

STARR DETROIT ALTERNATIVES SUBSTANCE ABUSE TREATMENT

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Overview:

- **General Philosophy:** Strength-based, Positive Youth Development
- **Community-Based Programming:** Provides 24/7 crisis intervention and staff supervision
- **Population:** Adjudicated males/females, ages 13-18
- **Program Length:** 12-week, outpatient program

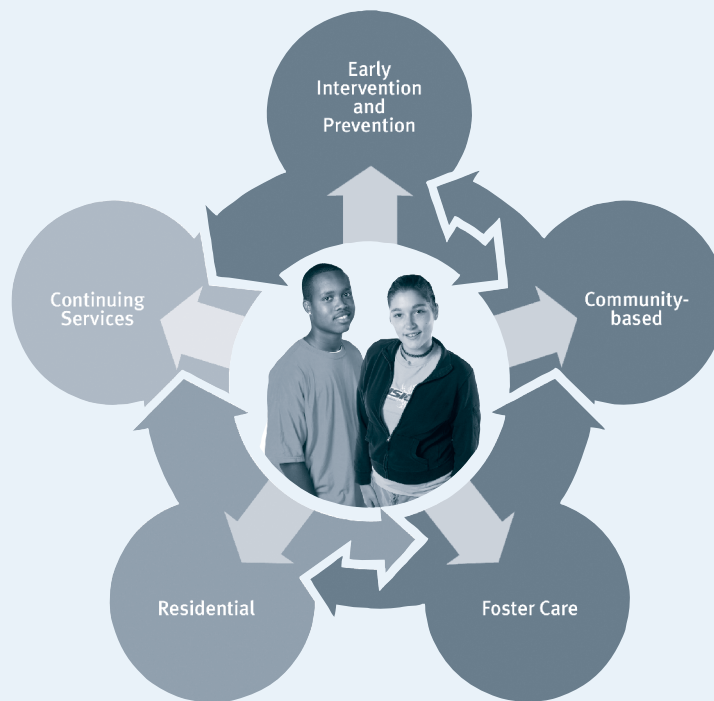
Starr treatment model:

- **Group Sessions:** Mondays, Tuesdays, Wednesdays and Thursdays with substance abuse counselors.
- **Life Space Crisis Intervention:** Staff trained in verbal crisis intervention and skill development.
- **Trauma-Informed Care:** Staff are trained in techniques through The National Institute for Trauma and Loss in Children (TLC) to help youth who have been subjected to traumatic events.
- **Education:** Youth attend local community schools. Substance abuse counselors provide academic support and monitoring.
- **Individual & Family Counseling/Home Visits:** Substance Abuse Counselors meet with and help the family define appropriate treatment goals as well as help students finalize their Relapse Prevention Plan.
- **Service Learning Projects:** B.A.R.J. projects are structured and planned each student and peer group.
- **Medical and Dental Services:** Medical needs are met by a community-based, licensed doctors and dentists. Emergency medical care provided at local community hospitals.
- **Life Skills:** Formal and informal education and training in the development of life skills for each age-appropriate student.
- **Motivational Interviewing:** Staff are trained in techniques geared to increase the child's internal motivation for change.

- **Advocacy:** Link youth to community resources to assist in abstaining from substance abuse and helping in the development of prosocial activities.
- **Transportation:** Youth and their families are provided transportation services were needed t accommodate home visits, parental/sibling visits, doctor visits and court hearings.
- **Scholarships:** Post-secondary academic scholarships are available. Students must apply by the posted deadline and be in good academic standing to be considered.
- **Cultural Competence:** Cultural diversity is evident in all of Starr's programs, and Starr staff work with youth to promote a loving and accepting atmosphere.
- **Follow up:** Youth or caring adult are surveyed 3, 6, and 12 months post discharge to determine continued success. Referrals are provided at that time if needed.

Continuum of Care

Starr provides a comprehensive continuum of programs that meet the individual needs of youth and families at every stage – from residential to foster care to community-based – with family-centered and child-focused services.



Starr Commonwealth is internationally recognized as a leader in transformational programs for children, families, schools and communities. Founded in 1913, Starr's treatment philosophy is rooted in seeing something good in every child, which serves as the guiding principle in its strength-based approach. Starr offers a full spectrum of community-based early intervention and prevention services along with specialized residential programs. Through the Starr Institute for Training, parents, clinicians, educators and childcare professionals now have access to Starr's highly successful and innovative techniques aimed at bringing out the best in every child.