

# Family Connections

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## Treatment Options for Adolescents

Some of you reading this article have already been through a variety of treatment options. Others are still trying to figure out what's best for your teen. Regardless of how and when you figure out your teen is using alcohol or other drugs, the road to recovery often seems unclear and scary. This article will attempt to clarify some of the steps along the way.

There are many agencies across the state of Illinois that can support you in your family's journey. Agencies offer **different types of support** depending on the needs of your family and your teen's willingness to participate. Your teen may fall anywhere along a continuum of use from experimenting to chemically dependent. Agencies that treat teens are able to help determine where your teen falls in the continuum by administering an **assessment**. The assessment can last for 2 – 3 hours. A counselor will ask your teen detailed questions about her use of alcohol and other drugs. After an

assessment, a counselor can suggest what level of treatment your teen needs. A teen that has just started using may benefit from **early intervention services**. Early intervention services include education groups and explore with the teens the affects of alcohol and other drugs. Early intervention groups also concentrate on life skills, youth development and social skills.

If your teen has progressed beyond experimentation, a counselor may suggest treatment. The two types of treatment that will be considered when assessing your teen are inpatient/residential and outpatient.

**Outpatient treatment (Level 1)** means your teen will attend individual therapy and/or group therapy, but will return home in the evenings. Outpatient programs may be flexible and can occur in late afternoons and evenings. Sometimes treatment will be a couple hours per day, other times it can be the whole day, which is usually re-



ferred to as **intensive outpatient treatment or IOP (Level 2)**. Many outpatient programs require some level of **family participation**. Families may be asked to participate in family therapy, family support groups or educational meetings. Teens are often referred to outpatient therapy after inpatient therapy.

During **inpatient treatment (Level 3)**, your teen will live at a facility for a certain number of days. During that time, she will receive individual therapy, group therapy and other activities that support a drug free life style once she is discharged. An inpatient treatment program, also sometimes called a residential program, will also have requirements for **family involvement**. Families may be asked to attend family therapy, family education groups

## Quote of the month

I've always liked the time before dawn because there is no one around to remind me who I am suppose to be, so it's easier to remember who I am.

-Brian Andreas-StoryPeople

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## Treatment Options continued...

and/or family support groups. The treatment facility will be in contact with your teen's school, so she can maintain her education.

A professional who is specifically trained in alcohol and other drug (AOD) treatment provides all services. Seeking the help of a professional is vital to your teen's recovery. The

road to recovery is long, but getting your child into the right treatment program is one step along the way.

For more information on finding treatment programs for adolescents go to [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov). You can also go to [www.illinoistreatmentworks.org](http://www.illinoistreatmentworks.org).

**NOTE:** A similar version of this article will appear as a chapter in the **Parent Handbook** that is being written and will be published later this year. If you have feedback regarding this article as a chapter in the Handbook or have suggestions on what to include in the Handbook, please feel free to e-mail Stephanie at [sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com).

### Have an opinion?

Movie theaters are increasingly serving alcohol to attract the 30-45 year old audiences. The number of theaters rose from 11 in 1997 to more than 400 today. A Bloomington, IL movie theater was denied a liquor license when the alderman expressed concern for underage drinking. (USA Today 3/26/2008)

## Parenting Classes

Contributed by Marcy Darin, C4-Chicago

Participating in parenting classes is one of the ways parents can become more effective with their children. With so many demands on their time, sometimes parents do not have time to think through what works for their children. Additionally, sometimes current events trigger memories for parents that make it difficult for them to parent well. These memories can get in the way of being a successful parent. Parenting classes offers an opportunity to get expert feedback and learn techniques that can help

you become more effective with your children. Many social service agencies throughout the state offer parenting classes.

When a circuit court judge presiding over his custody case suggested that Robert Augustino enroll in parenting classes, the Chicago father of two was resentful. Months later, Augustino's resentment had changed to gratitude, thanks to a parenting education program geared to parents of adolescents.

"I've finally learned how to listen to my kids," explains

Augustino, who completed an eight-week session for parents of teens sponsored by Community Counseling Centers of Chicago (C4). Augustino has also finished sessions targeted to parents of younger children from newborn to seven and eight to 12 years.

Whether you have an adolescent in treatment, and/or children at home you are trying to keep away from alcohol and other drugs, parenting classes and parenting support groups may be the component you need to feel successful. Ask your agency if they have parenting classes or know of classes in your community.



