

Welcome to Pathways! The *Challenge to Change* program is designed to serve adolescents and families whose lives have been impacted by the use of alcohol and/or other substances. The program serves adolescents from ages 12 through 17 and is structured to meet the specific needs of the adolescent client and their family.

We believe that we can assist you in achieving your goals and overcoming the difficulties that many teenagers face today. You will have the opportunity to work closely with qualified and experienced staff that can support you and your family throughout the treatment process.



Clinton
660.885.8131

Columbia
573.449.4770

Lebanon
417.532.7102

Rolla
573.364.7551

www.pathwaysonline.org



**Adolescent
Substance
Abuse
Treatment**

Your child possesses unique characteristics and struggles with particular issues that should be explored and examined by only the most caring and knowledgeable treatment practitioners. The experienced professionals at Pathways understand that "cookie cutter" residential treatment programs do not work for every child.

While each of our intensive, individual youth treatment programs is unique, they do share the following areas of focus: Physical Health, Emotional Health, Social Health, Family Health, Spiritual Health and Educational Needs.

The team includes psychiatrists, psychologists, marriage and family therapists, social workers, chemical addiction counselors, a recreation therapist, professional counselors, certified secondary education teachers, certified special education teachers, and nurses.

During the first week of treatment, the mental health and other professionals will conduct a thorough assessment of the specific needs of your child and your family. Prior therapists, school personnel and family members are contacted to obtain an accurate history.

Our adolescent clients are empowered with a portable skill set that enables them to improve the quality of their life and sustain these changes into adulthood.

Some benefits of the *Challenge to Change* program include:

- ⦿ Focus on treating behaviors not diagnosis
- ⦿ Validating, nonjudgmental approach
- ⦿ Self-assessing skills and improved self-knowledge
- ⦿ Portable skill set: Targeting emotional dysregulation, interpersonal effectiveness, distress tolerance, and mindfulness
- ⦿ Behavioral consultation team
- ⦿ Empirically based
- ⦿ Individual, family and group therapy protocols
- ⦿ Emphasis on relapse prevention
- ⦿ Goal: Gaining a life worth living

Being a teenager is often a confusing, challenging time, sometimes making teens susceptible to destructive patterns of drug use. While most teens probably see their drug use as casual and as a way to have fun, there are negative effects that are a result of this use of alcohol or other drugs.



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I think it would be neat in this area to either put some statistics about drug/alcohol use OR to put what information they can access on our webpage about the Challenge to Change program (and we can load anything you want into a specific area for that). The other thing we could put here is the Mission for the program itself. Let me know what you think.