



# Phoenix House Academy of Los Angeles at Lake View Terrace, CA



Operating under the auspices of the Phoenix Houses of Los Angeles, Inc., Phoenix House Academy at Lake View Terrace (LVT) provides a strength-based, gender-specific treatment continuum for teens with substance abuse and co-occurring mental health problems. Phoenix House offers residential and outpatient options, education, intensive family and support services, and intensive wrap-around services for teens at-risk.

## Residential Treatment Program for Youth with Co-occurring Disorders

Located on a spacious campus in the Northeast San Fernando Valley, near the San Gabriel Mountains, Phoenix House Academy of Los Angeles occupies a modern two-story building with 2-person bedrooms, classrooms, meeting and counseling spaces, a music room with a fully equipped recording studio, outdoor patios, gardens, and sports facilities, including a weight room and softball, basketball and soccer fields. Despite its tranquil, rural setting, the facility is easily accessible by bus and Metrolink, as well as a network of freeways (210, 5 and 118).

Since opening its doors in 1994, the Academy has distinguished itself as one of the most successful programs for the integrated treatment of youths with co-occurring disorders in Los Angeles County. Innovation has been the hallmark of our success—a vigilant eye on the ever-changing needs of the teens and families we serve and a focus on evidence-based, emerging and promising practices within the field. We have responded to the needs through a continuum of care based on an assessment of risks and protective factors in each adolescent's life, family and community. We emphasize preventative services through outreach to local schools and community-based organizations, peer counseling, tutoring and mentorship programs.



The Phoenix Academy residential treatment model for adolescents, which offers a strength-based, family-centered treatment continuum for teens with substance abuse and co-occurring mental health problems, has been designated as an evidence-based practice by the U.S. Department of Health and Human Services Substance Abuse and Mental Health Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP, 2008) as well as a model program by the U.S. Department of Justice's Office of Juvenile Justice Delinquency Prevention (OJJDP, 2006). Phoenix House's residential and outpatient substance abuse treatment programs for adolescents are accredited by the California Alliance of Child and Family Services and by the Commission on Accreditation of Rehabilitation Facilities (CARF), for 2010-2012.

In addition to substance abuse and mental health treatment offered by Phoenix House Academy's Modified Therapeutic Community for Adolescents, our clients have a variety of services at their disposal, including medical, educational, and counseling services as well as physical fitness and arts programs, and religious services.

### High School Education

The Los Angeles County Office of Education maintains a fully accredited high-school on site, and academic tutoring is available for those who are unable to attend school on a daily basis. In an effort to create educational continuity, all students are instructed through self-paced educational materials. The education deficits brought about by drug abuse will be dealt with to prepare the adolescents to return to their home school.

### Medical and Nursing Services

Health, Medical and Dental services are provided through staff nurses, consulting physicians, psychologists and dentists, and through linkages established with community clinics and medical centers. Services are currently provided on-site by Mission Community Clinic. Arrangements are made for the timely provision of all services off-site, including assessment and diagnostic, treatment and consultative services as needed. Transportation arrangements and off-site appointments are made for specific benefits. We maintain a contract partnership with Holy Cross Pharmacy for all pharmacy services.



Health screenings, assessments, physical examinations and all necessary tests are performed within 14 days of admission to the program including a TB skin test or chest x-ray. All prospective participants are screened for health- and mental health-related conditions during the intake process. The nursing staff provide ongoing monitoring of each resident's health status. Non-medical staff are trained in first aid and observation of signs and symptoms of health and mental health problems and report any observations to the senior counseling and nursing staff. The on-duty facility manager and senior therapist determine appropriate interventions for all medical and/or psychiatric problems.

### Individual Counseling

Each client will meet his/her primary counselor and case manager once a week. An individual recovery plan, completed with measurable objectives, is updated routinely and guides interventions and activities. Additional individual sessions with the family therapist are scheduled as clinically indicated.