## NEEDED: Parent Volunteers

Parents are needed to **review the Parent Handbook**. This opportunity requires you to spend time reviewing the parent handbook and providing feedback. The handbook will be ready for review about mid-September. The time demand will only be a few hours.

Parents are also needed to **be part of a group that will address stigma at the Parent Conference in October**. This will involve a short role play about how the stigma of adolescent substance abuse or mental illness affects families.

Interested?? Contact [sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com) or call Stephanie at 773-465-6959.

# Celebrating the Addictions Workforce!!!

By Emma Redmond, DASA

During Recovery month, celebrations focus on the faces and voices of recovery—the many people of all ages, races, economic status, and circumstances who have taken the monumental step from addiction to recovery. Celebrations also focus on those who have guided, motivated, and served as helpers in the recovery process—the addictions workforce. These are the counselors, therapists, physicians, nurses, administrators, supportive staff, and others with job titles too numerous to mention but who, none the less, play an important role in the recovery process.

These workers enter the addictions field through many different doors and for reasons that might not be readily apparent. If asked for a reason, they might respond with a generic “I wanted to help.” Often, this answer masks the passion the workers bring to their work. Sometimes, too, the workers who are an integral part of service provision are the furthest removed from the clients and so do not necessarily view their work as hands on “helping.” Without a doubt, however, they offer their skills and talents in the furtherance of helping others

live an addiction-free life. There are thousands of wonderful, heartfelt stories from the workforce. These are just a couple.



During high school, Sara Moscato Howe participated in the Teen Institutes and Operation Snowball, prevention leadership programs that are sponsored by the Illinois Alcohol and Drug Dependence Association, an advocacy organization for service providers. Now, years later, she serves as the chief executive officer of this organization. “While I was involved with Operation Snowball, it dawned on me that I enjoyed substance abuse prevention work and wanted to make a career in this field. Once I decided that this was what I wanted to do, my focus never changed,” Sara says. Why does she stay? “I am very fortunate to have a job I love! I would also consider doing some work at the state level where I could have a role in making the substance abuse treatment/prevention field even stronger.”



All of Eric Foster’s emails carry this quote from Dr.

Seuss: “Unless someone like you cares a whole awful lot, nothing will get better. It’s not!” Eric, the director of outpatient services at the South Suburban Council on Alcoholism and Substance Abuse, cares a whole awful lot. He first heard about addictions from one of his instructors at Illinois State University who was a Certified Alcohol and Drug Counselor (CADC). While in his last year of undergraduate studies for a Bachelor’s in Social Work, he did an internship at Chestnut Health Systems Lighthouse adolescent treatment facility. After graduating, he got his first job working for Interventions/ Crossroads as an intake counselor.

Why does he stay in the field? “After 11 years of working in the field of addiction, I realized that everything comes down to addictions. Every single field of social services has clients that struggle with addiction. By working in addictions, I can help the criminal justice system, DCFS/ Child welfare, Domestic Violence, Healthcare, Homelessness, LGBT, School systems, Mental Health Systems and the community I live in,” he says. “This is where I can affect the most change.”



**More stories in the September issue as we celebrate Recovery Month: Real People, Real Recovery!**

## UpComing Events

**September 13** - Chicago Recovery Walk (Sponsored by Congressman Danny Davis)

**September 20** - Springfield Recovery Walk—Kick-off at the Illinois State Capital. Event starts at 9am and will go into the afternoon with a party at Lincoln Park. Go to [www.cilrc.org](http://www.cilrc.org) or call 217-698-8110 for more information.

**September 27** - Peoria Recovery Walk from 10-2 at Illinois Institute for Addiction Recovery at Proctor Hospital. Go to [www.addictionrecov.org](http://www.addictionrecov.org) for more information.

(Go to [www.recoverymonth.org](http://www.recoverymonth.org) for more events or to see how you can plan an event.)

**October 25, 2008** - “Parenting Youth with Emotional Challenges: Effective Interventions” Parent Conference at Northern Illinois University-Naperville, IL

**Legislative Trainings—** Agencies can organize trainings for parents on the legislative process by contacting Stephanie Frank at [sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com) or (773)465-6959.

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**COMPLETE THE FAMILY SURVEY!**

**[WWW.ILLINOISTREATMENTWORKS.ORG](http://WWW.ILLINOISTREATMENTWORKS.ORG)**

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Wondering how to receive this  
Newsletter?

Contact Stephanie at  
[sfrankIFF@yahoo.com](mailto:sfrankIFF@yahoo.com).



The Illinois Federation of Families is an advocacy organization that helps families and children with mental health needs seek a better quality of life.

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