

## Adolescent Mental Health and Substance Abuse Treatment

The Abraxas Counseling Center, located just outside of downtown Cleveland on the RTA bus line, serves male and female youth, ages 12 – 18. The Center provides treatment services for youth with mental health, substance abuse, behavioral disorders and sexual offending behaviors. Our treatment approach is designed to address the holistic needs of our clients by offering gender-specific treatment, individual and group sessions, and family counseling, as well as case management services and random drug screens.

Every client is assessed prior to admission in an effort to determine the most appropriate services to meet his or her needs. The Center is easily accessible to public transportation and incurs the cost of each client’s travel expenses.

### SERVICE TRACKS

- **Substance Abuse Treatment:** Alcohol and other drug assessments, outpatient & intensive outpatient, family counseling, case management and random drug screens
- **Mental Health Services:** Including mental health assessments, anger management, abuse/trauma-informed counseling, depression, anxiety, symptom management, case management, problematic behavior identification and modification, pro-social activity linkage
- **Co-occurring Mental Health & Substance Abuse Disorders:** Individual and family counseling services to provide comprehensive, integrated care and community support services including case management, community psychiatric support and treatment, advocacy and collaboration with court and school, communication and organization skills, job readiness, pro-social engagement
- **Juvenile Sex Offender Assessment & Treatment:** Individual, family, and group counseling services that address factors contributing to decisions to engage in sexually inappropriate behavior. Resources and interventions used are based upon current standards in the field of JSO treatment and assessment. Services are comprehensive with goal of not only addressing risk factors, but increasing protective factors that would assist in reducing likelihood of sexual and non-sexual recidivism. Our assessment of adolescents who engage in abusive sexual behavior are multidimensional, combining multiple sources of information including interviews/observations, record review, self-report and parent-report using the best evidence-based strategies, evaluation and risk assessment instruments available.
- **In-home Family Therapy\*:** Uses Integrative Family and Systems Treatment Model (I-FAST); Family inclusion is at the core of our treatment philosophy. Focus is on identifying behavior patterns in families and developing strategies and family skills to change these patterns and problem behaviors.



### SUBSTANCE ABUSE SERVICES

**Standard Outpatient**  
(12 weeks)

- Bi-weekly, 2hr. group counseling
- Weekly, 1hr. Individual/family counseling
- Weekly case management & drug screens

**Intensive Outpatient**  
(12 weeks)

- 3 times per week, 2hr. group counseling
- Weekly, 2hr. individual/family counseling
- Weekly case management & drug screens

**Home Based AoD Program**  
(12 weeks Outpatient)

- 2-4 times per week, individual/family counseling
- Weekly case management & drug screens

## MENTAL HEALTH SERVICES

- Comprehensive mental health assessments
- Weekly therapy sessions based on client need
- Individual & family therapy
- Community Psychiatric Support Services (CPST)
- Individualized treatment planning
- Strength-based trauma informed approach
- Anger management counseling
- Abuse/trauma counseling
- Communication skills

## SEX OFFENDER ASSESSMENT & TREATMENT

- ODYS-JSO certified to provide assessment and treatment
- Comprehensive risk assessments including use of JSOAP-II and/or ERASOR
- Treatment planning/services incorporating Risk-Needs-Responsivity Principle
- Utilizes most updated treatment approaches in the JSO field
- Gender-responsive curricula and resources used when working with female offenders
- Trauma-informed & developmentally appropriate
- Weekly Individual Sessions

**Evidence-Based/Evidence-Informed Curricula:** Our evidence-based curricula serve as the basis for our various treatment programs but we recognize the diversity in needs of our clients and utilize supplemental resources to assist in meeting those needs.

### Stages of Accomplishment

- Includes four inter-related workbooks and guided exercises

### Trauma Outcome Process

- Support youth in developing an awareness of how they came to commit acts of violence and sexual aggression and how they can choose to address such behavior
- Utilizes a life course perspective based upon theories of human and family ecology

### Growing Beyond

- Gender-responsive resource for working with female juvenile sexual offenders

### Pathways

- Strength-based methods to develop healthy lifestyles
- Restorative justice theme emphasizing concern for restitution, development of victim empathy and personal responsibility

## IN-HOME FAMILY THERAPY\*

- Integrative Family and Systems Treatment Model (I-FAST)
  - Enhancing parenting and improving overall family functioning
  - Parent empowerment
  - Strength-based approach
  - Systems collaboration
- Weekly sessions and case management

\*Contract Specific

## AFTERCARE

- Continuum of care achieves NO GAP in services
- Linkage prior to discharge from residential facility
- Family counseling and support prior to discharge
- Intensive services and support immediately following discharge

## HIGHLIGHTS FOR ALL PROGRAMS

- Progress reports to service team weekly/monthly or based on contract
- Services offered in the client's natural environment (home-based)
- Access to pro-social activities
- Celebrations for each objective met
- Evidence-based incentive program

Referrals for Abraxas Counseling Center are accepted from schools, parents, child caring agencies, community based providers, the juvenile justice system, hospitals, and other providers.

**For more information or to make a referral, contact:**

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