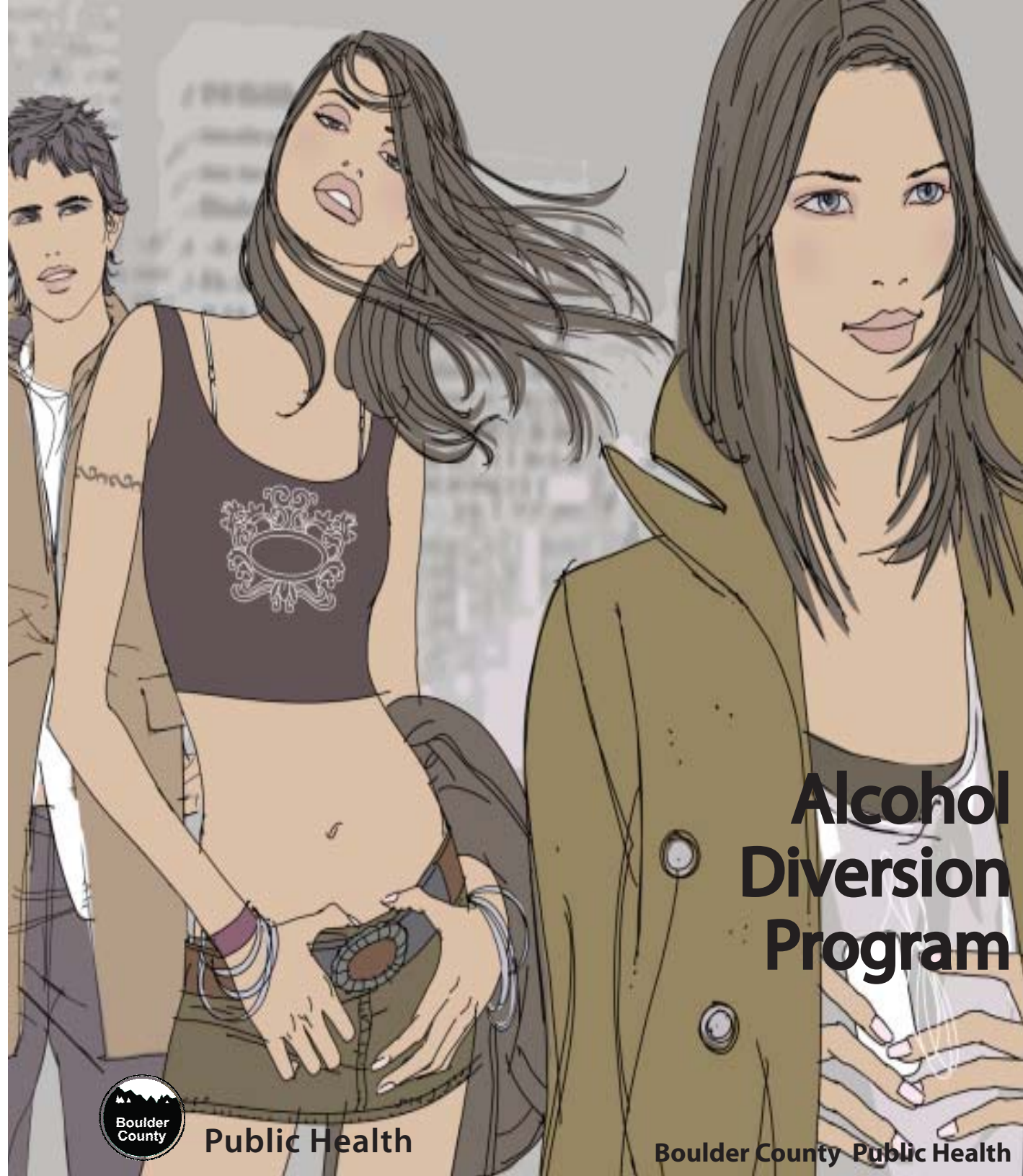


“I am 150% more aware of my substance use, and honestly, this class has made me never want to do drugs that, in the back of my mind, I thought I would.”

By learning to work with the body, mind, and emotions in a different way, participants will have a greater capacity to make healthy decisions about how they live their lives.



Public Health

Alcohol Diversion Program

Boulder County Public Health

PROGRAMS FOR YOUTH & YOUNG ADULTS

The Alcohol Diversion Program helps teens and young adults develop new skills and approaches to addressing the challenges in their day-to-day lives.

Although most people are involved in the program because of some mishap with alcohol or drugs, all types of risky behavior are discussed.

A trained therapist runs each group, and the coordinator of the program is available for one-on-one support if needed.

If there is court involvement, completion of the program can provide a diversion from court proceedings for a first-time offender.

Program services are open to the public and are not limited to police, court, school, or other specific referral.

The Alcohol Diversion Program has been used by Boulder County courts for over a decade, and has been a point of referral for both local school districts, the University of Colorado, and Naropa University.

Both the Diversion and Second Offender components provide different sessions depending on the age of the participant. Those under 18 or still in high school are part of the teen/parent sessions that include some parent participation. Those aged 18 to 21 or who are emancipated from the family participate in young adult sessions that do not require parent participation. These sessions include additional activities and topics.

Diversion Groups

This is an early intervention, four-week program. Groups meet once per week over four weeks. Each session lasts two hours.

The program looks very honestly at risk taking, how we learn to make decisions, and how to perhaps change that pattern.

The teen/parent sessions are family-oriented, specifically addressing family communication skills, family history, and where and how we learn to cope with life stressors.

The young adult sessions look at decision-making and how we learn to make choices. Sessions are aimed at helping older youth to recognize risky behavior when faced with it, and how to better understand how that behavior impacts them and those around them.

2nd Offender Groups

This is an intensive, twelve-week program that meets once per week for two hours. The groups provide a supportive environment where participants are

encouraged to look at their use and risky behavior on a daily basis and report back to the group.

Participants will develop more awareness and new skills and approaches to the individual challenges they face in their day-to-day lives.

The program stresses an understanding and awareness of the nervous system and how it impacts all that we think and do. Participants are given an overview of how the nervous system works, and they participate in exercises that help to create new neuropathways in the brain to enable them to choose alternative behaviors and options.

“It was ten times better than I thought it would be. It was very easygoing and mellow.”

- former Diversion Program participant



If you are worried about your youth, please consider this program as a resource.

For confidential information, support, or resources, please contact us at 303.413.7547 or www.BoulderCountyAlcoholDiversion.org