

ADOLESCENT PROGRAMS

Richmond Times-Dispatch (VA) (Published as Richmond Times-Dispatch) - October 29, 1986

- Edition: City
- Section: Living Today
- Page: C-2

Charter Colonial Institute, a psychiatric hospital

17579 Warwick Blvd.

Newport News 23603

Phone: 644-8338

Length: Variable. Average stay was 45 days in the past, but is changing because of changes in insurance reimbursements.

Cost: Unavailable.

Description: The hospital, which treats children and adolescents up to age 18, does not have designated beds for clients with an alcohol or drug dependency. Most clients with substance abuse problems have a psychiatric disorder diagnosed as primary. They are treated in a subprogram of the adolescent program. It is involved with NA and is seeking to become involved with AA. The goal is to break denial and educate clients about addiction. Clients attend a fully accredited school 5 1/2 hours a day. Many of the teachers are certified to teach the emotionally and learning disabled. Components include psychotherapy; group counseling; art, recreation and other therapies; and outdoor activities. Family participation is emphasized. The hospital is in the process of establishing a day program for alcohol- and drug-dependent adolescents.

Psychiatric Insitute of Richmond, a psychiatric hospital

3001 Fifth Ave.

Richmond 23222

Phone: 329-4392

Length: Variable. The hospital performs brief evaluations and referrals, and offers inpatient treatment for 45 to 60 days and a residential program that lasts from several months to a year.

Cost: Inpatient hospital treatment, \$461 a day plus doctors' fees. Residential treatment, \$325 a day, which includes most doctors' fees.

Description: Substance abuse programs are available to adolescents 13 through 19. The programs focus on underlying psychiatric problems, but incorporate the 12-step philosophy of AA. Most patients are dependent on one or more drugs and have a major psychiatric disorder. The goal is to help clients break the process of denial. The principal components are individual, group and family counseling, substance abuse counseling and education. Patients attend a day school taught by certified teachers. Some after-care is included. Family participation is strongly encouraged.

Insurance eligible.

Henrico Area Mental Health and Retardation Services, a day treatment program 10299 Woodman Road

Richmond 23060

Phone: 266-4991

Length: 6 to 9 months, 4 days a week from 1 p.m. to 5 p.m. year-round.

Cost: Sliding fee scale based on income. Maximum, \$995 a month.

Description: Adolescents attend school until noon then participate in the program. Group therapy, peer counseling and non-traditional activities such as overnight camping and rappelling are used to help partipants improve self- images and to encourage fun without drugs. Clients are encouraged to develop responsibility and trust of one another. If appropriate, clients or their families are referred to self-help groups such as AA or NA.

Insurance carriers often pay a portion of the program cost.

Straight Inc., an intensive outpatient program

5515 Backlick Road

Springfield 22151

Phone: (703) 642-1980

Length: Average, 11 to 13 months.

Cost: \$18 to \$20 a day.

Description: This is a five-phase program aimed at helping adolescents and their families recover from adolescent substance abuse. The adolescent initially lives in the home of a family further along in the program and attends an outpatient program consisting of 7 to 12 hours of counseling, treatment and education a day. Outpatient treatment continues during the second phase, but the adolescent lives at home. During later phases, adolescents return to school, get time off from treatment, learn to plan their own leisure time and help others entering the program. Clients receive help from tutors to compensate for 2 to 3 months of missed school time. This program embodies the 12-step approach of AA and NA and emphasizes peer counseling among adolescents and families.

Insurance eligible.

Virginia Health Center, an outpatient program

2306 E. Main St.

Richmond 23223

Phone: 643-0002

Length: Variable

Cost: Sliding fee scale based on income. Maximum, \$50 an hour.

Description: This program is for city residents 25 and under who have a drug or alcohol dependency and residents of any age who have a family member who has a dependency. Individual, group and family counseling are provided. The program uses AA and NA as an adjunct, requiring some clients to attend meetings. Clients may be referred to an affiliated program called Challenge/ Discovery for outdoor activities such as rock climbing, white water rafting, and caving. Clients also participate in support groups made up of other clients.

Insurance eligible.

- Memo: (ljc) Consumer; A Resource Guide For Treatment; sidebar to column

- *Index terms:* CONSUMER; DRUG; ALCOHOL; ABUSE; AID; YOUTH JUVENILE
- *Record:* 8602160100
- *Copyright:* Copyright 1986, 1998 Richmond Newspapers, Inc.