

Treatment Recommendations

Evidence-Based Treatment Recommendations

ASAP treatment recommendations are based on national standards, ensuring appropriate and effective care for both teens and young adults.

At the end of your assessment, you will receive personalized recommendations. Some situations require no treatment. Teen clients may be recommended for our CHOICES, TRIP, or Clarity Intensive programs. Others are given referrals to outpatient mental health providers or inpatient/residential facilities. For young adults (18-26), our PIVOT program offers specialized substance use recovery support or we can provide referrals to other appropriate services.

Family-Centered Approach

FOR TEENS

ASAP respects parents' autonomy in making treatment decisions for their teens. We also appreciate that adolescents are often resistant to treatment – this is normal and expected. Our staff helps parents get their teens into treatment by empowering the parent in ways they may not have recently experienced.

FOR YOUNG ADULTS

ASAP recommends that young adults have a caregiver, close friend, or significant other as a support system during treatment. While young adults make their own treatment decisions, having support significantly improves outcomes.

No Wait List – Begin Healing

Immediately

If the recommendation is to enter an ASAP program, there is typically no wait list and you are able to begin treatment at the next scheduled session. [TRIP](#) and [Clarity Intensive](#) are Intensive Outpatient Programs for teens. PIVOT is a substance use program for young adults.

Evidence-Based Criteria

When making our recommendations, we recognize that every teen, young adult, and family is facing a unique situation, and your experience helps shape our clinicians' individualized recommendations. We utilize the American Society of Addictions Medicine (ASAM) criteria in making that recommendation, taking into account the differences between adolescents and adults. We also use the Diagnostic and Statistical Manual (DSM-5-TR), in looking holistically at each client and their challenges.

The following graphic illustrates the continuum of care, from least (top of graphic) to most (bottom of graphic) intensive recommendations.