Who We Are Terros Health

Founded in 1969 as a substance abuse recovery and crisis services provider

We are a LEADING Behavioral Health Care provider in Arizona.

Through GROWTH and INNOVATION, built services around the behavioral health needs of our patients and the community.
Substance Use Disorder in Youth

Per the CDC, “by 12th grade about 2/3 of students have used alcohol” and “close to 2 in 10 students reported using prescription medicine without a prescription” (2020).

According to American Addiction Centers, 6 in 10 people who abuse substances have co-occurring disorders.

According to American Addiction Centers, 1 in 25 12-17-year-old (4% or 992,000 children) have a Substance Use Diagnosis (2017).
SUD Trends

- Trauma
- Generational Trends
- Difficulties with Communication
- Academic Struggles
- High Risk Behaviors
- Ongoing health complications
SUD Children’s Services

Considerations for youth programing

• Who is our target population?
• What do we need to offer that resonates with our youth and helps them develop the skills they need to be successful no matter the path they arrive at with us?
• Who needs to be involved to help develop positive relationships amongst our youth and community?
• How can we reach a population that is difficult to engage?
Model of Whole Health Integrated Health Care

Whole Health, **NO WRONG DOOR** approach to care. The idea that there are many doors to becoming a patient of Terros Health.

No matter which door the patient enters, we assess and provide care for the **WHOLE PERSON** either directly or through care coordination.
We help kids through **TRAUMA** by showing them **A PATHWAY TO RESILIENCY**.

We recognize kids want to be in the **CENTER** of things, and they DESERVE to be. In adolescence, youth are struggling to DISCOVER who they are, what they value, what they stand for, what guides them, how they will behave and what they want from their life.
Trauma Informed Care Approach

**Motivational Interviewing**

- We use *motivational interviewing* techniques to engage adolescents from the first contact throughout the recovery process. Through motivational interviewing, we give youth the chance to **talk** about their needs and their desire to change using an **empathetic, non-judgmental** approach.

**Adolescent CRA**

- Terros Health incorporates the **Adolescent Community Reinforcement Approach (A-CRA)**. This behavioral treatment for alcohol and other SUDs helps youth and young adults, and families improve access to interpersonal and environmental reinforcers to reduce or stop substance use by looking at reasons for use such as trauma and depression.
Trauma Informed Care Approach continued…

**Dialectical Behavioral Therapy**

- **6-months** of skills training offered to help develop **Mindfulness, Emotion regulation, Distress Tolerance and Interpersonal Effectiveness**. We offer both a comprehensive approach and DBT informed approached based on individual needs.
## Youth SUD Programing

<table>
<thead>
<tr>
<th>Services</th>
<th>Description</th>
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<tbody>
<tr>
<td>Medication Assisted Treatment (MAT)</td>
<td>for youth with diagnosed opioid use disorder</td>
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<tr>
<td>Intensive outpatient specialized adolescent substance use groups</td>
<td>(nine hours a week)</td>
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<tr>
<td>Individualized and family therapy sessions</td>
<td></td>
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<tr>
<td>Individual Living Skills</td>
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<tr>
<td>In-home services to assist in family communication and daily living skills</td>
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<tr>
<td>Comprehensive Case Management</td>
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<tr>
<td>Tutoring</td>
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<td>Peer Mentoring</td>
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<tr>
<td>Transportation</td>
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<tr>
<td>Other services as needed</td>
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</tbody>
</table>
Programming Goals

1. Our goal is to merge the clinical and supportive aspects of Cafe 27 to foster intersecting and overlapping caring relationships between the adolescent and their peers.

2. We help mend the relationship the adolescent has with their parents, the adolescent and their educators, the adolescent and their counselors and, finally, within themselves.

3. As this transformation occurs, the parents are also developing trusting and vital relationships with caring Terros Health professionals, and other parents, as well.
CAFÉ 27 stands for Children, Adolescents, and Families Empowered, and is a unique setting where youth can drop-in at the café, use the computer learning center, work with college learning specialists, and receive primary care and behavioral health services. Café 27 has proven treatment approaches to help adolescents be successful in life by offering primary care, counseling, substance use treatment, trauma integrated care, medication-assisted treatment for opioid use, treatments for mental health and anxiety, while building healthy social supports.

https://www.youtube.com/watch?v=V81AdNnNkpM

Café 27 provides a safe, welcoming, and hopeful environment, where adolescents can connect with each other, with their family members, and with themselves on their recovery journeys. At Terros Health, we want youth to experience the hope and resilience of recovery, and the opportunities brought by well-being. Café 27 makes this possible by providing a wraparound care system, with comprehensive, youth and family-driven services. Café 27 will help save lives - and create promising futures.
Questions?

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