

## Treatment

In day treatment, kids help kids learn to apply a set of principles that will enable them to better manage their emotional and behavioral responses to life's situations. Most teens who abuse chemicals use a kaleidoscope of drugs in their attempts to get high. While not usually physically addicted to any one drug, the child develops a very intense belief system that supports drug and/or alcohol use. A variety of harmful effects can be observed in their young lives - deterioration of school performance, disruption of family relationships, arrests, depression, and withdrawal. Removing teenagers temporarily from access to drugs will not change their drug usage when they return to their regular environment.

KHK incorporates a number of features that have been found to foster comprehensive and lasting behavioral changes. First, treatment makes use of positive peer influence through group discussions that challenge the clients' past beliefs and behavior with respect to drugs. These groups are primarily led by peer counselors - teens who have completed KHK treatment and have been trained as peer staff. All aspects of treatment are under the direct and continuous supervision of clinically trained professional staff.

Though the major emphasis is group therapy, individual attention is given to each teenager. When a teen enters treatment, he/she is called a newcomer and is assigned to an oldcomer, someone who is further along in treatment and who takes responsibility for talking individually with that teen and teaching him/her about treatment. Each teen is also assigned a primary peer counselor, a professional case manager, and an individual treatment plan is written.

Treatment is divided into five phases. During First Phase, the teen is in treatment for 10.5 hours per day and lives at night in a temporary home with an oldcomer and his/her family. It is during this phase that a teen is taught the basics: AA's 12 Steps, the Five Criteria for Rational Thinking, the Three Signs, and the Serenity Prayer. As part of the 12-steps, the teen also learns to write moral inventories (MIs), an instrument designed to develop insight, set goals, and develop self-esteem. Each teen writes an MI nightly throughout the program. It is during First Phase that the teenager experiences the awareness and commitment stages of rehabilitation, as she/he is encouraged to be honest about feelings and past behavior. Honesty is reinforced by rewarding the teenager with permission to talk to his/her parents and the privilege of responsibilities.

When a teen progresses to Second Phase, he/she returns home and practices using the basics while rebuilding family relationships. As he/she progresses through each phase of treatment, faulty, dysfunctional styles of thinking are challenged and replaced with rational, functional thinking. On Third Phase, he/she goes back to school or work and focuses on achievement. On Fourth Phase the teen earns leisure time and concentrates on friendships and the appropriate use of leisure time. The focus of Fifth Phase is on sharing awareness and serving as role models to group members and the community.

During each phase of treatment the teen experiences new emotional behavioral insight, gaining a more positive relationship with himself/herself, the family, and significant others. At the same time, the client has achieved educational, occupational, and leisure goals. By completion of the Fifth Phase of treatment, the teen has learned valuable insight that each individual is the cause of his/her own feelings and actions, and a set of principles (the Basics) that will help the person be accountable for himself/herself and others in the pursuit of the daily affairs of living.

The families, also victims of the drug problem, become involved in the rehabilitation process. Parents are expected to attend Parent Groups and Open Meetings every Friday evening. Through these meetings parents learn the same Basics that are taught to their children and are encouraged to apply these basics in their own lives. Parents also learn a series of skills to better understand the basis of their thoughts and feelings and to communicate more effectively with their children. In-town Parents are expected to serve as temporary host families for new children entering the program. Special groups are also provided for siblings during the Parent Group meetings on Friday night.

While KHK does not advocate or promote any particular religious view, the underlying treatment philosophy does stress a concept of "spirituality". A new life does occur as the teenager is reunited with his/her family and is given a second chance to pursue meaningful, drug-free life goals. Each participant is encouraged to give credit to a higher power for this change and is particularly encouraged to "seek through prayer and meditation to improve conscious contact with God as the person understands Him, praying only for knowledge of His will and the power to carry that out."