

More than 28 million Americans are youth of alcoholics; nearly 11 million are under the age of 18, and that is for alcohol, countless other youth are affected by parents who are impaired by other drugs. These youth also are at a higher-than-average risk for problems in school and in social relationships, factors that can result in still greater stress for families in which parents are in treatment for substance abuse. This program helps youth overcome the potentially damaging environmental and genetic factors of addicted parents/caregivers.

Cristo Rey Behavioral Health and Prevention Services

1717 N. High St.

Lansing, MI 48906

**Cristo Rey
Behavioral Health & Prevention
Services**

**YOUTH SURF
PROGRAM**
(Substance Use Recovering Families)



**AN EDUCATIONAL PROGRAM TO HELP
YOUTH 10-18 YRS. OLD UNDERSTAND
SUBSTANCE ABUSE AND HOW TO MAKE
HEALTHY CHOICES FOR THEMSELVES.**

**1717 N. HIGH ST
LANSING, MI 48906**

**PH. # 517-372-4700 EXT.140
FAX #517-372-3314**

This program is a strength-based prevention educational program designed to help build protective factors and reduce risk factors. It was developed by a grant provided by SAMHSA. It incorporates the Recovery Oriented System of Care (ROSC) elements and utilizes a system's approach focused on connecting the youth to a support system in which youth share emotions and feelings with peers, gain refusal skills, and an increase in knowledge about the risks of substance use and addiction. Furthermore, the family system approach helps the youth learn that family members influence, and are affected by, each other.

The foundation for the program is based on four main goal statements which are incorporated throughout the sessions: youth should be treated with respect and dignity, youth need to be listened to, youth need to have fun and be kids, and youth deserve to heal and recover. Respecting each of these statements is crucial to both the success of the youth and the program.

THIS PROGRAM OFFERS SIX SESSIONS OVER THREE WEEKS FOR YOUTH & INCLUDE THE FOLLOWING TOPICS:

Addiction- Since this is the first session the youth attend, it is important to include an explanation of the disease concept of addiction and the risks of abusing substances.

Feelings – In this session, youth learn the importance of expressing their feelings and learning to cope with tough feelings in positive ways.

Problem Solving- Topics addressed during this session include an explanation about choices and their consequences, learning to solve problems effectively, and creating an understanding that youth do not have to feel the burden of attempting to solve adult problems.

Treatment and recovery- Youth will gain an understanding of the processes of recovery, relapse, and the idea that they cannot fix their parents'/caregivers' problems, but can learn to have self-care and advocacy.

Safe People- This session focuses on educating youth how, where, and with whom they can seek help when stressed and upset. Self-reflection can help the youth notice their personal needs and feelings.

Coping –In this session youth learn positive coping skills and how to overcome family problems and tough emotions.

**WHAT: YOUTH SURF PROGRAM
THREE WEEK PROGRAM**

2 SESSIONS PER EVENING

WHEN: MONDAY 5:30pm -7:30pm

**WHERE: CRISTO REY COMMUNITY
CENTER**

**1717 N. HIGH ST
LANSING, MI 48906**

Come to Room #216 to Check in

**FREE PIZZA IS SERVED AT 5:30
PM FOR YOUTH**

**\$10 GIFT CARDS ARE
AWARDED UPON PROGRAM
COMPLETION**

Referrals may be made to:

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