

# STRAIGHT



*The Adolescent Drug  
Treatment Program that Works*

# STRAIGHT

## *National Board of Directors and Management Team*

The National Board is composed of dedicated individuals from across the nation who are responsible for establishing policy. These respected members of their communities generously volunteer their services and leadership to STRAIGHT.

Quality control is maintained through the leadership of the management team located at the corporate office. Here systems are developed to implement and monitor policies established by the National Board of Directors. Through a centralized management approach, the National Executive Director and corporate team direct program operations and fiscal services, new program development, continuing education, and ensure compliance with the standards of the Joint Commission on Accreditation of Healthcare Organizations.

### **Program Operations/Fiscal Services**

The management team closely monitors and evaluates operations at the treatment programs, through various information gathering systems. The management team continually reviews the statistics on the number of clients and their stages of treatment to guarantee maintenance of this vital aspect of the STRAIGHT therapeutic model.

The STRAIGHT corporate staff is responsible for fiscal management of the local facilities. A centralized accounting system enables management to monitor budgets and guarantees that all facility operations are cost effective. Management and special audit teams review reporting systems and conduct on-site audits.

### **New Program Development**

An important aspect of the corporate function is the development and expansion of new programs. The management team works closely with communities to ensure that a facility is appropriate and that a program grows in a reasonable time frame. STRAIGHT is committed to offering the best possible treatment program to the community.



*The STRAIGHT Management Team*

### **Continuing Education**

Continuing education serves an important function in our effort to maintain and upgrade the quality of care. STRAIGHT management provides clinical, fiscal, and administrative seminars and workshops.

### **Commitment To Quality**

STRAIGHT maintains the highest clinical standards and has established a professional staff of clinicians and administrators. The management team is dedicated to ensuring that STRAIGHT is comprised of quality personnel and that the policies and procedures implemented are in strict compliance with the JCAHO.

*We take pride in our commitment to excellence.*

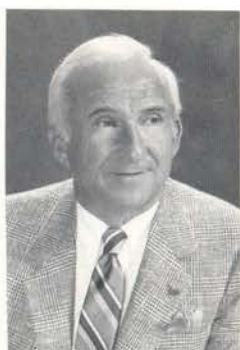


# STRAIGHT

*National Leadership*



*National Board of Directors*



*Mel Sembler*



*Joseph Zappala*

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*"Drug and alcohol dependency are two of the most tragic problems we face today. They affect a vital national resource—the American family. We must make every effort to end drug and alcohol use among our young people and Straight has an excellent record of success in meeting this goal.... That's what organizations like STRAIGHT are about—our children, our families, and our future."*

President RONALD REAGAN

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*"Straight seemed to us to be phenomenal. We have been involved in drug programs, we have seen far more of them, and we have read about most of them; but we have never seen a program that seemed so intelligently designed to bring about success in this very difficult field..."*

ANDREW I. MALCOLM, M.D.,  
F.R.C.P.  
*"An Examination of Straight, Inc."*  
Toronto, Canada

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*"I have been greatly impressed by the work of Straight, Inc., an organization which has helped many to give up drugs and brought families back together in supporting roles all over the country!"*

Congressman CHARLES E. BENNETT (D-Fla.)  
Chairman, Florida Democratic  
Delegation  
U.S. House of Representatives



*Peer support and interaction in the small group setting*

## STRAIGHT Works

At STRAIGHT the main treatment objectives are the revitalization of the family, and helping young people regain productive, meaningful, drug free lives.

The STRAIGHT program has been praised for its high success rate and family-oriented approach to treatment. Thousands of young people and their families have received help at STRAIGHT.

An outstanding additional benefit of the family-oriented treatment program is that virtually all brothers and sisters of young people who come for treatment *never* become involved with drugs. STRAIGHT has intervened and educated these children while helping the youngster with the substance use problem.

Because STRAIGHT provides outpatient treatment with a host home component, there is never a waiting list. This increases the program's cost effectiveness. By placing the child with another family in the program during the first phase of treatment, the individual success rate is also increased.

