

SIN PUERTAS OUTPATIENT SERVICES



CO-OCCURRING DISORDERS PROGRAM

Program Description

This integrated intensive outpatient model is designed to treat adolescents, ages 13-17, impacted by substance abuse and mental health issues. It incorporates critical, evidence-based components from the U.S. Substance Abuse and Mental Health Services Administration's (SAMHSA's) Treatment Improvement Protocol (TIP) Series manuals for effectively working with individuals facing co-occurring disorders (CODs). Specifically, this treatment incorporates components from *TIP 9: Assessment and Treatment of Patients with Coexisting Mental Illness and Alcohol and Other Drug Abuse* and *TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders*.

The Co-Occurring Disorders program also addresses issues of trauma using a structured sensory intervention therapy model (SITCAP-ART). SITCAP-ART uses methods that include youths' five senses (sight, sound, etc.) in order to help young people develop strategies to control their behavioral and emotional responses to triggers.

The Co-Occurring Disorders program is a 12-week program consisting of three, 3-hour group sessions per week. The program includes one multi-family group night per week to encourage and develop familial support for their youth's recovery. In addition to the 36 group sessions, youth attend at least two individual or family therapy sessions per month.

Program Goals

- Participants identify individualized motivations for addressing their substance use and mental health issues.
- Participants learn about the symptoms of their mental health disorders as well as effective methods for coping with their symptoms.
- Participants learn important 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:

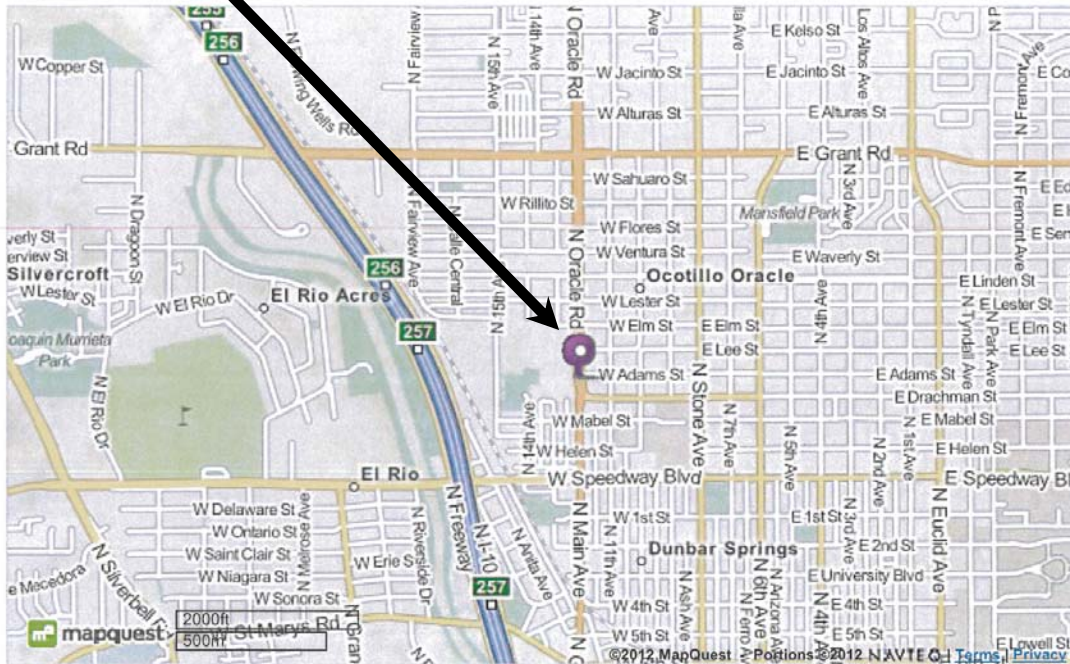
Charlie Alcaraz
Director, Clinical Services
Pima Prevention Partnership/Sin Puertas
1475 N. Oracle Road
Tucson, AZ 85705

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' Co-Occurring Disorders 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.

