

# ZUMBRO VALLEY HEALTH CENTER



*Restoring Hope...  
One Life at a Time*

**STEPS TO  
ADOLESCENT  
RECOVERY  
(STAR)**



Identifying issues and intervening early on is critical for the treatment of alcohol or drug use. These substances can have a lasting effect on brain development and interfere with teens' school performance, peer relationships, family life and sports activities. In fact, most adults that develop a substance use disorder report having used alcohol or drugs in adolescence.

Teens struggling with substance use and addiction require specialized treatment and counselors who understand their unique needs. Through our Steps to Adolescent Recovery (STAR) program, adolescents receive treatment from expert counselors and learn healthy life-skills to help overcome conditions ranging from addiction to isolated instances of use. This program is specially designed for teens and tailored to their unique needs by providing the attention they require to achieve their recovery goals.

We believe that successful treatment is provided through an evidence-based approach that addresses the entire person. This begins with a certified drug counselor building a relationship with the adolescent to address his or her developmental needs and collaborating to create an individualized treatment plan. Key to treatment is encouraging the discovery of the strengths necessary to achieve their personal goals, having family members connect with each other in the treatment process and teaching youth the strategies to support long-term recovery.

Research shows the younger an adolescent begins abusing drugs or alcohol, the more likely they are to become dependent on these substances. STAR staff utilize motivational approaches to engage and educate youth on developing behaviors to support positive decision-making regarding illicit drugs and alcohol use. The team – along with the adolescent – includes their existing support systems of family, educators and other community providers. High-risk behaviors, which may include a suicide risk evaluation, will be addressed.

Our evidence-based program focuses on working closely with adolescents to:

- Identify situations where drugs and alcohol were used to cope with life's problems, and in understanding that using substances to cope with or solve problems does not work
- Develop new, more effective problem-solving strategies
- Encourage and motivate each program participant to achieve and sustain a healthy lifestyle
- Help in recognizing and acknowledging the existence of destructive behaviors and mental health issues in their lives and the impact these have on their future
- Involve family and significant others in the rehabilitation process
- Create a treatment plan based around each participant's unique needs and treatment goals





The STAR program offers a safe, supportive setting for adolescents (ages 13-17) that is free of judgment and criticism. Youth and their parents, which includes birth parent, foster parent, step-parent, adoptive parent, guardian or other supporting community member/s, are welcome and expected to attend an interactive group discussion once a month for four hours. Graduation from the program is based on participants' progress with the curriculum.

Groups are held Tuesdays and Thursdays from 4:00 pm to 6:00 pm over a 12-week period. The accompanying family group described above is provided on the third Saturday of each month.



### *Drug Use Statistics*

- Almost 50% of high school seniors have abused a drug of some kind
- Over 40% of high school seniors have used marijuana, and nearly 70% don't view smoking marijuana as harmful
- More than 70% of high school seniors have used alcohol
- Teens that drink are 50 times more likely to use cocaine than teens who never consume alcohol
- 64% of teenagers said they've used prescription painkillers they got from a friend or family member
- Teenagers whose parents talk to them on a regular basis about the dangers of drug use are 42% less likely to use drugs than those whose parents don't

### *Warning Signs of Drug Use*

- Changes in mood or attitude
- Paranoia, irritability, anxiety, fidgeting
- Significant weight loss or gain
- Decline in school performance
- Loss of interest in hobbies or activities
- Abandonment of long-time peer group
- Increased tardiness or absence

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## Other Programs

### Chemical Health Services

- ***Connections and Referral Unit*** – secure, 24-hour detoxification program that provides short-term (up to 72 hours) help to adults and adolescents under the influence of alcohol or other substances
- ***Recovery programs*** – series of outpatient treatment programs designed to help adults overcome their dependence on alcohol and/or other chemicals

### Children's Programs

- ***Children's Therapeutic Support Services*** – mental health services for children and adolescents with emotional disturbances that teach them the necessary skills to properly function at school, home and within the community
- ***School-Linked Mental Health Services*** – program that provides on-site mental health services to students who would otherwise be unlikely to access these services in the community
- ***Youth Behavioral Health*** – innovative program that provides case management and in-home services for families with children experiencing severe emotional disturbances. The program also offers an Early Intervention service working with Head Start children and families at risk for developing emotional disturbances

### Crisis

- ***Crisis Response*** – program that provides access to phone-based counseling 24/7 and mobile team support for people experiencing a mental health crisis or emergency. Call toll-free at 1-844-274-7472

### Outpatient Mental Health Services

- ***Counseling and Therapy*** – range of psychological services designed to help children, adolescents and adults to identify mental health issues and to develop strategies to manage them. The multi-specialty team of behavioral health specialists utilize a client-centered approach that includes testing, evaluation and therapy in both individual and group settings
- ***Psychiatry*** – a multi-disciplinary team of psychiatrists, nurse practitioners and registered nurses that offers comprehensive testing and medication management services

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