

Teen Intervene – Lourdes ADEPT

Description of Program:

“A three session, individualized brief intervention program designed specifically for youth who are experiencing mild to moderate problems associated with alcohol or other drug use, Hazelden’s Teen Intervene Program provides education, support, and guidance for teens and their parents. Through this brief intervention model of care, youth work one-to-one with a counselor to identify and change their choices and behaviors.” -Hazelden

Program Overview:

1st Session

- Introductions
- Reason for being in Teen Intervene
- Curriculum
- Releases (school, school staff, guardians)
- HIPPA
- Rights & Responsibilities
- Discuss current use habits (CFAFFT Assessment)
- Formulate measurable and obtainable goals for next session
- All guided by Hazelden curriculum in order to maintain fidelity

2nd Session

- Revisit points from last session
- Review and evaluate progress on goals developed with student
- Develop expectations for the parent session with student
- Discuss possible outcomes and future care

3rd Session / Parent Session

- Counselor gives summary of the course and student’s progress
- Counselor discusses parental expectations (rules, boundaries, discipline)
- Parent is allowed to voice concerns, questions, etc.
- Student is allowed to openly discuss their use and goals for the future
- Any appropriate referrals can be made for student and / or parent
- Contact information is shared to allow for future support and assistance

Benefits of Teen Intervene:

- **FREE**
- OASAS Approved
- Evidence-Based Curriculum
- Confidential
- Delivered by experienced professionals
- Can be used in place of punitive measures
- Only drug intervention/prevention service provided for teens in Broome County
- Helpful to the student

The Ideal Candidate:

- Grades 7-12
- Ages 12-19
- Casual/Experimental User
- Parental Involvement
- Somewhat regular attendance

The Ideal Referral Process:

- Student is identified as an occasional or experimental user by a professional in the school (guidance counselor, social worker, administrator, etc.).
- School professional talks with the student and the guardian of that student to discuss participation in Teen Intervene.
- School professional contact the ADEPT team to give a referral.

Currently used in 9 schools within Broome County, and growing. ADEPT had over 30 referrals last year.

**For more information or if you have a student in mind for referral,
please feel free to contact:**

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