



# Timber Ridge School intensifies Substance Abuse Treatment Program

Frequently, substance abuse is a dual diagnosis for the population of students served at Timber Ridge School. In conjunction with our consulting psychiatrist our Clinical department works with our students to meet their unique psychological and medical needs. This highly tenured Clinical team has developed a comprehensive curriculum (TRS S.A. Treatment Workbook) as the cornerstone for working with our parents and students having substance abuse issues.

## **Assessment & Treatment**

Timber Ridge School has a collection of assessment techniques, both standardized and informal, available to evaluate substance abuse treatment needs. Based upon a student's individual assessment battery, measurable treatment goals and objectives are created. Treatment includes the following:

- Customized Individual & Group therapy sessions (using the workbook)
- Family therapy & Parent-to-Parent training
- 12 Step Self-Help model exposure

## **Treatment Goals**

Our goal is to help students to:

- |   |   |
|---|---|
| <input type="checkbox"/> Understand motivations for using     | <input type="checkbox"/> Learn how to get needs met responsibly   |
| <input type="checkbox"/> Identify triggers                    | <input type="checkbox"/> Learn how to have healthy fun            |
| <input type="checkbox"/> Improve refusal skills               | <input type="checkbox"/> Develop relapse prevention habits        |
| <input type="checkbox"/> Improve healthy self-confidence      | <input type="checkbox"/> Correct distorted and defensive thinking |
| <input type="checkbox"/> Learn how relationships are impacted | <input type="checkbox"/> Manage emotions without substances       |

## **Student & Parent Curriculum**

Our professional trained staff utilize a specific curriculum, *Daniel Memorial Life Skills Training*, to augment our own curriculum to teach about the harmful effects of alcohol, drugs, and tobacco. Since parents are critical in stopping substance abuse, all parents are involved in group sessions devoted to developing monitoring skills and attitudes needed to help their son remain safe and drug-free. *Parent to Parent Training* curriculum is used for these sessions.

## **Treatment Effectiveness**

Through follow-up contact with former students and their parents or agency workers, Timber Ridge School has discovered that after 6 months following discharge, 90% of our students are not using at all, and after 2 years 78% are still not using. Timber Ridge School is most effective with mild to moderately severe substance abuse problems.

**What questions do you have? Contact Timber Ridge School today . . .**

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