### Group Counseling

Each client will participate in at least three therapeutic groups per week. Additional groups may be scheduled as clinically indicated. All clients also participate in weekly seminars. Phoenix Academy has incorporated the following evidenced-based curriculum:

- Motivational Interviewing
- Aggression Replacement Therapy
- Seeking Safety
- VOICES for girls
- Pathways to Self Discovery And Change
- Project Fatherhood

### Family Services

Each client and his/her family (or significant other) will meet for an assessment and individual family therapy as well as with multi-family therapy groups on a weekly basis. Families will participate in parent education sessions once a week held prior to family visits.

Phoenix House Academy utilizes the *Strengthening Families Program* as its core parent education curriculum. The skills taught in parent education are incorporated into progressive home pass itineraries which are started after 30 days.

### Recreation Services and Physical Fitness Program

Each teen participates in a physical fitness program that includes assessment and setting of personal fitness goals, supported by a full time coordinator and team of coaches and recreation therapists. Three times a week, teens participate in planned indoor and outdoor activities, which are supplemented by dance, yoga, and recreational outings. Fitness/recreation classes include strength-training in an indoor gym and Aztec dancing.

### Phoenix Rising Music Program

.Phoenix House Academy maintains a state-of-the art music studio on site with classes in digital music production. The music studio gives our residents an extraordinary creative outlet where they can write and record their own music and an opportunity to learn valuable skills.

### Speakers Bureau

Young residents enrolled in treatment participate in community outreach activities to teach their peers about the dangers and consequences of substance abuse. Residents appear as speakers at sessions, classes, and panels held at local schools, community centers and other locations.

### Speak Up! Workshops

These small group workshops are designed to promote better understanding between at-risk youth and the police.

### Religious Services

Religious services are available on-site as well as through outings to local congregations. Special arrangements are made to support an individual's and/or families' needs.

### Random Urine Screening

Teens are randomly given drug tests throughout residential treatment. These tests are utilized as therapeutic tools in the teen's recovery management.



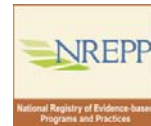
## Discharge Planning

Discharge planning is a progressive activity which begins at admission in order to fully prepare the client for return to the family setting. Formal discharge or re-entry planning is initiated within 24 hours of admission and is finalized during the course of treatment. Discharge planning takes place jointly, involving the case manager, therapist and primary counselor, psychiatrist, nurse and a vocational/educational counselor. Discharge or treatment plans are reviewed on an on-going basis at case conferences which occur at least twice during the first 30 days of treatment and monthly or as needed thereafter.

## Staffing

A multi-disciplinary treatment team supports each client. The treatment team includes:

- Medical Director (Board Certified Child Psychiatrist)
- Clinical Director
- Director of Mental Health Services
- Social Workers and Case Managers
- Therapists
- Certified alcoholism & substance abuse counselors
- Vocational/educational counselors
- Music coach
- Physical fitness coaches & recreation counselors
- Nurses & dietician



## Contact

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818 686 3000



### **Program Director**

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### **Admissions**

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# Phoenix House Outpatient Services for Adolescents



Phoenix House Academy's Outpatient Program provides after-school treatment for adolescents and their families. Teens attend intensive sessions on weekdays and participate in "clean and sober" supervised recreational activities on weekends. Our Outpatient Treatment Program offers individual and group counseling, educational workshops, and family therapy. Outpatient care consists of visits provided in an ambulatory setting for the purpose of assessing and treating substance-related and co-occurring mental health disorders.

## Program Components

The program curriculum features state-of-the-art evidence-based programs, the *Chestnut Health Systems-Bloomington Adolescent Outpatient (OP) Treatment Model*, *Strengthening Families Program*. SAMHSA's *Cannabis Youth Treatment Curriculum* is integrated into the services. Participating teens attend groups according to a proscribed treatment plan. Completion of the program is individualized and is determined by maintenance of sobriety, preparation of a relapse prevention plan, and development of a discharge plan.

The services are divided into three tracks. Track I is for those who have not previously participated in a substance abuse treatment program. Track II serves those who have had prior treatment or have successfully completed two months in Track I. Track III is for those who have participated in a residential treatment program or who have successfully completed Track II. Each track identifies specific objectives, requirements and curricula.

