



Crossroads Counseling, Inc.

## Community-Based Drug and Alcohol Program

Crossroads Counseling, Inc is now offering a community-based drug and alcohol program for adolescents ages 10 through 18 with challenges related to addiction that impact behavioral functioning, education, communication, and family relationships. The program is person-centered, family focused, and emphasizes implementation of evidence-based treatment in the adolescent's home, community, and school.

This program is designed by a treatment team that may include: psychiatrist, psychologist, case manager, probation officer, children and youth caseworker, clinical supervisor, drug and alcohol therapist, parents, siblings, and the adolescent. The clinical supervisor and drug and alcohol therapist take a team-based approach to treating addiction in the least-restrictive environment. The team will offer adolescents and their families with the following services:

- Individual and family therapy
- Case coordination
- Family support services

- Parent education
- Crisis intervention

Due to the nature of the services provided, Crossroads Counseling, Inc. is limiting the number of families served to 8, in order to ensure the delivery of quality services.

During treatment, the adolescent and family can expect:

- To participate in weekly therapy sessions for 3-6 months
- To receive support and guidance on the road to recovery
- To develop an aftercare plan designed for continued sobriety
- To develop alternative ways to managing stress and frustration
- To receive services from caring professionals who are able to address co-occurring conditions, such as anxiety, depression, and PTSD
- To receive education on the disease of addiction, improved relationships, life skills, coping skills, and relapse prevention

Our mission is to provide substance abusers and their families with community-based addiction treatment and innovative strategies designed to awaken a desire and commitment to change, which will create a sense of hope and healing in our community by reaching one person at a time.

Family members, adolescents, case managers, social workers, care coordinators, physicians, and school staff members are invited to call our State College office (814.231.0940) for more information or to make a referral. A variety of payment plans including Pennsylvania Medical Assistance are accepted.