

## Residential Recovery Program for Adolescents

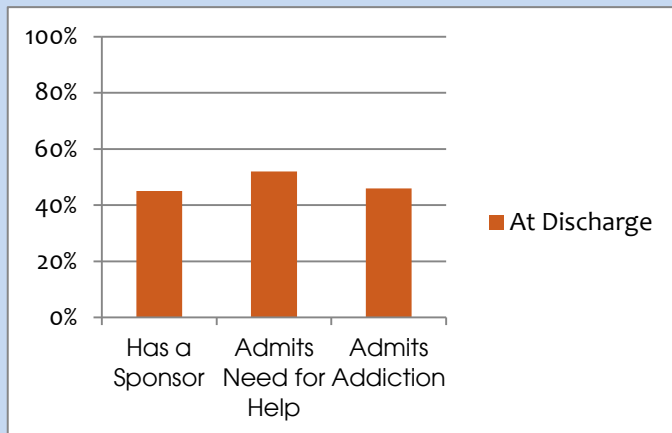
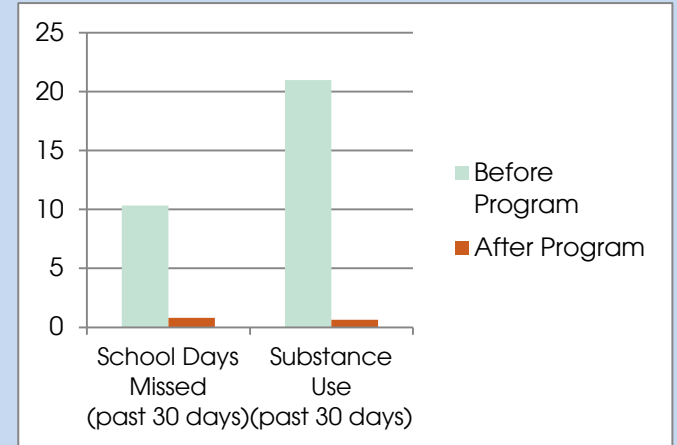
Advent's short-term (three month) Residential Recovery Program provides adolescents with substance use and mental health issues a structured environment in which to seek recovery while providing them with the tools they need to live a clean and sober life. This program is certified as a Substance Use Disorder Program by the Department of Healthcare Services and is also licensed as a group home by the State of California Department of Social Services, Community Care Licensing, Level 12. This report provides a brief synopsis of the youth served in Advent's short-term Residential Recovery Program during 2014 and the results of their participation in the program.

**Participants:** In 2014, Advent's program served 112 clients, ages 15-20 years, with an average age of 17.5 years. Participants were 72% male and 28% female, 63% Hispanic/Latino, 17% Caucasian, 10% African-American, 5% Asian, and 5% other. 50% were referred by the Department of Alcohol and Drug Services, 36% by the Juvenile Probation Department, 11% by the Department of Social Services, 2% from Kaiser and 1% by a parent. 41% had been in other group home placements prior to coming to Advent. **The average age of first substance use was 11 years.** The primary drug of choice was **marijuana (63%)**, followed by **methamphetamine (23%)**

**Challenges:** Common among participants is a history of learning and/or behavioral problems, mental health issues, gang involvement, and legal entanglements. Most come from families who are dependent on welfare. **A full 100% have a history of drug and alcohol use**, often as a response to trauma such as abuse or neglect. The majority of clients come from split families and families with substance abuse issues. These challenges significantly complicate a successful transition to adulthood.

One of the most difficult challenges in working with this population is that most of the clients enter treatment involuntarily, or as an alternative to juvenile hall, and are not yet self-motivated to stop using. Giving these clients the education, tools and resources they need to find recovery when they are ready is an important part of the program.

**Results:** As a result of participating in the program, there was a **92% increase in school attendance** and a **97% decrease in substance use**. The average length of stay was 2.5 months. At discharge, 45% had an AA/NA sponsor, 52% admitted their need for help/support in their recovery, and 46% admitted they have an addiction.



**Model and Approach:** Advent's specialty is working with addicted teens who are often dually-diagnosed with mental health and/or trauma-related issues that exacerbate their substance use. Advent's Residential Recovery Program is specifically designed for adolescents using evidence-based and client-centered curricula and practices. Advent also incorporates a 12-step component into the program, as AA/NA programs are a widely-accessible community resource for the youth.

Advent approaches the treatment of substance use disorders with the understanding that addiction is a chronic, often relapsing problem that causes harmful physiological, cognitive and developmental impairments if left untreated. While sobriety is the hoped-for goal, reduction in use and/or relapse is often a part of the recovery process. While we may not always see the end result of a client's path to recovery, we know that we have given them the tools they need to reclaim their hope for a better future, realize their potential and restore their lives.