

Meeting Times

Mondays

3:30 – 5:30 pm

2706 Ankeny Way

Rock Springs, WY

Wednesdays

3:30 – 5:30 pm

2706 Ankeny Way

Rock Springs, WY

Fridays

3:30 – 5:30 pm

2300 Foothill Blvd.

Rock Springs, WY

For more information about the Adolescent Intensive Outpatient Program, please contact our Foothill Office at (307) 352-6677.



Enriching lives through wellness, recovery, and hope

Community Mental Health &
Substance Abuse Treatment Center

Southwest Counseling Service

2300 Foothill Blvd.

Phone: (307) 352-6677

Fax: (307) 352-6615

www.swcounseling.org

*Adolescent Intensive
Outpatient Program*



Adolescent Intensive Outpatient Program

Southwest Counseling Service provides mental health and substance abuse services for adults, children, adolescents and families. Southwest Counseling Service's Adolescent Intensive Outpatient Program is designed for teenagers, ages 12-17, who are abusing or are dependent on substances such as alcohol, marijuana, cocaine, methamphetamines, and prescription medications.

Criteria for the program can include:

- The adolescent is less than 18 years of age.
- The adolescent receives an assessment to determine the diagnosis and level of care needed.
- The adolescent is diagnosed with substance abuse and/or dependency.

Referrals for the group may be made by Southwest Counseling Service staff, Multi-Disciplinary Team, Juvenile Probation, Department of Family Service, schools, and parents or guardians.

Focus of Program

The Adolescent Intensive Outpatient Program provides substance abuse and mental health services to adolescents in order to lessen symptoms and improve function.

The program will focus on:

- Alcohol and/or other drug abuse
- Motivation
- Interpersonal skills
- Coping skills
- Resiliency
- Family Issues
- Responsible Behavior

Over 90% of adolescents began smoking, drinking or using other drugs before the age of 18.

Program Components

The Adolescent Intensive Outpatient Program is an open group structure that the adolescent can enter at any point in the rotation of materials. The group is designed to be a 3-4 month program depending on the progress of the adolescent.

Component I – Where I'm At and What I Want

In this component, the teens are directed toward self-disclosure, self-discovery and internal motivation.

Component II – Corrective Thinking

Teens work on understanding thinking errors, identifying their thinking errors, learning correctives to thinking errors, and incorporating these correctives into their everyday lives.

Component III – Keep It Direct and Safe (KIDS)

Teens learn strategies for staying clean and sober. Research proven interactive journaling and worksheets designed to encourage adolescents to learn, explore, and develop skills in multiple aspects of their lives.

Teens will engage in discussions, group process, experiential activities, monthly individual counseling, and family counseling.