Since 2012 Aspire has found using Telehealth to be an effective, convenient, and easy option for many youth having substance use issues. The Adolescent Substance Use Treatment Program at Aspire is striving to break down barriers in accessing addiction services by providing therapy from various locations in Central Indiana via computer technology, to adolescents (ages 13 to 18) in individual, group, and family sessions. Most youth and their families are able to participate in treatment directly from home.

Aspire is using innovative Health Information Technology to provide effective and accessible treatment for adolescents with substance use problems. By linking clients to qualified and experienced Aspire therapists through the internet, youth and their families are able to participate in a level of care that might not be available otherwise.

Evidence-Based treatment strategies, shown to be effective, are used in a wide range of services within this program. A combination of cognitive behavior therapy, family therapy, motivational enhancement therapy, and relapse prevention therapy encourages clients to develop personal understanding and real life coping strategies needed to get off and stay off substance use.

Boys Group and Girls Group
Having boys and girls participate in different groups allow teenagers to avoid the anxieties and inhibitions a mixed group can cause for some young clients. This fosters more openness and honesty as the adolescent develops skills and insights needed to move away from drug use. Some benefits to participating in this program include:

- Getting to a therapy session is as easy as turning on a computer
- Access to a qualified specialty treatment provider, no matter where you live
- Save time and money by reducing travel
- Closely monitored progress through intensive case management, family consultation, and regularly scheduled interviews

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