

## Treatment Programs

### **Criminal Conduct and Substance Abuse Treatment for Adolescents - Pathways to Self-Discovery and Change**

This is the Colorado Alcohol and Drug Abuse Division (ADAD) approved curriculum, which is used for SEAR groups. Developed by Dr. Harvey Milkman and Dr. Kenneth Wanberg specifically for the treatment of teens who have substance abuse issues and criminal conduct.

### **Adolescent Recovery Plan, published by Hazelden**

Residents work through this recovery program while they are in treatment (exercises 1-15). It provides a cognitive and experiential approach to recovery based on four phases of growth: accepting responsibility, deciding to make changes, making important changes, and preventing relapse.

### **Relapse Prevention**

This plan includes participation in off-campus 12-step meetings, finding a sponsor and working on the steps, and identifying a healthy support system (individual therapy, family therapy, meetings in area, etc.).

## Assessment for Treatment

Within the first 10 days of admittance to El Pueblo the treatment team will assess each resident for addictive behaviors. Those residents who are identified as having a substance abuse problem or who have been admitted with a current DSM-IV-TR substance related diagnosis will automatically be referred to SEAR treatment groups. All residents will be further assessed for a better understanding of their problems surrounding addiction, as well as to provide insight into the resident's motivation and readiness to make use of the provided treatment using the *Adolescent Self Assessment Profile*.

**Any resident that may be intoxicated during his/her stay at El Pueblo will be sent for medical care and/or detoxification. Any residents under suspicion will be tested.**

El Pueblo has on staff two CAC III Therapists and an LAC.

El Pueblo makes available Narcotics Anonymous, Alcoholics Anonymous, and other 12-step meetings on- and off-campus. The philosophy is that these groups prepare residents for re-entering the "real world" and teach them how to find and maintain a support system. It reinforces regular attendance, which has been shown to decrease relapse.

Residents also receive HIV/STD health education as part of the SEAR Curriculum.

**For More Information:  
(719) 544-7496**

## What Is The Purpose of The SEAR Program

### **Philosophy:**

*El Pueblo's Substance Education and Addiction Recovery (SEAR) Program believes that to appropriately treat adolescents' addictive behavior, it is crucial to understand their impact on the adolescent. Adolescence is a period of transition and development, and having knowledge of adolescents' developmental stages is significant for proper treatment. Because youth are marked by substantial and rapid development in every respect - physical, psychological, social, emotional and cognitive, it stands to reason the effects of addiction are swift and far reaching. In addition, El Pueblo faces the challenge of working with dually diagnosed teens along with those whom have been severely traumatized. With this understanding, SEAR is wide-ranging and includes relapse prevention.*

### **CORE VALUES**

**Integrity**

**Respect**

**Trust**

**Compassion**

**Accountability**

**Selfless Service**

**Fun**



## Substance Education and Addiction Recovery

*A Center of Excellence  
in Residential Treatment*

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# Interventions and Performance Program for Youth

## Length of Treatment

**Misuse of Substances** - The resident has not abused or become dependent on substances or behavior, however he/she has been ticketed or caught using in a public setting and/or on school property. The resident has never passed out or blacked out from the misuse, nor is there a family history of substance abuse. The length of treatment for this category is 3 months or 12 hours in SEAR group.

**Substance Abuse** - The resident has gone beyond the “normal” teenage experimentation stage and is now abusing substances and/or behavior each time he/she uses. He/she may or may not have been in trouble with the law at this stage, but has likely either blacked out or passed out from excessive use. Daily functioning may or may not be compromised. School, job, family, and extracurricular activities may be suffering. Experimentation with different substances is beginning and a drug/behavior of choice is evident. The length of treatment is 6 months or 24 hours in SEAR group, along with weekly attendance at a 12-step meeting for the duration of his/her stay at El Pueblo.

**Substance Dependence** - The resident is likely in treatment primarily for his/her dependence or as a result of offending under the influence. Passing out, blacking out, intoxication, withdrawals, and cravings are signs and symptoms of dependence. Daily functioning in all areas is usually compromised. The length of treatment for this category is 9 months or 36 hours in SEAR group at a minimum, and will likely last the duration of his/her stay at El Pueblo. Additionally, the resident will attend weekly 12-step groups.

## Performance Standard I Orientation / Evaluation

**Objective:** Complete assignments and prepare for change by understanding resistance and becoming honest.

- SEAR assessment and screening by treatment team within 10 days of admission
- Referral to SEAR treatment group
- Attend treatment group on time
- Learn group rules and sign participation agreement
- *Getting Honest*, Exercise One
- *The Cost of Drug Use*, Exercise Two
- Step One

## Performance Standard II Skill Development

**Objective:** Recognize the unmanageability of the situation and begin to acknowledge problem areas, accepting responsibility and developing new skills.

- Regularly attend weekly SEAR groups
- *The Facts About Drugs*, Exercise Three
- *The Disease of Addiction*, Exercise Four
- *Upward Pathways*, Exercise Five
- *Learning to Trust Again*, Exercise Six
- Skill Development:
  - Identify Thinking errors
  - Identify Triggers
  - Nutrition and Exercise
  - Relaxation
  - Serenity Prayer
- Step Two
- Step Three

## Performance Standard III Self Development

**Objective:** Discover self to identify strengths and weaknesses.

- Regularly attend weekly SEAR group
- Regularly attend 12 step-group
- *I'm Not Perfect*, Exercise Seven
- *Rediscovering Me*, Exercise Eight
- *Getting the Stink Out of My Think*, Exercise Nine
- *Getting Real About How I Feel*, Exercise Ten
- Skill development:
  - Anger Management
  - Problem Solving
  - Communication
  - Spirituality / My Higher Power
- Step Four

## Performance Standard IV Social Application

**Objective:** Examine the affects of substance abuse on interpersonal relationships and learn how to create healthy interactions.

- Regularly attend weekly SEAR groups
- Regularly attend 12-step group
- *Successful Relationships*, Exercise Eleven
- *Family Relationships*, Exercise Twelve
- *Miracle of Forgiveness*, Exercise Thirteen
- Skill Development:
  - Family Roles
  - Understanding Co-dependency
- Step Five
- Begin to lead 12-step meetings

## Performance Standard V Leadership

**Objective:** Take a leadership role in the SEAR program by leading 12-step group and assisting other residents in their sobriety.

- Regularly attend weekly SEAR groups
- Regularly attend weekly 12-step group
- *Bridging the Gulf of Relapse*, Exercise Fourteen
- *My Plan Against Relapse*, Exercise Fifteen
- Sign contract for home/community visits and/or public school attendance
- Relapse prevention plan is in place
- Identify community resources and aftercare
- Find a sponsor and support system
- Family therapy
- Sobriety Slogans

## Adjunct Programs

### Narcotics Anonymous/Alcoholics Anonymous

Residents will attend a 12-step meeting at least once weekly. The central features of a 12-step program include: admitting powerlessness over a substance or behavior, reliance on a “Higher Power” (*God as we understand Him*), no requirements for membership except a desire to stop behavior, anonymity, fellowship, abstinence as a goal, and helping other people in recovery.

### N-O-T Smoking Cessation Groups

## MISSION STATEMENT

El Pueblo...an Adolescent Treatment Community is a private, non-profit organization serving the needs of at-risk youth and their families. By creating an environment of safety and loving care, youth and their families learn the skills they need to become productive members of the community.