reduce the frequency of substance use, or other unhealthy behaviors, in a safe, non-judgmental and comfortable group setting with peers.

OVERVIEW

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 trailblazing an effort to provide young people with realistic skills to manage emotions, life stressors, and anxiety that often lead to drug using and at-risk behavior. Through experiential activities that include meditation, psycho-education, processing and relapse-prevention strategies, CHAC teaches teens to use mindfulness skills to increase 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.

**WHAT TEENS CAN EXPECT**

- Increased ability to manage strong emotions
- Reduced impulsiy and stress
- Decreased drug use and craving to use
- 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

**CONTACT**

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 vfoster@chacmv.org

- Deadline for referrals is March 28th
- Thursdays, 5-7 pm; starting April 2019
- $595 for the series of 12 sessions (stipends available)