



Greater Nashua Mental Health Center

at Community Council

Strengthening Individuals, Families and Our Community Since 1920!

Adolescent Intensive Outpatient Program **Help for Teens Struggling with Alcohol or Drugs**

Life is hectic these days—not just for adults struggling to balance family and work in difficult economic times. Many teens also struggle to cope, both at home and at school. Too often, they, like adults, may turn to alcohol or drugs in an effort to escape life's pressures.

If you are concerned that your son or daughter may have a substance abuse problem, Greater Nashua Mental Health Center's **Adolescent Intensive Outpatient Program** may be the answer. The program is a proven treatment for adolescents who abuse or have developed a dependence upon alcohol or drugs.



Signs & Symptoms of Substance Abuse in Teens

- ✓ ***Personality changes or severe mood swings***
- ✓ ***Negative peer groups***
- ✓ ***Changes in eating and sleeping habits***
- ✓ ***Dishonest behavior, unexplained absences***
- ✓ ***Missing household objects or money***
- ✓ ***Poor school performance/truancy***
- ✓ ***Runny nose, red eyes or hacking cough***
- ✓ ***Intoxication or incoherence***
- ✓ ***Isolation from friends and family***
- ✓ ***Restlessness and irritability***
- ✓ ***Loss of interest in sports or hobbies***
- ✓ ***Drug paraphernalia***

The program provides:

- ✓ ***An evidence-based recovery model***
- ✓ ***An opportunity for teens to establish drug-free supportive relationships***
- ✓ ***Help with developing the skills necessary for maintaining recovery***
- ✓ ***A highly-structured after-school program***
- ✓ ***Weekly family support groups***

REFERRAL FORM ON
REVERSE SIDE

Adolescent Intensive Outpatient Program

CONFIDENTIAL Inquiry Form

By filling out this form, parents/guardians are requesting to be contacted by an intake counselor from Greater Nashua Mental Health Center's Adolescent Intensive Outpatient Program.

Your name & relationship to adolescent _____

Adolescent's name _____

School _____ Grade _____

Teacher or Guidance Counselor _____

Best numbers to reach you _____ Okay to leave a message? _____

Your adolescent's insurance _____

How did you hear about this program? _____

Is your adolescent currently receiving counseling in school or from other services? _____

Is there any additional information of which you would like us to be aware? _____

All services are:

- ✓ CONFIDENTIAL
- ✓ Provided after school from 3:00 to 6:00 pm, Mon, Tues, Thurs, Fri
- ✓ Provided by State Licensed Adolescent Clinicians
- ✓ Covered by most insurance plans, including BC/BS, Cigna, UBH (Harvard Pilgrim, United Healthcare, NH Healthy Kids– Silver), Anthem, Tufts

You may mail this form directly:

Richard Kania, LADC
GNMHC, 440 Amherst Street, Nashua, NH 03063

If you have questions about this program, would like to speak to a counselor about your adolescent's substance abuse issues, or would like to schedule your adolescent for an evaluation, please contact:

Richard Kania, LADC, Adolescent Lead Clinician
889-6147, ext. 3551