

Alcohol and Other Drugs (AOD) Program

A Growing Need

The AOD program provides intensive treatment consisting of individual counseling, group counseling, case management & crisis intervention for children who are residents in our treatment center.

Clients are usually referred to AOD services at intake. At times, a client is referred into AOD services through the clinical team at CCH.

Adolescents with a mental health issue are more likely to use drugs or alcohol than those without a mental illness. Similarly, adolescents with a substance use disorder are more likely to also have a mood, anxiety, or behavior disorder.

Diagnostic Assessment

The treatment of adolescents with co-occurring disorders is a more difficult task than treatment that is focused on a single disorder and symptoms are more severe than those caused singularly by either disorder.

The diagnostic assessment of children with co-occurring disorders must identify and differentiate the distinct symptoms resulting from each disorder. Treatment must address the substance use and mental health disorders simultaneously to be effective.

Abstinence-Based Model of Recovery

Currently our AOD program uses an abstinence-based model of recovery. Recovery is a continuous step by step process that involves the client focusing on specific areas that need improvement, building success in these areas, and then moving into other areas of need.



Our Program

Mental Health and AOD therapists work cooperatively to develop a coherent treatment plan. They communicate often to ensure consistency of treatment and clinical case reviews are held regularly.

The AOD therapist utilizes motivational interviewing to help clients move through the stages of change.

As clients progress, they identify sober supports in the community, identify relapse triggers and develop plans around these, and gain skills to remain sober in the community after discharge.