

Finding Solutions Together . . .

To Prevent Substance Abuse . . .

Prevention activities are most effective when they include multiple strategies to address knowledge, beliefs and behaviors.

Comprehensive approaches should involve all aspects of a community, including individuals, families, businesses, faith communities, schools and policy makers and law enforcement.

To Intervene With and Address Substance Abuse . . .

The approach of the Substance Abuse Counseling Program is Solution Focused. The solution focused theory proposes that if a client can identify and achieve some small positive change, then he/she is more motivated to make additional changes, and will find it less necessary to defend or continue his/her ineffective behaviors. This theory focuses on behavioral alternatives to substance use and addresses what a client can do to effectively meet his/her goals.

**When we work together
for solutions we grow
together in health.**

August 10

*Jefferson County Public Health
260 S. Kipling St.
Lakewood, CO 80226*



Alcohol, Tobacco and Other Drug Use

THERE ARE SOLUTIONS. . .



Jefferson County Public Health
303-239-7162
www.jeffco.us/health

Public Health...Everyday, Everywhere, Everyone

Adolescent Services

Alcohol and Other Drugs

EVALUATION — the process includes two individual sessions to identify and discuss treatment needs. Also included are 5 evaluation instruments administered by a State certified addictions counselor.

GENERATING SOLUTIONS — a substance abuse intervention program for adolescents who are in early-stage substance use, consisting of two, three-hour sessions. Parents are asked to attend the 2nd session.

URINE DRUG SCREENING — a monitored random drug screening program for adolescents who are referred by a service provider.

ADOLESCENT BRIEF COUNSELING PROGRAM — a program providing solution focused outpatient substance abuse intervention.

Tobacco

OPTIONS PROGRAM — a group intervention program for adolescents who are using tobacco, consisting of two, six-hour sessions. This program may be ideal for adolescents in violation of the Tobacco-Free Schools law or other tobacco use regulations.

Tobacco Quit Programs may be available at local schools.
Call 303-275-7555 for more information.

FEES — Sliding scale fee.

For information about these programs call:
303-239-7162

Adult Services

Alcohol and Other Drugs

EVALUATION — treatment needs are identified and discussed during two individual appointments. The process also includes 5 adult-oriented screening instruments administered by State certified addictions counselors as part of the individual sessions.

URINE DRUG SCREENING — adults with a referral from an active service provider may participate in this monitored random drug screening program.

ADULT BRIEF COUNSELING PROGRAM — a solution focused, outpatient substance abuse intervention program providing group and individual counseling.

Tobacco

GETTING READY TO QUIT — a **FREE**, one-time, class designed to help individuals prepare to successfully quit using tobacco. The class also provides individuals and their support systems information to help them understand tobacco use.
Call 303-275-7555 for more information.

EVALUATION — a free tobacco evaluation to determine what services would be useful.

FEES — Sliding scale fee.

For information about these programs call:
303-239-7162

Special Connections Services

A drug and alcohol assessment and treatment program for pregnant substance using women in Colorado. The program focuses on the special needs of a pregnant woman involved with alcohol and drugs during her pregnancy.

SPECIAL CONNECTIONS offers the following drug and alcohol treatment services on an **OUTPATIENT** basis at the **Jefferson County Department of Health & Environment**:

1. An in-depth multi-disciplinary assessment of the pregnant woman.
2. An individualized intensive treatment plan consisting of:
 - ◆ Individual counseling.
 - ◆ Group counseling with other pregnant women.
 - ◆ Case management services to obtain other needed services in the community.
 - ◆ Information on nutrition, infant development, parenting, child safety, and health care.
 - ◆ Urine screening and monitoring.
 - ◆ Referral to appropriate aftercare and ongoing support.