

## Adolescent Mental Health and Substance Abuse Treatment

The Abraxas Counseling Center, located just outside of downtown Columbus on the COTA bus line, serves male and female youth, ages 12 – 18. The Center provides treatment services for youth with mental health, substance abuse, and behavioral disorders. 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
- **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

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

## IN-HOME FAMILY THERAPY\*

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

\*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:**

Phone: 614-220-8655

Fax: 614-220-8658

[www.abraxasyfs.com](http://www.abraxasyfs.com)



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