ALBERTA ADOLESCENT
RECOVERY CENTRE

STRUCTURED DAY
TREATMENT PROGRAM OVERVIEW

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PRETREATMENT

REFERRAL

Self/family
Agency
private
government

ASSESSMENT

comprehensive
presenting problem
severity of chemical

dependency
associated life
problems
Assessments
individual
family
parent
sibling
physical
psychological

Does not meet admission criteria
Referred back to referring agency
Referral to a higher or lower level of care

INTAKE

Presentation of treatment problem

Treatment contract
Adolescent enters program

Individual treatment plan

RECOVERY CRITERIA

TREATMENT INTERVENTION II

PRIMARY RECOVERY

Structured Day
Treatment 7 days/week

LEVEL 1

Resides in Recovery Home
Compliance with rules
Establish recovery goals based on treatment plan
Completion of homework treatment assignments
Participation in groups
Discussion of feelings
Decrease in denial
Focus on consequences of disease/powerlessness unmanageability
Acceptance of reality
Disease of chemical dependency

(Steps 1, 2, 3)

LEVEL 2

Returns home
Involvement in family therapy
Acceptance of parental limits
Break through denial
Consistently reading AA/NA literature

(Steps 4, 5, 6, 7)

INTERMEDIATE RECOVERY

Intensive After-School
Work Treatment

LEVEL 3

Returns to school/work
Attendance at AA/NA meetings
Develop external support system (sponsor)
Improved family relationships
Open communications of feelings in family interactions
Awareness of co-dependent relationships
Ability to manage leisure time
Review and set goals with primary therapist
Role model leadership behaviour
Take initiative in own recovery program

(Steps 8, 9)

INTERNALIZATION III

ADVANCED RECOVERY

Out Patient Treatment

LEVEL 4

Improved family relationships
Avoidance of dependent male/female relationships
Active development of a spiritual program
Attainment of appropriate non-chemical coping skills and problem-solving skills
Humility
Ability to recognize and change co-dependent enabling behaviours
Ability to communicate feelings directly and honestly
Increased self disclosure

(Steps 10, 11, 12)

On completion of all twelve steps **GRADUATION** takes place

MAINTENANCE IV

AFTERCARE

6 Months

Support recovery groups for all family members

Focus is on relapse prevention

PROCESS:

- Comprehensive assessment to determine severity of alcohol and/or drug problems and any psychopathology requiring treatment.
- Individualized treatment program/plan to address specific issues.
- Group work is the primary treatment nodality. The focus of groups changes as they relate to recovery process. As adolescents progress, the frequency of groups and interactions decreases, but intensity remains.
- Each adolescents progression is evaluated in comparison to set criteria and their achievement of these criteria.

*AARC's program is based on the 12-step program of **Alcoholics Anonymous,** which is a spiritual based program. Each client works at his/her individual pace, therefore, the time frame is approximate. At every level clinical and peer staff are involved throughout treatment. In a supportive role are graduate parents and clients, along with parents and clients currently in treatment.*

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