

# ASAP -- the Adolescent Substance Abuse Program

- ☑ **ASAP in the East Valley** - 2530 South Alma School Road, in Mesa
- ☑ **ASAP Phoenix/Scottsdale** - 3839 East Shea Boulevard, in Phoenix/Scottsdale
- ☑ **ASAP in the West Valley** - 8607 North 59<sup>th</sup> Avenue, in Glendale

 One phone number for all three locations: **(602) 434-0249**

 ASAP online: [www.asapaz.com](http://www.asapaz.com)

**NOTE: The ASAP Program is currently held online via the ZOOM platform**

## What is ASAP?

**ASAP, the Adolescent Substance Abuse Program**, has proven itself Arizona's finest outpatient substance abuse treatment program for teens every year since 1991. In 2020 ASAP proudly approaches 30 years of business under the continuous direction of psychologist Dr. Curtis Walling. Since 1991 thousands of families have found that the ASAP Intensive Outpatient Program (IOP) can produce the "real-world" lifestyle changes that yield lasting sobriety for teens and an improved quality of life for the entire family. ASAP has three IOP Program sites to cover the Phoenix metro area: Scottsdale, Glendale, and Mesa.

## How does ASAP work?

The ASAP IOP Program has proven uniquely successful by means of some of the following features:

▶ **Group counseling for teens** continues to prove the most powerful treatment for young substance abusers. Positive peer pressure in group therapy is unmatched as a change agent with teens. Individual therapy is rarely successful, given a youth's ability to hide and minimize drug use. Clinical research and many years of experience have indicated to us that the amount and duration of group counseling must be very significant, and it must match the severity of the teen's drug or alcohol use problem.

▶ **"Best Practices"** is a mandate that has guided all ASAP treatment since our origin in 1991. Only interventions proven successful by research and clinical experience are utilized. Our evidence-based approach yields the most consistent therapeutic success. The ASAP Curriculum is a copyrighted mix of diverse and empirically proven therapy techniques that ASAP staff utilize to treat male and female teens experiencing a broad array of challenges to sobriety. Special focus is put on **Motivational Interviewing** and the **Stages of Change model**.

▶ **Urine Drug Testing** is conducted randomly and for cause throughout the ASAP Program to assess abstinence and honesty, and to combat denial. Parents are taught to use urinalysis at home as a highly effective deterrent.

▶ **Family participation in counseling is mandatory.** Teens attend group counseling sessions three evenings per week for 10 weeks (30 total sessions). Parents attend one group counseling session each week -- "Parent Night." We know that few if any lasting changes are possible in the "real world" without the family receiving the help needed to re-establish healthy bonds, improve communication, and set proper limits and rules in the home.

▶ **Drug education** is just the beginning. At ASAP teens are also taught the coping skills necessary to achieve and then maintain sobriety. **Coping skills training** includes: refusal skills, peer selection, communicating with parents, grief resolution, coping with emotions, conflict resolution, identifying high risk situations and persons, school and work success skills, and of course relapse prevention.

▶ **Help for parents** is consistently available in the form of: Home contracts, effective communication with teens, conflict resolution, setting proper limits and boundaries, identifying healthy/unhealthy friends, recreation and enjoying sobriety, **homework assignments**, and drug testing at home. At ASAP, all families progress through treatment together. Parents benefit as much as teens when they work with ASAP staff to overcome teen drug use.

▶ **Insurance coverage** - ASAP is contracted with virtually all the major private health insurance companies. (and some AHCCCS plans). Chances are excellent that treatment at ASAP will be covered by your health insurance. Contact ASAP to schedule an initial evaluation.

**For more information call (602) 434-0249**