

# ASAP

Newsletter of the Adolescent Substance Abuse Program  
Outpatient Substance Abuse Treatment for adolescents and their Families: (602) 953-2727



Volume number 5

Check out ASAP online at <http://www.asapaz.com>

## Resources . . . . .

\* **The Adolescent Substance Abuse Program has five outpatient treatment sites to cover the entire Phoenix metropolitan area.** Substance abuse among youth remains at critically high levels across all Phoenix-area communities. Teens themselves consistently identify “drug use” in confidential questionnaires as the #1 problem they face in high school. In response to numerous requests from insurance companies, schools, and parents, the Adolescent Substance Abuse Program has established five outpatient treatment sites to cover the entire Phoenix metropolitan area:

- 1 **ASAP Main** (mailing address for all sites)  
4222 E. Camelback #230H, Phoenix, AZ 85018
- 2 **ASAP East Valley**  
2530 S. Alma School Road, Mesa, AZ 85202
- 3 **ASAP North Valley/Scottsdale**  
3839 E. Shea Boulevard, Phoenix, AZ 85028
- 4 **ASAP West Valley**  
5702 N. 35<sup>th</sup> Avenue, Phoenix, AZ 85019
- 5 **ASAP Far West Valley**  
6153 W. Olive Avenue, Glendale, AZ 85302

 One single phone number for all sites makes it easy to communicate with ASAP. To make a referral to ASAP, or for more information, call our Intake Coordinator, Sue Yoder, at (602) 953-2727 

## Research . . . . .

\* **NIDA, the National Institute for Drug Abuse**, provides the best summaries of the research evaluating the effectiveness of drug abuse counseling. We encourage readers to go to the NIDA website at [www.drugabuse.gov](http://www.drugabuse.gov), or contact the National Clearinghouse for Alcohol and Drug Abuse Information, PO Box 2345, Rockville, MD 20847, phone 1-800-729-6686. We especially recommend NIDA’s comprehensive new summary of 30 years of research entitled *Principles of Drug Addiction Treatment: A Research-Based Guide*. This document nicely summarizes, in laymen’s terms, what we have learned to date about drug abuse and effective drug abuse counseling.

## Unique Features . . . . .

\* **The ASAP Program distinguishes itself with the following unique features:**

4 Only interventions proven by research and clinical experience are utilized. Only this “best practices” focus yields consistent therapeutic success. ASAP has constructed the 400-page ASAP Curriculum of diverse, empirically proven therapeutic interventions that we use to treat teens and families experiencing an incredibly broad array of challenges to sobriety and personal problems.

4 Random and for-cause urinalysis is utilized throughout the Program to assess abstinence and honesty and to combat denial.

4 Family participation is mandated in the ASAP Program. Teens attend three evenings per week for 10 weeks, and parents are required to attend one of those evenings each week (Mondays) in MultiFamily Therapy. No meaningful and lasting changes are possible in the “real world” without the family receiving the help necessary to re-establish healthy bonds, communication, and limits.

4 ASAP clients and families are referred to counselors in their communities to monitor sobriety after graduation from the ASAP Program. Providers who work with youth are invited to call ASAP at (602) 953-2727 to join the ASAP Provider Network. ASAP also contracts with many schools and school districts to provide counseling and consultation services. Interested educators are also invited to contact ASAP to investigate how we might help.

## We have learned that . . . . .

\* **Group therapy is the treatment of choice for young substance abusers.** The power of positive peer pressure in group therapy is unmatched as a change agent with teens. Individual therapy is rarely successful, given youth’s ability to hide and minimize drug use. Years of research and clinical experience indicate that to have any reasonable chance for success the amount and duration of group therapy must be very significant, and must match the severity of the teen’s drug/alcohol use problem. Unfortunately, most teen’s drug use is not discovered or properly addressed until it has advanced considerably. We are flattered that the ASAP Treatment Model, which consists of 10 weeks of outpatient group therapy, multifamily therapy, and urine drug screening, has been widely accepted as the standard of care for adolescents involved with addictive chemicals.