

Jefferson Trail Treatment Center for Children

2101 ARLINGTON BLVD, CHARLOTTESVILLE VA 22903

877.279.4394

WWW.JEFFERSONTRAIL.COM



Substance Abuse Treatment Services



Six Week Target with Option for Extended Stay

WEEK ONE. Orientation to program and assessment: SASSI, ecomaps, sociograms, genograms, dual diagnosis evaluation.

WEEK TWO. Psycho education: causes, psychological and physiological components of addictions; denial.

WEEK THREE. The addiction cycle: triggers; precipitating events; how to interrupt the cycle.

WEEK FOUR. Motivation and recovery: types of motivation, catalysts for change, stages of change; based upon Prochaska, DeClemente & Norcross model.

WEEK FIVE. Relapse prevention: define relapse, Marlatt's cognitive/behavioral methods, managing emotions, treatment of dual diagnosis disorders.

WEEK SIX. Family and community in relapse prevention: Gorski CENAPS model of relapse prevention, AA/NA 12-step methods, social factors, restructuring relationships, accountability.

Combined child-family support groups AND family-only support groups meet throughout program. AA/NA mentor pairing to aid in transition.

**SAFE, SECURE
PROGRAM FOR
BOYS 13-17**

*IQ 55 or above,
medically stable,
behavioral symptoms
interfering with age-
appropriate function,
not actively suicidal,
homicidal, psychotic.*

*24/7 Nursing Staff
Psychiatric Care*

- Administered by Licensed/Certified Substance/Alcohol Abuse Counselor
- Mental Health Technicians Receive Special Training
- Family Support Group for Family Members
- AA/NA Community Involvement Both In and Out of Care
- Evidence-Based Model of Treatment

Rate: \$550/day

Occupancy: 8

Forging New Paths for Children and Families!