



Adolescent SUDS Group

Who: High school age students, grades 9 through 12, with a substance use disorder.

What: Adolescent SUDS Group is a group that will meet once weekly to offer support and to aid in processing issues surrounding substance use. Relapse prevention skills and coping skills will be taught individually by a Life Skills Instructor or Recovery Coach. The program utilizes the Teen Matrix Model curriculum.

When: Group will meet virtually on Thursdays from 5:00 p.m. to 6:00 p.m. There will be a one time orientation on Wednesdays from 5:00 p.m. to 6:00 p.m. that all participants and the parent or guardian must attend before beginning the group.

Where: Group and orientation will be conducted virtually. Participants can join from a laptop or phone at home, or come into an Aspire office to use technology, if needed.

Participant Criteria

- Can be referred by probation, primary care doctor, school, or self-referred
- Must also be involved in individual and/or family therapy services at Aspire (i.e. therapy and skills)
- Dual diagnosis accepted, but not necessary
- Severity or frequency of use that impacts teen's daily functioning, family life, school progress and attendance, social life, physical or mental health.