

SIN PUERTAS OUTPATIENT SERVICES



MOTIVATIONAL ENHANCEMENT THERAPY/COGNITIVE BEHAVIORAL THERAPY

Program Description

The Motivational Enhancement Therapy/Cognitive Behavioral Therapy program (MET/CBT-5) is an evidence-based, Substance Abuse and Mental Health Services Administration (SAMHSA) approved program for adolescents experiencing problems related to alcohol or drug use. Youths referred to MET/CBT-5 participate in a combination of individual and group counseling sessions. The first two sessions are 60-minute individual sessions designed to help youths explore and identify their motivations for change and develop personal goals to change their substance using behaviors. The final three sessions are 90-minute group sessions designed to help youths build the skills necessary to change their substance using behaviors. Typically, youths participate in sessions once per week.

Program Services

- Participants identify individualized motivations for change.
- Participants learn skills for refusing alcohol, marijuana, and other drugs.
- Participants establish a social network that will support their choice to remain drug free.
- Participants develop a relapse prevention plan for drug free activities and life style.

Session Topics

SESSION 1: Building Motivation For Change.

SESSION 2: Setting Personal Goals For Change.

SESSION 3: Focus On Refusal Skills.

SESSION 4: Enhancing The Social Support Network.

SESSION 5: Planning For Emergencies And Coping With Relapse.

For more information, please contact:

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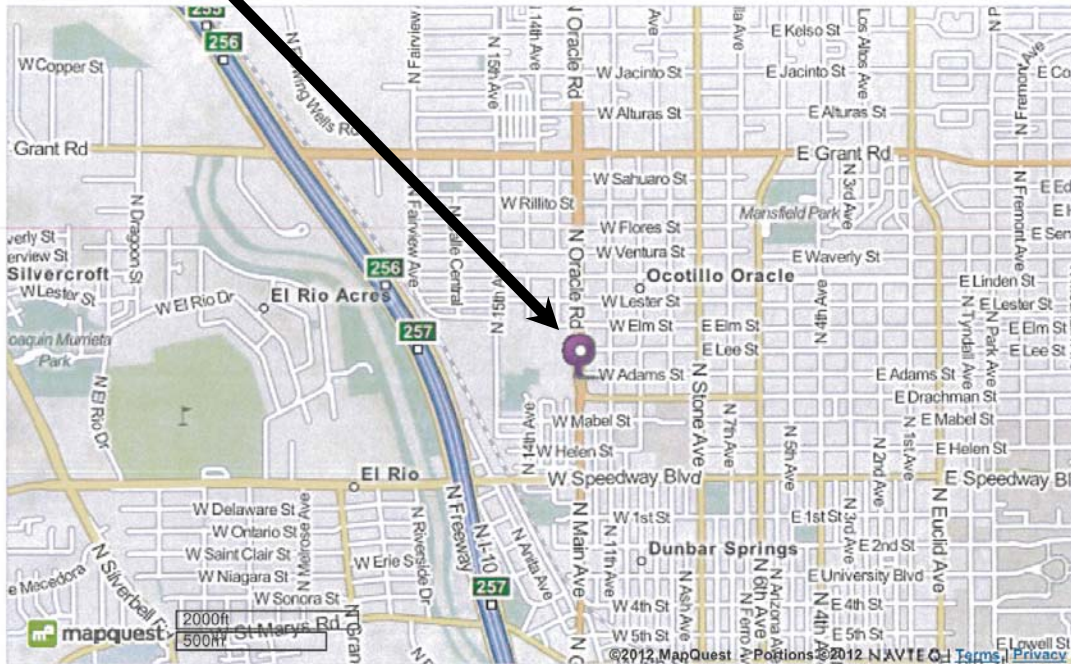
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Sin Puertas

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Sin Puertas' MET/CBT-5 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.