Completion of the program is individualized and is determined by maintenance of sobriety (the timeframe is defined in individual treatment plans), preparation of a relapse prevention plan, a discharge case conference and a discharge plan.

## Treatment Planning and Case Management

A comprehensive psychosocial evaluation is completed within the first week of admission led by the assigned primary counselor. Clear, reasonable, and objective treatment goals are set with the teen, each appropriate for the diagnosis and severity of problems. Services include individual, group and family counseling. The frequency and durations of outpatient visits are based on the individual's progress toward treatment goals. The treatment plans include (given the parents' and teen's permission for such contact) linkage and coordination with the appropriate professional and community resources.

The Phoenix House outpatient substance abuse treatment program for adolescents is fully accredited by the California Department of Alcohol and Drug Programs, by the California Alliance of Child and Family Services, and by CARF – the Commission on Accreditation of Rehabilitation Facilities (2010-2013).

## Client Profile – Target Population

- 12 to 21 years of age
- history of drug and alcohol use
- not at serious risk of harm to self or others
- impairment in functioning due to substance use

## Admissions Criteria

The use of alcohol and/or drugs has impaired the teen's bio-psychosocial functioning to the extent that the teen meets the American Society of Addiction Medicine's criteria for outpatient services. A lapse has occurred or is imminent, and treatment is needed to maintain or regain abstinence.

## Contact

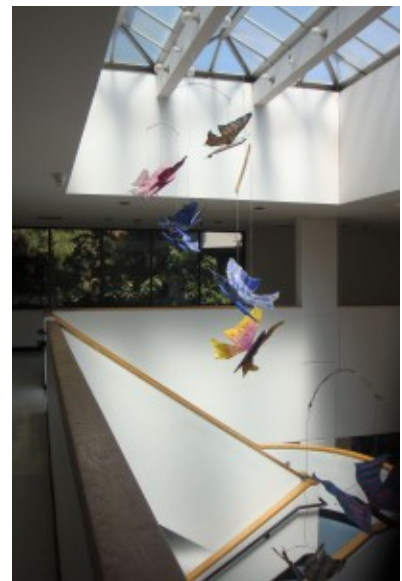
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# Phoenix House Academy ACCESS Program

Assertive Community Care Ensuring Sobriety and Success  
Client and Family-based Adolescent Outpatient and Wraparound Services  
for At-Risk Youth in San Fernando Valley, Los Angeles County, CA

Phoenix Houses of Los Angeles Inc., is implementing an intensive wrap-around services for substance abusing youths (ages 12-17) and parents/caregivers in the San Fernando Valley of Los Angeles County, California. Initiated in January 2011, the Assertive Community Care Ensuring Sobriety and Success (ACCESS) program targets youths at-risk of, or currently involved with, the juvenile justice system.

The program is designed to deliver mobile, family-centered and home-based assertive substance abuse treatment, case management, and continuing care services, using evidence-based practices. The program curriculum is structured on the Chestnut Health-Systems A-CRA/ACC Treatment Model and uses an evidence-based assessment, GAIN. Weekly sessions take place at participants' homes and other convenient community locations. The program will assist to redirect the teens' attention away from their acculturation into their peer community and back to their family support system that is being strengthened by positive communication skills and interactions.

Assessments: GAIN = Global Appraisal of individual Needs is a standardized bio-psycho-social assessment designed to help clinicians gather information for diagnosis, placement, and treatment planning.

Treatment Planning: A-CRA = Adolescent Community Reinforcement Approach provides individual sessions for the adolescents alone, sessions for the parent/ caregiver alone, and sessions with adolescents and parents/ caregivers together (3 months).

Continuing Care and Case Management: ACC = Assertive Continuing Care provides weekly case management at in-home or other convenient community locations selected by the participants. These services are offered for a period of 3 months.

Admissions Criteria: Youths are 12-17 years of age, have a history of drug and alcohol abuse, emotional or behavioral disorders, are on informal Probation, and have a record of poor school attendance. The program is funded by U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. Services are free for eligible youth and families with their full participation.

## Contact and Admissions:

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