

Break the Habit



Develop a Plan

- Young people meet with clinicians for ten (10) sessions.
- Clinicians meet with parents/caregivers for two (2) sessions.
- Youth and parents/caregivers meet together with clinicians for two sessions.
- Youth receive fun assignments to reinforce their own goals toward healthier activities.
- Community reinforcement and support are key elements.

You Can Change Your Life



HOW DO I ENROLL?

Contact Business Psychology Associates (BPA) by calling 1-800-922-3406

NEED MORE INFORMATION?

Call (208) 334-6546 or email ChristensenR@dhw.idaho.gov

Is Alcohol or Drug Abuse Hurting Your Family?



Idaho Youth Treatment Program

- The Idaho Youth Treatment Program is focused on helping young adults ages 18-25 who have a substance use problem.
- Using an evidence-based model, families work together with a therapist to begin the recovery process

What is A-CRA?

- Adolescent Community Reinforcement Approach (A-CRA)
- Focused on youth ages 18-25 with substance use disorders and co-occurring mental health disorders.
- Role playing/behavioral reversal are critical, particularly for learning better communication and relapse prevention skills.

What does it do?

- A-CRA aims to replace habits that have supported substance abuse with pro-social behaviors that support recovery.
- A-CRA uses a variety of procedures to address issues identified during assessment of the youth's needs.

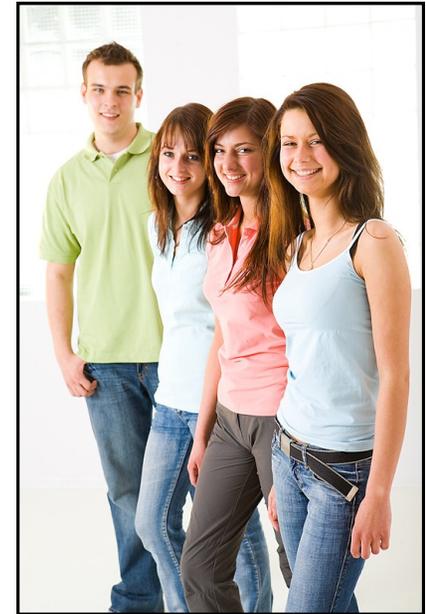


Reach for your goals, not drugs or alcohol

Family-Centered Treatment

- Three types of sessions: Youth alone, parents/caregivers alone, and adolescents and parents/caregivers together.
- Homework consists of practicing skills learned during sessions and participating in pro-social activities.

You Can Succeed!



The Idaho Youth Treatment Program has contracted with local agencies to provide treatment for youth ages 18-25 by clinicians certified in the A-CRA model. The program is funded under a grant from the Substance Abuse and Mental Health Services Administration.