

INTENSIVE TREATMENT IN CALGARY AND EDMONTON

Intensive treatment helps teens whose lives are severely affected by problems with alcohol, other drugs or gambling. It is a day program lasting approximately 12 weeks. After the program, clients return for individual counselling appointments as needed.

- Young clients attend individual counselling and group counselling.
- Outdoor activities help teens learn new skills.
- An onsite school is an important part of the treatment day.
- Family counselling and support is available for parents.
- For clients who need the extra support, we will provide homes in which a trained adult offers 24-hour supervision and structured activities linked to the treatment day.
- Young clients practise new life skills learned daily in their program when they return to their families or to the residential support home in the evenings and on weekends.
- AADAC prepares clients to maintain success after they leave the program, with our help or with the help of community organizations.

Making a difference in people's lives by assisting Albertans to achieve freedom from the harmful effects of alcohol, other drugs and gambling.

CAN WE HELP YOU?

AADAC continually looks at its information, prevention and treatment programs to keep them up to date and effective. AADAC Youth Services supports youth and their families with a wide range of information, prevention and treatment services across the province.

If we can help you, or someone you know, call your local AADAC office or call our toll-free line at

1-866-33AADAC

(1-866-332-2322)

24-hour free and confidential help

More information about AADAC and about alcohol, other drugs and gambling at
www.aadac.com

AADAC

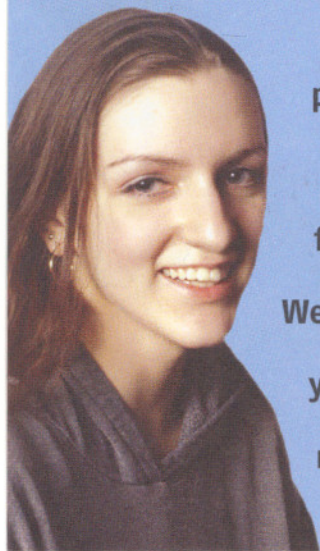
Alberta Alcohol and Drug Abuse Commission
An Agency of the Government of Alberta



**AADAC
Services
for Youth**

get into it!

AADAC



AADAC has been preventing and treating addiction in Alberta for more than 50 years. We've learned to listen to youth. We've learned to respond to their needs.

People turn to alcohol, other drugs or gambling for a variety of reasons. These substances and activities may provide excitement, overcome boredom, or give acceptance and a group of friends. For people who have been hurt (physically or emotionally), substances may numb the pain, at least in the beginning, and gambling may distract them from it. Unfortunately, some people become dependent because they have

few other ways of dealing with problems. Compulsive use of alcohol, other drugs or gambling causes new and more serious problems.

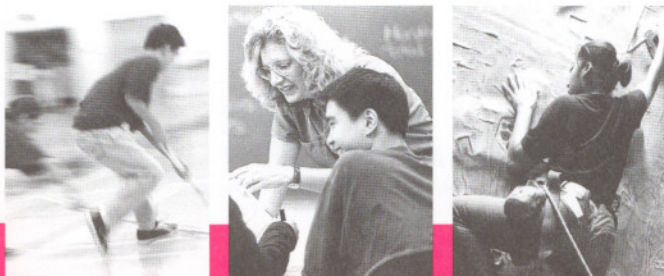
AADAC's approach to information, prevention and treatment services is based on the belief that if you give people healthy ways of meeting normal needs, they are less likely to choose harmful ways of coping.

AADAC Youth Services

AADAC offices across Alberta offer information, prevention and treatment services for youth, and we have intensive treatment programs in Edmonton and Calgary. Our services for children, youth and their families are free and confidential.

INFORMATION AND PREVENTION

- We **work with communities** so that we can respond to their particular needs.
- We help to **build strong communities** so that young people have support from community organizations and individual adults, access to healthy activities, and a chance to contribute.
- We **inform and educate** Albertans about addiction generally, and about gambling and alcohol and other drugs specifically.
- We **work with youth themselves**, and with the counsellors, teachers, coaches, probation officers, youth workers, clergy **and** other **interested adults** who are in contact with youth.



TREATMENT

Some teens need counselling only; others need more intensive support. AADAC offers different levels of treatment to meet these varying needs. Across Alberta (see map at right), AADAC's area offices provide a range of services:

- individual and group counselling
- family counselling
- referral to 12-step programs such as Alcoholics Anonymous and Narcotics Anonymous
- information
- referral to intensive treatment or community-based programs

In addition to these services, our youth centres in Calgary and Edmonton offer intensive treatment with residential support.

