

Afterschool Teen Program

Outpatient Substance Abuse Treatment
for **Youth ages 12 to 20.**

- Intensive Outpatient Treatment
- **Counseling**
- Group, Individual and Family
- **Drug Testing**
- Next Day Appointments
- **Pick Up and Drop Off Service**
- Drug Medi-Cal
- **COA Accredited**
- Evidence Based and State Certified
- **On-Site Psychiatrist**
- Severe Emotional and
Behavioral Problems



Take a Step

ETTIE LEE YOUTH & FAMILY SERVICES
Substance Abuse Treatment Programs

160 E. Holt Avenue, Suite B
Pomona, California 91767

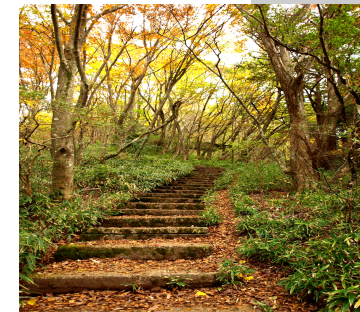
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Services Partially Funded Under Los Angeles County
Substance Abuse Prevention and Control

ETTIE LEE YOUTH & FAMILY SERVICES
Substance Abuse Treatment Programs

Take a Step Teen Drug Treatment Program

**Saving Lives, Changing Lives,
Building Hope.**



Call To Set Up An Evaluation
(626) 890-5057

Se Hablamos Español
(909) 342-0913

Take a Step

Youth can develop unhealthy coping strategies and addictive behaviors at a very young age. The 'cycle of addiction' can negatively affect all areas of their lives.

Many of the youth we serve have multiple life problems or other mental health disorders in addition to their substance abuse. Consequently, caring, professional help is often needed to help them regain control and move forward with normal teen development.

Our program is based on treatment approaches that have demonstrated positive results with such substance abusing teens. Our staff is carefully selected and trained to demonstrate acceptance of each teen **and** hold them accountable for changing. Teens aren't responsible for being addicted, but **they are responsible for their recovery.**



Entering the Program

Youth come into the program through various routes. Some recognize that their substance use is out of control and seek help. Others are required to participate by courts or schools. Some are ready to begin recovery and follow the path to a better life. Others are resentful and angry because they feel forced into treatment. Such individuals have the opportunity to work through



Only I can do it, but I can not do it alone.

these feelings and benefit from program support and education as they discover a desire to recover. All youth who have a substance abuse problem are welcome in our program.

The Program

We offer a comprehensive recovery program that assists teens to get sober and stay sober.

Treatment Models: Matrix; Dialectical Behavior Therapy for Substance Use Disorders; Seeking Safety

Treatment Focus: Drug and Health Education; Social and Mental Health Development; Family Life Skills; AA/NA

Treatment Length: 6 to 12 Months

Staff: Certified/Registered Alcohol and Drug Counselors and Licensed/Registered Marriage and Family Therapists

Family Involvement is Highly Recommended

Is My Teen Using Alcohol or Drugs?

Teens May Be Using When...

Problems at school-Truancy, Grades, Sleeping, Suspensions, Forged Notes

Problems at home-Chores, Curfew, AWOL, Missing Money or Liquor, Secretive, Violent

Emotional problems-Unexplained Mood Changes, Low Motivation, Reduced Memory, Depressed, Paranoid, Angry, Agitated

Physical problems-Weight, Hygiene, Injuries, Hangovers, Tremors, Chronic Cough, Red Eyes

Behavior and legal problems-Fights, Lying, Stealing, Tagging, Robbery, Assaults, Prostitution, Blaming Attitude

Things don't add up? Consider Drugs.

Teens VERY Likely Using When...

Friends use drugs

Bored by drug information presentations

Clothing, etc., promotes drug use

Drugs, packaging, paraphernalia found

Smells of marijuana or alcohol

Denies when confronted with evidence

Refuses or delays drug tests

You feel used/manipulated, make excuses, fear for his/her safety

Note discrepancies between your teens words and their behavior.

If You Suspect Your Teen is Using

Discuss suspicions with a professional who can assess the situation and suggest next steps.

Don't be afraid to intervene. You are acting due to reasonable suspicions and concern. Handled properly, no harm is done if the symptoms you see are not due to substance abuse.