

SIN PUERTAS OUTPATIENT SERVICES



ADOLESCENT-COMMUNITY REINFORCEMENT APPROACH

Program Description

The Adolescent Community Reinforcement Approach (A-CRA) is an evidence-based substance abuse treatment model for adolescents. The A-CRA approach to treatment includes 10 individual sessions with the adolescent, 2 individual sessions with one or more caregivers (e.g., a single parent or both parents), and 2 sessions with the adolescent and caregivers together. Sessions are typically scheduled one time per week over the course of a 12-14 week period.

The program focuses on rearranging the youth's environment so that abstaining from alcohol and drug use is more rewarding than using them. A-CRA therapists teach adolescents how to find new reinforcers or enhance existing reinforcers for staying substance free, how to use existing community resources that are believed to support positive change, and how to develop a positive support system within the family. The program serves youth ages 13-17 years old. The A-CRA model builds additional skills such as communication, problem solving, anger management, job seeking skills, and encourages youth to participate in sober pro-social activities.

Program Goals

- Participants identify individualized motivations for addressing their substance use issues.
- Participants learn effective methods for coping with substance use triggers.
- Participants learn important life skills including communication, relationship, trust building, anger management, and self-regulation skills.
- Participants' families learn how to work collaboratively with their youth to support recovery.
- Participants develop a relapse prevention plan for drug free activities and life style.

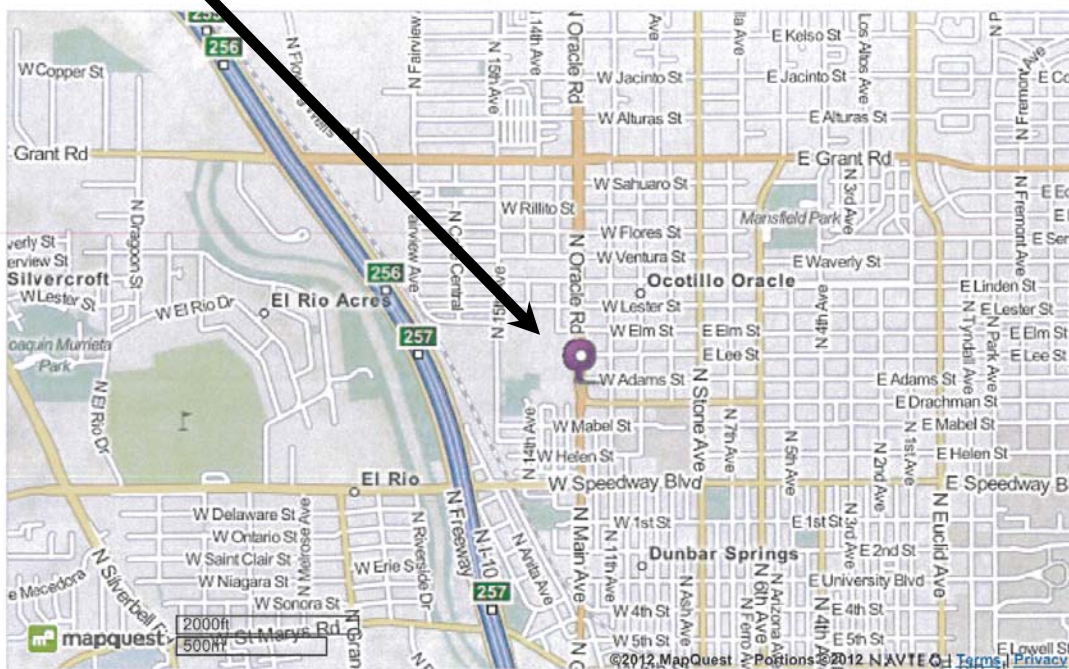
For more information, please contact:

Charlie Alcaraz
Director, Clinical Services
Pima Prevention Partnership/Sin Puertas
1475 N. Oracle Road

Tucson, AZ 85705

520-624-5806 x3112 (Office) 520-260-3390 (Cell)* 520-624-5817 (Fax)

Sin Puertas
1475 N Oracle Rd
Tucson, AZ 85705-7236



Sin Puertas' A-CRA program is a program of Pima Prevention Partnership (PPP). PPP is a nationally-recognized and award-winning non-profit agency, with a mission of *building partnerships with young people, families and communities to improve their quality of life*. PPP has been creating conditions for change among youths, families, institutions, and community groups since 1992. PPP has offices and programs in Tucson and Phoenix, Arizona, as well as a branch office in Pago Pago, American Samoa.