Although STRAIGHT is a non-profit organization, there are costs incurred. Families most effectively served are those with adequate financial resources and living accommodations to permit their full participation in the program. With treatment centers throughout the country, we are available to provide an immediate response to families in need of help.

*For help with a drug using child, get STRAIGHT. It works.*

*"My daughter Diane lost her life 20 years ago following experimentation with LSD. That changed my life. For 20 years I've written, lectured, traveled, made films, and been on the Presidential Commissions for Drug Abuse. I know something about drug abuse and its problems, and I'm talking about not just illegal drugs, but smoking and drinking.*

*I've seen many organizations in the rehabilitation and prevention field. STRAIGHT is one of the best. It does not offer any excuses or short cuts. It calls for abstinence from all drugs.*

*It uses peer pressure, which is a great reason for people taking drugs to begin with, to help them get off. And not just peer pressure of colleagues, but the pressure of family love and family knowledge... because families have to be involved.*

*You couldn't go straighter than to go with STRAIGHT if you want your dear ones off of drugs.*

*STRAIGHT is straight with me."*

ART LINKLETTER

*"We've seen fantastic changes in Jim. The real person is coming out again. We feel that it has saved his life, and our lives in a way."*

JANICE W. WOOLEY, M.D.  
Pediatrician and parent of a  
STRAIGHT teenager.  
Seattle, Washington



# STRAIGHT

## *Treatment*

The STRAIGHT treatment model contains the concepts of a therapeutic community and the most advanced and innovative treatment procedures designed to meet the special needs of drug using adolescents. The therapeutic model reinforces the importance of family as an integral part of a young person's support system. Both family and positive peer support are used to help adolescents develop into healthy adults.

### **Drug and Alcohol Use Among Young People**

Young people who experience difficulties during adolescence may begin substance use. They learn that by simply using a drug or alcohol they can change the way they feel and find immediate acceptance from other drug users. As a result, the child who uses drugs is denied the opportunity to develop appropriate coping skills. Drug and alcohol use become a major component of their emerging self concept.

As drug use continues, young people develop a psychological dependency and come to believe that they need drugs in order to function effectively. Their lack of alternative coping behaviors may make such a belief a self-fulfilling prophecy. Adolescents who begin experimenting with drugs are very vulnerable to an escalating pattern of drug use as a means of escape.

### **Family-Oriented Treatment Approach**

STRAIGHT views the treatment of adolescent drug use as a process that involves the whole family. Parental involvement is a requirement for participation in the program. Parents attend group meetings and learn skills to effectively deal with the ways their child's drug use has affected their lives. A similar program is provided for siblings. The whole family system, which has been impaired by the problems resulting from a drug using child, is reconstructed and revitalized.

### **Five Phases of Treatment**

The young people in our program progress through a five phase treatment process. Each stage of treatment focuses on a particular area of functioning that is important for healthy adolescent development. The goals and activities of each phase provide an orderly structure for each patient's progression through the treatment program.

■ **First Phase** focuses on the individual's ability to recognize their own need for treatment, honestly look at the consequences of past behaviors, and become familiar with and begin to practice a structured recovery program. They come to accept themselves as part of a peer group who make positive changes in their lives. This is a very intensive period of special care.

All patients are given a full medical examination and psychiatric evaluation during the First Phase of treatment. The Utilization Review Team, a clinical team composed of members of the professional and peer counseling staff, monitors patient progress on an ongoing basis to evaluate and update their treatment services plan.

■ **Second Phase** focuses on the family. The major goal for the patient is to improve and rebuild family relationships. Phase Two allows family members to apply the more appropriate,



*Voluntary Aftercare Program*

### ***Our Goal***

At STRAIGHT our goal is not only to help adolescents and their families become free of drugs, but to allow them to recapture the quality of life.



*Staff directed discussion*





Large group therapy process

positive, and effective interpersonal skills they are learning in the STRAIGHT program. Young people return to their homes to implement the skills learned and develop a positive family relationship.

