

The problems caused by alcohol and drug abuse don't have to take control of your life. The Kaiser Adolescent Substance Abuse Treatment Program can help you begin to deal with the pain and confusion. This process of healing works best when ALL family members participate in the Recovery process.

Patient Confidentiality:

- All treatment received by teens and their families in the Kaiser Alcohol and Drug Treatment Programs is voluntary and confidential.

Who is Eligible?:

- All Kaiser Health Plan members ages 13 to 18 and their families are eligible. Specific treatment plans will be based on a clinical evaluation conducted by Kaiser Permanente clinical staff.

What to Do:

- Teens or their parents can make their own appointments, and health care providers can make direct referrals. Concerned family and friends may also call for information and assistance: 415-444-3531.

Please see the adjacent list for the Kaiser Adolescent Drug and Alcohol Treatment Program nearest to you.

Kaiser Adolescent Substance Abuse Treatment Programs

Fresno	(209) 448-4765
Hayward & Union City	(510) 675-3080
Oakland	(510) 251-0121
Redwood City	(650) 299-4778
Richmond	(510) 307-1591
Sacramento	(916) 482-1132
San Rafael	(415) 444-3531
Santa Rosa	(707) 571-4599
Santa Teresa	(408) 972-3366
S. Sacramento	(916) 688-2660
S. San Francisco	(650) 742-7272
San Francisco	(415) 292-5030
Stockton	(209) 476-2033
Vacaville	(707) 453-5255
Vallejo	(707) 651-1050
Walnut Creek	(925) 295-4145

The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind.

William James, Psychologist



KAISER PERMANENTE®

Kaiser San Rafael

Adolescent & Family

**Chemical
Dependency
Recovery Programs
(415) 444-3531**

INTERNET SITE:

[http://www.permanente.net/homepage/
kaiser/pages/d2232-top.html](http://www.permanente.net/homepage/kaiser/pages/d2232-top.html)

The Kaiser Outpatient Substance Abuse Treatment Programs offer:

- An opportunity for Teens & their families to come together to learn about substance abuse and chemical dependency.
- Tools to help Teens learn the value of a drug-free life.
- A place where families can begin to heal and learn to live with joy again.

WARNING SIGNS

School:

- * Attendance
- * Academic achievement and motivation
- * Involvement in extracurricular activities

Family Life:

- * Increased conflict
- * Curfew problems
- * Isolation from family
- * Excessive secretiveness

Social Life:

- * New friends or isolation from peers
- * Strange phone calls
- * New activities
- * Sports & hobbies discontinued

Legal Problems:

- * DUI arrest
- * Shoplifting
- * Possession of substances
- * Public drunkenness
- * Use of substances at school
- * Juvenile Probation

Emotional/

Physical Health:

- * Temper outbursts
- * Mood Swings
- * Weight changes
- * Sleep habits change
- * Hygiene neglected
- * Depression
- * Memory problems

PARENTS:

Do you ever feel like you are losing control as a parent, or that your home life revolves around problems with your teen?

Do you find yourself pre-occupied with worries about your teenager?

Do discussions with your teen often end in angry arguments?

Do you find yourself making excuses for your teen's behavior rescuing him/her from consequences?

Parents can learn the difference between parenting and enabling. Teens with an alcohol or drug abuse problem need treatment to recover and retain control of their lives. When families participate in treatment the process of Recovery is begun.

TEENS:

Do you ever feel that drugs and alcohol have taken control of you? Do you think you may not have a choice anymore?

Are alcohol/drugs interfering with what you really want for yourself?

Is it difficult to concentrate on other areas of your life because of a preoccupation with drugs/alcohol?

Have family, friends or others suggested that 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 works! Because our program is outpatient, you can continue to live at home, attend school, and/or continue your job.

Kaiser San Rafael Adolescent & Family Chemical Dependency Recovery Services:

- ◆ Assessments
- ◆ Chemical Dependency Education
- ◆ Random Drug Screens
- ◆ Family Therapy
- ◆ Teen Group Therapy
- ◆ Parent Group Therapy
- ◆ Multi-Family Groups
- ◆ Relapse Prevention Support
- ◆ Residential & Aftercare Programs
- ◆ Self-Help Group Involvement

* Depending on resources, services may vary between different Kaiser Adolescent Drug and Alcohol Treatment Programs. Please contact the treatment program nearest to you for details of their services.