

ALCOHOL/DRUG ABUSE PROGRAMS FOR TEENS

INTERVENTION

This 8- to 16-week program includes teen discussion groups, parent support groups, involvement with a 12-Step program, drug testing, and educational forums.

RECOVERY PROGRAMS

The recovery programs take from 6 to 12 months. They include teen groups, multi-family groups, parent support groups, drug testing, educational forums, family and individual therapy, involvement with 12-Step programs, and relapse prevention support.

The problems caused by alcohol and drug abuse don't have to take control of your life. Kaiser Permanente's Adolescent Chemical Dependency Recovery Program can help you turn your life around.

Individuals or parents can call to make an appointment. Health care providers, concerned school personnel, probation, and other agencies can make direct referrals.



CONVENIENT LOCATION

We are located approximately one mile from Kaiser Permanente's Oakland Medical Center. Housed in a beautiful building in Old Downtown Oakland, we are close to BART, AC Transit, and parking. When you call for an appointment, we will provide directions.

If you are ready to recover, we can help.



Chemical Dependency Recovery Program

969 Broadway
Oakland, CA 94607
510-251-0121



ARE YOU READY
TO TAKE BACK YOUR LIFE?



Chemical Dependency
Recovery Program





A CARING ENVIRONMENT

Kaiser Permanente's outpatient adolescent Chemical Dependency Recovery Program (CDRP) helps teens and their families come together to participate in the recovery process. Teens can discover the value of a drug-free life, and families can learn to communicate more effectively.

Our abstinence-based program (no drug or alcohol use) is offered afternoons and evenings to accommodate students and families.

All CDRP services are completely confidential. Information about your treatment will not be shared with anyone without your written permission.

SUBSTANCE ABUSE WARNING SIGNS

- School habits: poor attendance and/or a drop in grades
- Family interactions: increased conflict, curfew problems, isolation from family, excessive secretiveness
- Social sphere: new friends or isolation from peers, strange phone calls, new activities, sports and hobbies dropped, legal problems (DUI arrest, shoplifting, possession, public drunkenness)
- Emotional/physical health: temper outbursts, mood swings, weight changes, changed sleeping habits, hygiene changes, depression, memory problems

PARENTS

- ❑ Do you feel like you are losing control as a parent?
- ❑ Do you find yourself making excuses for your teen's behavior or rescuing him/her from consequences?
- ❑ Do you feel like your home life revolves around problems with your teen?

Parents, you can learn the difference between parenting and enabling. Teens with an alcohol/drug abuse problem need treatment to regain control of their lives. When family members participate together in treatment, the process of recovery begins.

TEENS

- ❑ Do you ever feel that drugs and alcohol are controlling you?
- ❑ Are alcohol/drugs interfering with what you really want for yourself?
- ❑ Are there people in your life who suggest you may have a problem with alcohol or drugs?

Teens, we are not here to blame you for the past. We are here to help you get on with your life. Treatment can work.

If you or your teen can answer "Yes" to these questions, please call 510-251-0121 for an orientation and overview of our program.