

## AFTS Goals

- ◆ Prevent out of home placement
- ◆ Preserve the family unit
- ◆ Re-unite families
- ◆ Maintain family independence
- ◆ Reduce juvenile sex offenses
- ◆ Enhance individual well being
- ◆ Empower parental authority

## We Serve

- ◆ At-risk youth and families
- ◆ Youth facing placement
- ◆ Youth placed in institutions, foster care and kinship care
- ◆ Families involved with Child Protective Services
- ◆ Youth involved with the court
- ◆ Youth with special needs
- ◆ Youth abusing substances

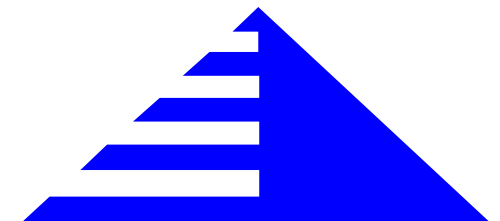


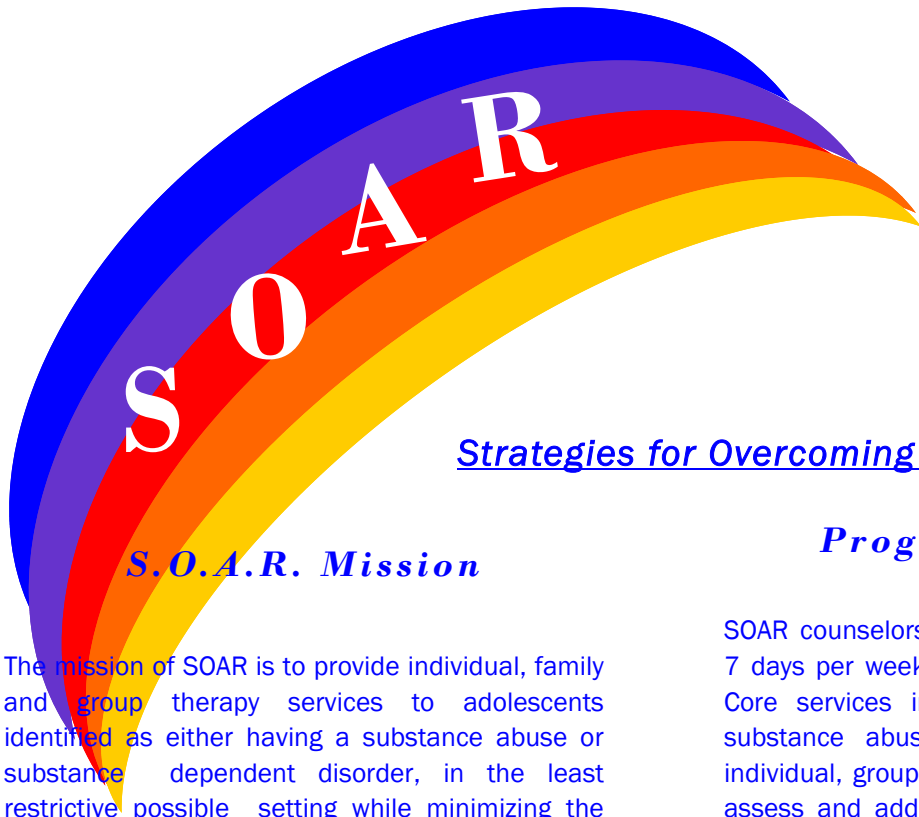
**Alternative Family Treatment Services, Inc.**

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## Strategies for Overcoming Addiction and Relapse

### ***S.O.A.R. Mission***

The mission of SOAR is to provide individual, family and group therapy services to adolescents identified as either having a substance abuse or substance dependent disorder, in the least restrictive possible setting while minimizing the chance of relapse in the home or community. In addition, the SOAR goals are to teach responsibility, identify triggers and help juveniles develop drug free activities while ensuring community safety.

### ***Admission Criteria***

SOAR serves male and female juvenile offenders ages 12-20 years old. These juveniles are referred by a probation or parole officer and have been identified as placing themselves at risk for relapse. Adolescents admitted to the program must be able to identify their triggers to substance using/abusing behavior. These youth must have a support system that is motivated and committed to assisting the juvenile to ensure they do not relapse. Adolescents must agree to a system of urine drug screening to monitor their abstinence from drug use/abuse.

### ***Program Overview***

SOAR counselors are available 24 hours a day, 7 days per week to provide crisis management. Core services include conducting a thorough substance abuse assessment, and providing individual, group and family therapy designed to assess and address the level of denial on the part of the client and family members concerning the triggers to abuse and signs and symptoms of drug taking behaviors. The screening and assessments are conducted by a Certified Substance Abuse Counselor (CSAC).

The treatment process usually lasts from 3-6 months. Planning and implementation of relapse prevention strategies are designed to identify triggers for the abuser and increase awareness of attitudes and behaviors that lead to relapse. AFTS' SOAR counselors will connect clients with community resources such as AA or NA to support them maintaining a "Drug Free Lifestyle."

The success of this program will be based on the effectiveness of the client/family's progress toward achieving the goals and objectives developed in the Individualized Service Plan.



### ***Objectives***

- ◆ Client will learn to ID triggers that cause their substance use
- ◆ Client will accept responsibility for his/her actions
- ◆ Client will learn new and effective methods for dealing with stress
- ◆ Client will develop new drug free friends and associates
- ◆ Client will identify and develop new drug free hobbies and/or vocations
- ◆ Client will acknowledge how his/her beliefs and values impact his/her drug use
- ◆ Client will develop a "Drug Free Lifestyle" Plan and practice it daily
- ◆ Client will openly discuss feelings/stressors with counselors
- ◆ Family will demonstrate the knowledge of drug abusing behavior; identify triggers that are in the home; and continue participation in treatment of abuser
- ◆ Client will NOT relapse

### ***Referrals***

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