Well Within is an outpatient program for teens and young adults affected by substance misuse/abuse and for their families.

Using established therapeutic approaches, Well Within helps teens and adults build the skills and confidence needed to create a healthy life. Clients discover healthy alternatives to drug and alcohol use, positively impacting the family and community as well as their own lives.

**OVERVIEW**

Following an initial mental health and substance abuse assessment, CHAC therapists will adapt these components based on each family’s needs:

- Individual substance abuse therapy
- Family therapy
- Parent coaching, support and education
- Clean and sober events and outings
- Support/education groups when available

**HIGHLIGHTS**

- Well Within defines health through a biopsychosocial lens and uses the therapeutic modalities of mindfulness-based psychotherapy, family systems therapy as well as relapse prevention.
- In 2017/2018, Well Within supported nearly 100 clients affected by substance abuse/use.
- Well Within therapists support clients from northern Santa Clara County.

**CONTACT**

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**Parent**

Our CHAC Therapist was a source of strength and calm for my daughter throughout high school. The therapist’s kind and professional manner was critical in helping my daughter through some very challenging times. Knowing that my daughter was supported by this therapist and in good hands gave me tremendous peace of mind. I would recommend this CHAC Therapist unequivocally.

- Parent