

## Who We Are

Since 2008, ASAP has worked with teens and families to help resolve substance use and mental health problems.

ASAP offers several treatment programs for teens with behavioral health issues. Our programs are designed to help adolescents and their families through the challenges, frustrations, and setbacks that are a natural part of recovery. ASAP programming teaches teens and parents behavioral skills to achieve recovery from mental health and addiction problems.

## Treatment Programs

As noted, ASAP offers multiple programs, tailored to the unique needs of our clients.

### TRIP (Total Recovery in Progress)

The [TRIP](#) intensive outpatient program includes random drug screens and an introduction to [Mutual Support](#) groups like [Alcoholics Anonymous](#), [Narcotics Anonymous](#), and [SMART Recovery](#). ASAP encourages a strong family engagement as part of the program. Family members, including siblings, grandparents, or any other relative who wishes to participate, are actively engaged in the recovery process. Upon completion of the TRIP program, teens are encouraged to attend weekly [Continuing Care](#) meetings to maintain their sobriety in a supportive, teen-focused environment. Parents are invited to join the Continuing Care group once a month for a family session.

### Clarity Intensive (Dialectical Behavior Therapy)

[Clarity Intensive](#) is an evidence-based program designed to help those with severe emotional and behavioral disorders. Clients will participate in group skills training to learn behavioral skills that can help them cope with challenges. Skills training for adolescents covers five modules: mindfulness (skills for focus, relaxation), distress tolerance (coping in times of crisis), interpersonal effectiveness (skills for interacting with others), walking the middle path (seeing things in multiple

ways), and emotion regulation (skills for managing intense emotions). Teens who complete the Clarity Intensive program are encouraged to attend weekly Continuing Care meetings to help support their use of effective behavioral skills.

## Substance Abuse Education

In addition to the IOP program, we also offer a brief education group, called [CHOICES](#). The CHOICES program is an option for teens who have experimented with alcohol or other drugs but do not have a diagnosable problem at the time of their assessment.

## Other Recommendations

Recommendations for individual and/or family therapy are available when appropriate. ASAP clinicians may be able to see your teen or family on an individual basis, based on recommendations from your child's assessment.

## Stay Educated

ASAP offers current information pertaining to teen mental health and substance use through our [blog](#), newsletters, and training opportunities. If you feel that your teen is engaging in any kind of problem behaviors, please contact us using the form below or call us at 513.792.1272.