



# Community-Based Program Overview

[www.youinc.org](http://www.youinc.org)

## (STOP) Step-Down Treatment Outpatient Services

The Step-Down Treatment Outpatient Program (STOP) model is designed to be a less intensive twice a week treatment group. STOP follows the group therapy model with a treatment focus that emphasizes coping and maintaining sobriety.

This is accomplished by identifying strengths and weaknesses with a less structured treatment plan, identifying coping-techniques and triggers, as well as coping with cravings and withdrawals.

The group also focuses on developing new friendships, regaining trust after changing their image, decision making, and developing a support system and crisis plan. All of the treatment programs offered through Substance Abuse Outpatient Services target adolescents from 13-18 whose substance abuse is affecting their daily functioning and the functioning of their family. This may include legal difficulties, truancy, academic problems, increased family conflict, or a decrease in general motivation and involvement in age-appropriate activities. Substance Abuse Outpatient Services provides treatment to adolescents who meet the criteria for a substance use or abuse diagnosis to eliminate their abuse. The program offers many different treatment modalities, which may be provided in groups, individually, and to families. Any individual with a clearly diagnosable substance abuse problem is a viable candidate to receive outpatient substance abuse services at Y.O.U., Inc. regardless of age, gender, race, religion, disability, sexual orientation, or ethnic background.

All clients who seek treatment through Substance Abuse Outpatient Services first receive an initial basic assessment conducted by a Master's level clinician who evaluates the client's substance abuse, mental health, family history, and assesses his/her appropriateness for the program. With the help of the family, the clinical team determines the accurate level of care. The assessment is strength-based, and focuses on identifying and working with the strengths of the family and adolescent when developing the treatment interventions. At the time of the assessment the adolescent is also assessed for safety.

Please note that this is an insurance-based program. Most insurances accepted. If your insurance will not cover the cost of the program, a sliding fee scale and payment plan are available.



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### [Other Services Provided](#)

Individual substance abuse counseling is provided on a weekly basis as needed by licensed clinicians.

Y.O.U., Inc. also provides a once weekly relapse prevention group for graduates of either the SOS Program or the STOP model. This group is a clinical group that focuses on client's ongoing struggles and successes with sobriety. Each week following group, the participants attend the on site self-help meeting.

The self-help group organized by Substance Abuse Outpatient Services is an open community meeting where adolescents from the community are welcome to attend and that clients can continue to attend after discharge from treatment. The meeting consists of speakers from local adult sober half-way houses attending the meeting on a rotating schedule. These speakers share their stories with the clients and adolescents from the community, and provide an opportunity for those adolescents who are interested to tell their own story.

The Parent Support Group is open to all parents whose children are involved in Substance Abuse Services. It meets twice per month on Thursdays from 5:30 p.m. to 6:30 p.m., and assists parents through staff facilitation and peer support, to understand their adolescent's substance abuse and find ways to help them in their recovery. The group also offers encouragement, education, and resources to further support the family.

### [Specialized Assessment](#)

The program also has the ability to provide a comprehensive substance abuse assessment using the Global Appraisal of Individual Needs (GAIN) administered by a certified GAIN administrator. The GAIN is a progressive and integrated series of measures and computer applications designed to support: a) initial screenings, brief interventions and referrals, b) standardized biopsychosocial clinical assessments for diagnosis, placement and treatment planning, c) monitoring of changes in clinical status, service utilization, and cost to society, d) subgroup and program level needs assessment and evaluation (Chestnut Health Systems, [www.chestnut.org](http://www.chestnut.org)).

Please note that other than the support groups these are insurance-based programs. Most insurances are accepted. If your insurance will not cover the cost of a program, a sliding fee scale and payment plan are available.

For further information or to make a referral please contact either of the clinicians below.

Assistant Director of Substance Abuse  
Sarah Galvin, LMHC  
(508) 770-0511 x120  
[galvins@youinc.org](mailto:galvins@youinc.org)

Assistant Director of Mentoring and Prevention  
Lenore Rust, LCSW  
(508) 770-0511 x111  
[rustl@youinc.org](mailto:rustl@youinc.org)