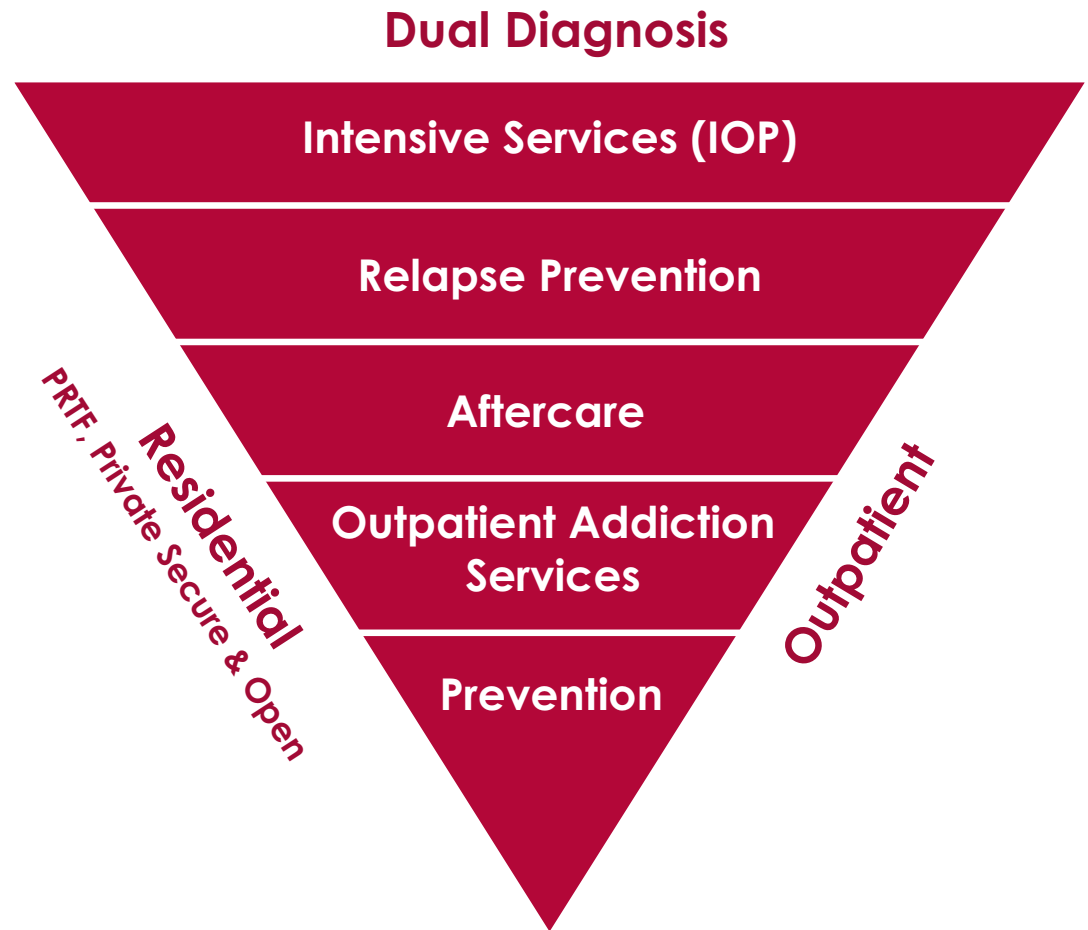


Continuum of Care Campagna Academy Foundations Substance Abuse Treatment Program

PROGRAM DESCRIPTION: Foundations is a highly adaptable and innovative substance abuse treatment program that offers a full range continuum of care. The Foundations program offers several therapeutic levels that range in intensity and are available to both residential clients of Campagna as well as the public in an outpatient setting. Each programmatic level employs a number of treatment modalities which include individual, group, and family sessions, as well as psycho-education and experiential therapies. Beginning with a comprehensive assessment, clients are evaluated to gather accurate and thorough information about the client's presenting problem. Based on the assessment and input from the referral source, the appropriate programmatic level is selected. Foundations can adapt to changes that occur during treatment by allowing the youth to move up or down in intensity depending on the progress within treatment or issues that arise. In addition, Foundations can accommodate youth who have both mental health and addiction problems and will receive treatment that addresses both challenges. Campagna Academy's goal is to support the adolescent in laying the foundation for a functional life free from substances and equip them with the tools to manage their addiction. Youth also learn coping skills, social skills, and develop a healthy sense of self-esteem through use of evidence-based practices, so they can achieve the highest level of independence and goal attainment.

ADMISSION CRITERIA:

- A substance related diagnosis that meets DSM-IV-TR criteria
- The Global Assessment of Functioning (GAF) score of at least 40
- The client has sufficient cognitive skills to benefit from one of our treatment modalities



FOUNDATIONS PROGRAM HIGHLIGHTS

- A full spectrum of care that allows youth to move within and between levels of intensity.
- Multi-access points into care based on a comprehensive assessment – youth can enter care at any level of intensity, step up or down, and continue with aftercare when treatment is completed.
- The capacity to accommodate clients with co-occurring mental health and addiction issues. Clients will have access to psychiatric and nursing care.
- Evidenced based models of care ensure maximum potential for success – youth receive proven strategies and treatments that are demonstrated to work based on research.
- Cutting edge treatment modalities - innovative treatments are offered that include the neuroscience (or brain biology) of addiction and mindfulness techniques.
- Highly trained and experienced therapists – dual expertise of both Campagna Academy and Crown Counseling Center involving a team of therapists who have worked with a variety of youth from prevention to very complex addictions.
- Measurable quality indicators and outcomes – key indicators of success are measured in order to demonstrate that the program is having the desired effect and a positive treatment outcome.
- Multiple payment sources accepted – payment sources can range from self-pay, private insurance, DCS, Traditional Medicaid, and Medicaid Rehab Option.

PROGRAM MODALITIES

Referral: Clients are assisted in obtaining additional needed services and resources that are not immediately available to the client in the program.

Individual Therapy: Clients are given the opportunity to begin exploring, understanding, and changing regarding their addiction and to establish a life of recovery.

Group Therapy: Clients have an opportunity to gain support, insight, and self-awareness. Clients learn to give and accept feedback in meaningful and effective ways.

Family Therapy: Client and family members are provided the opportunity to begin to work together addressing addictive system issues, family, roles, developing trust, and open communication.

Experiential Therapy: Creative interactive exercises designed to challenge clients and their families to define problems, take responsibility, and develop positive solutions to their problems.

Psycho-Education: Education on the physiological effects of alcohol and drugs on the body. Education is also provided on sexually transmitted diseases, AIDS, and HIV infection.

Group Aftercare: Weekly group therapy to monitor progress, reduce the risk of relapse, and achieve individual treatment goals.

Relapse Prevention Group: Weekly sessions designed for clients who are motivated in their recovery and have recently experienced a relapse. The group identifies triggers and focuses on prevention strategies.