
SOME STRAIGHT TALK ABOUT ADOLESCENT TREATMENT...

Treating young people for substance use disorder is challenging and relapse rates can be alarmingly high. An unfortunate reality is that despite initial enthusiasm and effort, parents often find out how difficult it is for clients to maintain the right attitude long enough for new behaviors to take hold and for recovery to become a genuine lifestyle. At the beginning of treatment it's easy to nod and agree when counselors explain some of the generally accepted treatment basics, such as the importance of long-term support, the danger of triggers, or the need to work an ongoing recovery program. Unfortunately, accomplishing goals that make so much sense early in the process often proves to be easier said than done and are later abandoned.

In some cases parents may not agree with, or are afraid of angering their teens by placing restrictions on them that provide the best support with regard to relapse prevention. Or they may not like the inconvenience of all that is required in providing adequate structure for a teen who is being treated for substance use disorder. Compounding the problem is the fact that Insurance does not typically pay for dedicated aftercare programs, so ongoing care that effectively meets the long-term needs for teen substance abuse clients can become an added expense for parents. These are some of the unfortunate factors that contribute to high relapse rates and readmissions to treatment.

Teens who are not committed to working a recovery program or are not in agreement with home contracts or relapse prevention plans may not be a fit for Journey To Recovery. These are issues that may need to be addressed in a higher level of care. However, it's not uncommon for teens to be discharged from residential care before achieving these goals because insurance coverage is discontinued before the client is ready. To avoid "throwing the baby out with the bathwater", clients may be given a chance at being accepted into Journey To Recovery by completing additional individual counseling focused on increasing motivation for recovery. In

many cases, the attractive nature of Journey To Recovery can have a positive impact; the client becomes more motivated and ends up being able to use the program successfully.

Journey To Recovery is designed to provide an effective long-term solution for helping teens achieve successful recovery. It may seem demanding or perhaps inconvenient with regard to program expectations, parent requirements, or the fact that it represents additional expense after parents may have already spent a great deal on treatment. This approach may not suit everybody, and there are certainly other options available as you consider continuing care plans for your teen. If on the other hand you feel that a structured approach that keeps recovery front and center is what will give your child the best chance at treatment success, please call to find out more and see if Journey To Recovery would be a good fit for you and your child.