



## ROSECRANCE ADOLESCENT SERVICES

**At Rosecrance, we're focused on one thing: providing the best opportunity for lasting recovery.**

Addressing an adolescent's struggle with substance use and mental health concerns means understanding all the factors involved with their condition.

We have developed an evidence-based program that incorporates clinical, medical, educational, and therapeutic recreation into a comprehensive individualized treatment plan. Our programs are family-centered and focus on helping the adolescent and their loved ones develop the tools needed to rebuild their lives and reclaim what has been lost. Rosecrance adolescent programs serve youth ages 12-18 experiencing behavioral health conditions, specializing in mental health and substance use challenges that include depression, anxiety, trauma, suicidal ideation, self-injury, and substance use. The unique and individual needs of adolescents and their families are our primary concern.



### EARLY INTERVENTION

We provide individualized early intervention services, and direction for students, parents, and professionals. Topics include drug education, relapse prevention/recovery support and support for teens to make healthier choices.

### SCREENING AND ASSESSMENT

We conduct a Level of Care Screening with the potential client, family, or referral source to determine next steps and reduce the time from your first call to the first day of treatment. Prior to treatment, each client is evaluated and provided a diagnosis and recommendation for care and/or referral services. Screening and assessment can be conducted virtually, or in person, depending on individual situations.

### INTERVENTION

The Rosecrance Intervention Team works with families and individuals of all ages, providing a unique and personalized approach with multiple perspectives to your loved one's situation. The team is here to answer questions, give clear direction, and lay out a workable plan to motivate your loved one to move forward with help.

### MEDICALLY MONITORED DETOXIFICATION

At Rosecrance Griffin Williamson Campus (RGW), we provide detoxification services for adolescent clients. During the referral and assessment process, our medical staff will determine whether detoxification can be safely managed within the program. Rosecrance will assist the family in exploring other available medical options if the adolescent requires a higher level of medically monitored detoxification services than is available on site.

### BEHAVIORAL HEALTH RESIDENTIAL TREATMENT

After decades as the national leader in addiction treatment for teens, we are proud of our expansion of capabilities that now enables us to offer a comprehensive behavioral health program. Our residential behavioral health services treat teens experiencing behavioral health conditions, specializing in mental health and substance use challenges that include depression, anxiety, trauma, suicidal ideation, self-injury, and substance use providing high quality treatment that is holistic and tailored to meet the needs and strengths of each individual. Our intensive approach to services includes:

- Comprehensive biopsychosocial assessment
- Psychiatric services and medication management
- Motivational Interviewing to strengthen commitment towards change
- Cognitive Behavioral Therapy (ex. thought challenging, reframing skills)
- Dialectical Behavioral Therapy (ex. distress tolerance, interpersonal effectiveness, mindfulness)
- Trauma-informed care (ex. Seeking Safety)

- Communication skills/assertiveness training
- Recovery capital enhancement
- Self-regulation and coping skills
- Prosocial skill development
- Self-help recovery support
- Wellness Recovery Action Plan (WRAP) development and aftercare planning

Clients will be able to continue their education while receiving clinical support for their recovery. Students attend school two hours a day, five days a week with certified teachers.

### FAMILY SUPPORT SERVICES

Our adolescent family support services help the family learn about the disease of addiction and mental health concerns in a holistic manner. Our family services are designed to provide answers to questions—not only how to cope with a loved one's behavioral health needs, but how the experience has affected the whole family. Highlights include: family support groups, family education, family visits, family counseling, and discharge planning.

### THERAPEUTIC RECREATION

The goal of therapeutic recreation is to establish a holistic understanding of personal health through experiences that could include DBT mindfulness skills, visual arts, expressive arts, leisure education and nature based interventions. Clients learn to break down barriers, increase self-esteem, identify personal goals, and establish healthy relationships.

### TEEN RECOVERY HOME

Marlowe House is a long-term residential recovery home program for teens ages 17-19. It is designed to develop independent living skills and provide on-going support, safety, and counseling adolescents who have completed a primary behavioral health treatment program. Programs include:

- Self-help support
- Individual, group, and family counseling
- Secondary/higher education opportunities
- 24-hour supervision
- Psychiatric support and medication management
- Interpersonal and independent living skills building
- Recovery support and discharge planning for reintegration into family/community

### OUTPATIENT TREATMENT

Our adolescent outpatient services provide recovery oriented, strength-based programs, counseling, and other assistance for individuals who seek therapy and support in their recovery journey for substance use and mental health disorders. Services range throughout our continuum of care and are provided in both group and individual formats. Service offerings may vary by location. Rosecrance Virtual is also an option.