


# ASAP the Adolescent Substance Abuse Program

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

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

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

## What is ASAP?

**ASAP, the Adolescent Substance Abuse Program**, has proven itself Arizona's finest outpatient substance abuse treatment program for teens since 1991. In 2016 ASAP will proudly celebrate its 25-year anniversary under the ownership of three psychologists specializing in the treatment of teen substance abuse: Dr. Phil Lett, Dr. Mark Rohde, and Dr. Curtis Walling. ASAP is an Intensive Outpatient Program (IOP). Thousands of families have found that the ASAP IOP Program can produce the "real-world" lifestyle changes that yield lasting sobriety for teens and an improved quality of life for the entire family.

## How does ASAP work?

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

- ▶ **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 a youth's ability to hide and minimize drug use. Clinical research and many years of experience indicate that to expect any reasonable chance for success the amount and duration of group therapy must be very significant, matching the severity of the teen's drug/alcohol use problem.
- ▶ **"Best Practices"** is a mandate that has guided ASAP since its inception in 1992. Only interventions proven successful by research and clinical experience are utilized. This evidence-based approach yields the most consistent therapeutic success. The ASAP Curriculum is a copyrighted mix of diverse, empirically proven therapeutic interventions that we use to treat teens experiencing an incredibly broad array of challenges to sobriety. Special focus is put on **Motivational Interviewing** techniques and the **Stages of Change model**.

- ▶ **Urinalysis**, both random and for cause, is utilized throughout the ASAP Program to assess abstinence and honesty and combat denial. Parents are also taught how to use urinalysis at home as a highly effective deterrent.

- ▶ **Family participation** is mandated in the ASAP Program. Teens attend group therapy three evenings per week for 10 weeks (for a total of 30 group therapy sessions). Parents are required to attend one of those group therapy sessions each week at Parent Night. Few if any meaningful and lasting changes are possible in the "real world" without the family receiving the help necessary to re-establish healthy bonds, improve communication, and set proper limits.

- ▶ **Drug education** is just the beginning. ASAP youth are also taught the coping skills necessary to achieve, and then maintain, sobriety. Just some of the **coping skills training** includes: refusal skills, peer selection, problem solving, 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 available in just some of the following ways: home contracts, communicating with teens, conflict resolution, setting limits and boundaries, identifying healthy and unhealthy friends, recreation and enjoying sobriety, **homework assignments**, and drug testing at home. At ASAP, families progress through treatment together. Parents can need as much help as teens do in overcoming the results of teen drug use.

- ▶ **Insurance coverage** -- ASAP is contracted and in network with virtually all major health insurance companies. (Note: ASAP is not an AHCCCS provider.) Chances are excellent that treatment at ASAP will be covered by your insurance – feel free to contact ASAP to confirm coverage or schedule an initial evaluation.

**For more information, or to schedule an admission, call (602) 434-0249. Someone is available to listen . . . .**