■ **Third Phase** focuses on the patient's ability to fulfill their responsibilities at school or in a work situation. This is a very important phase in the recovery process. For the first time since entering treatment, they will be placed outside the protective drug free environment which the program provides. In returning to school or work, a young person may face peer pressure to use drugs again or be challenged by day to day disappointments, frustrations, and stress. During this phase, they learn to rely on the experience of others who have successfully managed such pressures by applying the principles presented in the STRAIGHT program. The individual is taught to maximize their achievement potential by setting realistic goals and developing effective work and study habits.

■ **Fourth Phase** focuses on the development of quality friendships and healthy relationships and the constructive use of leisure time consistent with drug free living. Much of the social activity for young adults in our culture involves the use of alcohol and drugs. The

young people in our program learn to plan social events that do not involve substances. They learn alternative ways of spending their leisure time that are enjoyable and bring a sense of personal fulfillment. During this phase, the young people begin to rely less on the support of the large peer group and begin attending community support groups.

■ **Fifth Phase** focuses on service to others, social responsibility, and leadership. Young people assume much greater responsibility for their daily activities and identify the strengths and weaknesses of their own recovery program. At this time, minimal participation in the program is required. Fifth Phase is completed with a graduation ceremony.

### Aftercare

For any graduate of the program, aftercare is an important component in maintaining a drug free life style. STRAIGHT provides a comprehensive six month program for graduates and their families. This vital service consists of a continuation of group therapy while providing courses on healthy relationships, living skills, and life planning.

*"I have found it to be a unique treatment approach, offering unusually effective and affordable help to families caught up in the drug abuse epidemic... It focuses on teenagers and it actively involves parents in the treatment process. It is intensive and effective... uses teenage peer pressure for positive goals, reversing the pressures of the drug culture... it also respects the individuality of each young person and each parent..."*

*"Straight is one of the best programs of its kind in the country. What you do in the program helps the kids, helps the parents and helps the community."*

ROBERT L. DuPONT  
Founding Director,  
National Institute on Drug Abuse

*"It's my sincere professional opinion that the Straight, Inc. program is one of the best treatment programs there is for kids who are abusing drugs."*

MAXIE C. MAULTSBY, Jr., M.D.  
Director, Rational Behavior  
Therapy Center College of  
Medicine  
University of Kentucky

*"As one parent to another, I know there's no hurt a parent can be given that can equal that that your child can give you... But I'm proud of you because you have supported your children and given them the love they need."*

NANCY REAGAN  
Comments to STRAIGHT parents  
and children—  
Greater Washington, D.C.

# STRAIGHT

## *In the Community*

STRAIGHT provides education and community awareness on adolescent drug use and treatment through professional seminars, the STRAIGHT Speaker's Bureau, and outreach efforts.

### **Professional Seminars**

The STRAIGHT clinical staff conduct presentations for medical professionals which contain the following: a program overview; adolescent development issues; drug use identification, intervention, and assessment procedures; the 12 Step recovery philosophy; and aftercare.

The clinical staff are often accompanied by young people from the program who share past drug using experiences.

Professionals are encouraged to visit our facilities and meet with the staff and patients.

### **Speaker's Bureau**

Thousands of presentations are given each year by families who want to help others by telling how STRAIGHT has helped them. These awareness programs provide information about current patterns of drug use, how to recognize behavioral patterns associated with drug use, and the message that something positive can be done to help young people and their families.

STRAIGHT believes that families in crisis frequently identify better with other families who have had the same experience.

### **Family Service Centers**

Family Service Center offices are located in areas where programs do not exist. These centers provide outreach and admission information and serve as a meeting place for area graduates who are participating in aftercare. The Family Service Center also conducts an active Speaker's Bureau.

### **Community Advisory Board**

We are proud of our volunteer Community Advisory Board members whose efforts are instrumental in expanding STRAIGHT's community involvement. Community Advisory Board members generously donate their time and energy to facilitate community interaction and also assist STRAIGHT in responding to the needs of the community.



*Speaker's Bureau—Sharing the STRAIGHT experience with the community*



*Community Advisory Board*