

## OUR PROGRAM

At the Thelma McMillen Recovery Center, we understand that today's teens have unique social and academic pressures that can tempt them to turn to alcohol or drugs. Our teen outpatient program is specially designed for teens ages 13 to 17 who need an intensive, structured program to get back on a healthy path, but who do not require inpatient care.

### OUTPATIENT CARE

All program activities are conducted after school hours, allowing teens to continue attending school and living at home while receiving the support they need to get – and stay – clean and sober in their everyday environment.

## WHAT TO EXPECT

Our affordable, confidential program typically lasts six months and is divided into three phases:

### 1 PHASE I:

Intensive care – Attend treatment four days a week for approximately ten weeks.

### 2 PHASE II:

Transitional care – Attend treatment three days a week for approximately three to four months. At this point, they have completed the program.

### 3 PHASE III:

Continuing care – Those who have completed their six-month program can continue indefinitely in once per week continuing care.

After completion of our program, we offer a variety of support resources including relapse prevention and weekly aftercare sessions that provide you and your teen with a sober support network.



## HOW WE CAN HELP

- Identify alcohol and/or drug misuse, abuse and addiction and provide expert treatment
- Address underlying disorders, such as anxiety, depression, or other mental health conditions
- Support teens and their families during recovery
- Provide teens with strategies to help them cope with the pressures of adolescence in a healthy way
- Provide early intervention that prevents unintended negative consequences of alcohol and/or drug misuse, abuse and addiction, such as poor grades, legal issues, health issues and sexual acting out
- Help teens end the pattern of substance abuse and build a strong support system in their community



**We are the South Bay's leading outpatient treatment program for alcohol and drug use. Improve your life, or your teen's, without interrupting it.**

Teen Program:

**310.257.5760**

[TheImaMcMillenRecoveryCenter.com](http://TheImaMcMillenRecoveryCenter.com)



SUBSTANCE USE AND YOUR TEEN:  
**FROM RECOGNITION  
TO RECOVERY**



## THE ALCOHOL AND DRUG USE SPECTRUM: KNOW WHERE YOUR TEENAGER STANDS

While a majority of teens choose not to experiment with drugs, many American teenagers do. The adolescent brain is still developing, particularly in the areas that involve decision-making, impulse control, and risk assessment. Substance use can significantly alter the structure of the brain and interfere with the development of these important functions, leading to more at-risk behavior throughout life.

### ABSTAINING

#### WHAT YOU CAN DO TO ENCOURAGE ABSTINENCE:

- Understand limits, consequences and follow-through
- Be consistent in limit-setting and enforcing them
- Maintain healthy communication so your teen knows that he or she can talk with you about anything
- Help your teen feel good about his or herself both by acknowledging successes and working through difficulties
- Encourage your teen to choose positive friendships
- Assist your teen with tools to say “no” to peer pressure and avoid situations where drugs or alcohol will be present
- Recognize that you are not in control of everything, and despite your best efforts, your child may still experiment

### EXPERIMENTING

#### SIGNS YOUR CHILD MAY BE EXPERIMENTING WITH OR ABUSING DRUGS OR ALCOHOL:

- Changes in personality, interest, lifestyle and peer group
- Suspicious behavior and attempts at cover-up
- Physical evidence and behavioral incidents with negative consequences
- Decline in grades and appearance
- Mood swings and lethargy
- Reduced memory and focus
- Defiance and anger towards parents and authority figures
- Incidents involving significant legal consequences or physical harm

### EARLY INTERVENTION

The reality is that most teens will not become addicted to drugs or alcohol. About 10 percent who use will suffer from long-term addiction.

For teenagers, **unintended negative consequences** of experimentation and use are what most will have to be concerned with. These include:

- Poor grades and reducing options for higher education
- Lowered self-esteem and poor choice of friends
- Sexual acting out, including STD and unwanted pregnancies
- Damage to reputation, resulting in cyberbullying
- Legal problems
- Health problems
- Accidents and injury to self or others
- Death from accident or overdose

At Thelma McMillen Recovery Center, we want to intervene early in a child’s experimentation phase to avoid many of the potential negative consequences. Our outpatient program allows the teen to understand themselves, their use, gain insight and tools for a healthy life, all while remaining at home and in school.

### ABUSING

#### WHAT CAN YOU DO IF YOUR CHILD IS EXPERIMENTING WITH OR ABUSING DRUGS AND/OR ALCOHOL:

- Begin by educating yourself, your spouse, and your teen
  - *Visit [ThelmaMcMillenRecoveryCenter.com](http://ThelmaMcMillenRecoveryCenter.com), and view the resource center to access articles and support services*
- Drug test your child
  - *Free drug testing is provided by the Thelma McMillen Recovery Center*
- Receive a confidential assessment at the Thelma McMillen Recovery Center
  - *We will evaluate your child’s situation and needs and refer to other professionals as indicated*
- Seek a consultation with a licensed professional who specializes in teens and substance use
- Early intervention, like the Thelma McMillen Recovery Center’s outpatient program, may be the best option

