

## TWENTY QUESTIONS FOR TEENS

1. Do you lose time from school due to drinking or drugging?
2. Do you drink or use drugs to feel more comfortable?
3. Do you drink or use drugs to build self-confidence?
4. Do you drink or use drugs alone?
5. Is drinking or drugging affecting your reputation?
6. Do you drink or use drugs to escape from study or home worries?
7. Do you feel guilty or burned out after drinking or drugging?
8. Does it bother you if someone says you drink or use drugs too much?
9. Do you feel more at ease on a date when drinking or drugging?
10. Have you gotten into trouble at home because of your drinking or drugging?
11. Do you borrow money or "do without" other things to buy alcohol or drugs?
12. Do you feel a sense of power when you drink or use drugs?
13. Have you lost friends since you started drinking and drugging?
14. Do your friends drink less or use drugs less than you do?
15. Have you started hanging out with a heavy-drinking or drugging crowd?
16. Do you use alcohol or drugs until they are all gone?
17. Do you ever wake up and wonder what happened the night before?
18. Have ever been busted or hospitalized due to drinking or drugging?
19. Do you tune out any information regarding alcohol or drug abuse?
20. Do you think you have a problem with alcohol or drugs?

***If you answer yes to any of these questions, you might have a problem with alcohol and/or drugs.***

### Mission Statement

The Council is dedicated to promoting community and family enrichment through substance abuse education, prevention, intervention and treatment.

### SIGNIFICANCE OF THE PROBLEM

Substance abuse knows no racial, age, socioeconomic or gender boundaries. The consequences and costs impact our homes, communities, and wallets.

Alcohol and drugs are directly connected to poor school performance, high drop-out rates, automobile accidents, family violence, poor mental health, lost of job productivity and higher insurance costs.

### OFFICE LOCATION:

1901 Dutton Drive, Suite E  
San Marcos, Texas 78666  
(512) 396-7695  
(512) 396-7633 fax  
(800) 733-1214

E-mail: [info@hayscaldwellcouncil.org](mailto:info@hayscaldwellcouncil.org)  
[www.hayscaldwellcouncil.org](http://www.hayscaldwellcouncil.org)

The Council is funded by the Department of State Health Services, Hays and Caldwell Counties, the City of San Marcos and The United Way, as well as civic and corporate donations.



**HAYS CALDWELL COUNCIL**  
— ON ALCOHOL & DRUG ABUSE —



# Project HOPE

An Adolescent Outpatient Treatment Program  
with  
Family Support

*"Of all the four-letter words we hear every day;  
**HOPE** is the one we need to hear the most."*

## THE ADOLESCENT OUTPATIENT TREATMENT PROGRAM

### **Our Program Philosophy:**

This program is designed for adolescents ages 12–17 and their families who have a problem with alcohol and/or drugs. The goal is to help teens develop and practice “Real Life Skills” that can improve their understanding of the negative impact of their drug use and motivate them to decrease use. The methods used are Motivational Enhancement and Cognitive Behavioral Therapy.

### Adolescent Group Sessions

**Individual Session 1** Motivation building.

**Individual Session 2** Goal setting & Prep for Group.

**Group 1** Drugs and Refusal skills.

**Group 2** Social support & Healthy Activities.

**Group 3** Planning for high risk situations & coping with relapse.

**Group 4** Problem solving.

**Group 5** Anger awareness.

**Group 6** Anger management.

**Group 7** Effective communication.

**Group 8** Speakers’ Night

**Group 9** Coping with cravings and urges.

**Group 10** Managing negative moods.

**Group 11** Managing thoughts about using.

## GROUP PROGRAM SCHEDULE

**Mondays (Spanish) 6:00-7:30pm**

**Wednesdays 6:30-8:00pm**

- ◆ 5 scheduled Individual Sessions
- ◆ 11 Adolescent Group Sessions
- ◆ 6 Parent Education Group Sessions
- ◆ 4 scheduled Home Visit Family Sessions

### FEE SCHEDULE

An individual’s treatment can be funded in one of four ways:

1. Texas Department of State Health Services offers funding for families who meet income eligibility.
2. Medicaid for individuals 21 years of age and under.
3. Self-paying.
4. Juvenile Probation funded.

Most services are free of charge, while others are based upon a sliding scale fee structure. No one will be denied the services due to the inability to pay.  
**All services are kept strictly confidential.**

### COUNCIL SERVICES

The Hays Caldwell Council on Alcohol & Drug Abuse is a private, non-profit social service agency. In addition to the Adolescent Outpatient Treatment Program, the Council provides the following services:

- ◆ Screening and Referral
- ◆ Follow-up
- ◆ School and Community programs
- ◆ Information and Education services
- ◆ Adult Intensive Outpatient Treatment Program
- ◆ Offender Education Classes:
  - Minor in Possession (MIP)
  - Minor in Possession of Tobacco (MIT)
  - Nature of Marijuana (NOM)
- ◆ Community Mobilization

## THE FAMILY SUPPORT NETWORK

Addiction is a family disease. The Family Support Network (FSN) includes families in the treatment process, improves parents’ ability to support their child’s recovery and provides a hopeful place for parents and family members.

### Parent Education Group Sessions

**Session 1** Introduction to Adolescent Development and Functional Families.

**Session 2** Drugs and Adolescents.

**Session 3** Relapse Signs and Recovery.

**Session 4** Boundaries, Limits, Authority, and Discipline.

**Session 5** Communication, Conflict Resolution, and Fighting Fair.

**Session 6** The Family Context.

### Home Visit Family Sessions

**First Family Visit:** Family Treatment Goals.

**Second Family Visit:** Family Rules, Fair Fighting, and Conflict Resolution.

**Third Family Visit:** Problem Solving & Improving Communication.

**Fourth Family Visit:** Family specific issues.

### Case Management Services

We work with families to meet other needs they may have that could keep them from participating in the program. Resources are available to encourage active involvement in Project HOPE. Let us know how we can help.