

## OUTPATIENT SERVICES: TEENS

All groups are separated by gender and are 1½ hours in length. Adolescents must already be involved with one or more of the following: Boulder County District Probation, Boulder County Department of Housing and Human Services, or Mental Health Center Serving Boulder and Broomfield Counties. Individual appointments are available upon request or as needed. Cost for all therapeutic services are \$2.00 per contact.

Group	Intended Participant	Locations	Focus	Technique	Length
<b>ITOP (Intensive Teen Outpatient Program)</b>	Adolescent boys and girls who need substance abuse treatment; they likely have not had prior treatment and are struggling somewhat to maintain themselves in the community	Longmont & Boulder (girls in Boulder only)	Address the cognitive, behavioral, family, and interpersonal issues resulting from substance abuse; helping the adolescents learn healthy and legal ways of coping and having fun	Cognitive- behavioral skills, behavior management  Groups meet twice weekly	3-month minimum
<b>ISIS (Integrated Substance abuse-specific Intensive Supervision)</b>	Adolescent boys and girls who need an intensive level of treatment and structure; they may have had prior treatment; they are really struggling to maintain themselves in the community	Longmont & Boulder	Addressing the cognitive, behavioral, family, and interpersonal issues resulting from substance abuse; helping adolescents learn healthy and legal ways of coping and having fun	Cognitive behavioral skills, DBT skills, behavior management  5 groups per week: Therapy groups, a cognitive behavioral group, an activity-based group, and a required prosocial activity	6-month minimum
<b>Family Therapy</b>	Families of teens in ITOP or ISIS who need family treatment and are unable to access treatment through private insurance or Medicaid or DHHS Core Services	Longmont & Boulder	Helping families cope with substance abuse issues and loss of trust; topics include family dynamics, trauma, parenting skills, and coping with child's substance use	CBT-based	varies
<b>Family Support Group</b>	Parents/guardians of teens in ISIS or ITOP who need education and additional support in addition to or instead of family therapy	Longmont & Boulder	Supporting families coping with their teens' substance abuse issues; topics include: self-care, addiction issues, parenting skills, and coping with child's substance use	CBT-based	8 weekly sessions