





Adolescent Outpatient Services

Crossroads' offers outpatient services for adolescents ages 12-21 and their families. This treatment option allows the clients to continue to work or attend school while receiving addiction treatment.

Outpatient services range in levels of intensity and frequency, depending on the individual needs of the clients.

-  **Traditional Outpatient Services:** 1-8 hours per week for a minimum of 16 weeks
-  **Intensive Outpatient Services:** 9-16 hours per week over 4-6 weeks

Adolescent services include the following:



The program focuses on teen-specific substance abuse issues


Crossroads' Turning Points, Inc.
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Outpatient and Intensive Outpatient Services

Crossroads' believes in treating the whole person, not just their addiction. To be effective, treatment addresses psychological, social, and vocational needs, on an individualized basis for each client.

Outpatient services range in levels of intensity and frequency, depending on the individual needs of the clients.

 **Traditional Outpatient Services:** 1-3 hours per week for a minimum of 12 weeks

 **Intensive Outpatient Services:** 9-16 hours per week over 4-6 weeks

Outpatient services include the following:

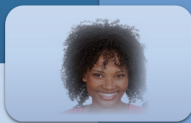
Co-Occurring Treatment

(Substance abuse & mental health integrated treatment)

- Coping with crisis
- Effects on physical health
- Maintaining recovery

Seeking Safety

- Build healthy relationships
- Coping with triggers
- Promote healthy lifestyle



Anger Management

- 12-week program
- Improve communication skills

Living in Balance

- Coping skills
- Relapse prevention
- Practical living skills

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