TEENS:
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?

OVERVIEW

CHAC’s Mindfulness-Based Substance Abuse Treatment for Adolescents is a 12-week group-based program for teens aged 15-19 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 YOU 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

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