



# SYMPTOMS OF SUBSTANCE USE DISORDER

## SPOT THE SYMPTOMS

It's easy to underestimate the risks or seriousness of drug or alcohol use. The symptoms listed here suggest a problem that may already have become serious and should be evaluated.

- Has times when they use more or longer than intended
- On multiple occasions wanted or tried to stop, but couldn't
- Spends a lot of time being sick/recovering from after-effects
- Wants to use so badly they can't think of anything else
- Using (or the aftereffects of using) often interferes with self-care, causes school problems or or causes continuing trouble with family or friends
- Gives up or misses out on activities that were once important to them in order to use
- Has gotten into situations while or after using that increased their chances of getting hurt (e.g. driving, unsafe sex)
- Continues to use even though it is making them feel depressed or anxious, worsened another health problem or caused a memory blackout
- Uses much more than they once did to reach the desired effect
- Feels withdrawal symptoms when the substance is wearing off (e.g. trouble sleeping, nausea, racing heart)

# THE CHANGING POINTE FOR ADOLESCENTS

## Treatment For Substance Use And Co-occurring Mental Health

Our caring and compassionate phone counselors are available 24/7.

For more information or to make a referral call: 636-345-2136, Option 1 Admissions  
800-345-5407 Toll Free

Insurance & Private Pay Accepted



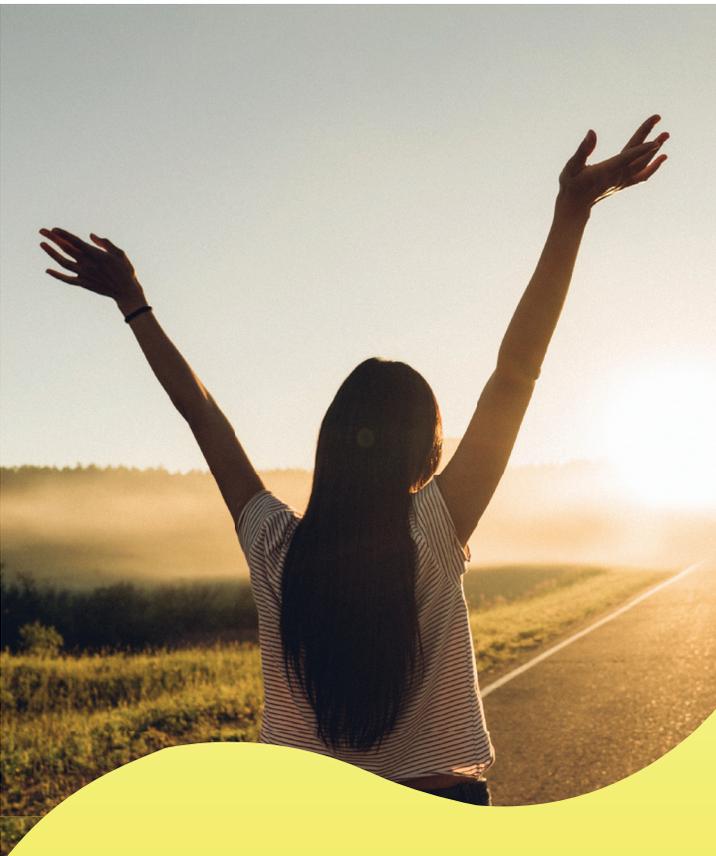
# SUBSTANCE USE & CO-OCCURRING TREATMENT FOR ADOLESCENTS

Detoxification • Residential Treatment  
Outpatient Services • Dual Disorders  
Aftercare • Family Services

CenterPointe Hospital  
4801 Weldon Spring Pkwy  
St. Charles, MO 63304

*Hope For A Bright Future*

CENTERPOINTEHOSPITAL.COM



## SUBSTANCE USE IS TREATABLE CARE FOR ADOLESCENTS

The good news is that addiction and substance use is treatable. With an opportunity to learn about addiction, develop coping skills and establish alternate behaviors, many teens addicted or dependent on drugs or alcohol can manage their addiction and live lives of recovery.

Through our substance use and co-occurring mental health residential care for 12 to 17-year-olds, we treat the use of alcohol, drugs or opioids, as well as mental health conditions such as depression, anxiety, and trauma. Studies show it is most effective to treat both at the same time.

# A COMPREHENSIVE CONTINUUM OF CARE

CenterPointe understands the needs of each teen vary. For optimal outcome treatment is tailored to meet those needs. Individual treatment depends on the severity and stage of illness, as well as family and community support systems.

## RESIDENTIAL TREATMENT

Residential care provides an in-depth treatment option when more intensive care is needed. A typical stay is 30 days.

- Dual disorder treatment (addressing both substance use and mental health issues)
- Hazelden Betty Ford Curriculum for Adolescents
- Highly structured environment and schedule
- Comprehensive assessment of substance use and mental health concerns
- 4-week residential treatment
- 24-hour medical supervision
- Twelve Step Facilitation
- Relapse Prevention Groups
- Group & Individual Therapy
- Trauma-informed therapy
- Supervised Outdoor Activities
- Family Education and Support
- Medication Management
- Daily Living & Life Skills Development
- Activity Options like gym time and Yoga
- Nutrition and Health Education
- Personal Wellness Education
- Community Meetings and Guest Speakers
- Ongoing Educational Support
- Aftercare

## DETOX



- Comprehensive assessment
- Treatment team consisting of physicians, nurses, social workers/counselors, addiction counselors, mental health technicians, activity therapists, & dietitians
- Stabilization of chemical dependence from alcohol, prescription medications, opioids and other drugs
- 24-hour medical supervision
- Medical oversight by a physician
- 12-step philosophy
- Hazelden's Living in Balance curriculum
- Medication-assisted & dual disorders treatments available
- Upon completion, transfer to another level of care

## OUTPATIENT TREATMENT

Outpatient treatment can be a starting point for treatment if adolescent is medically stable or the next treatment progression after residential treatment or detoxification.

- Addiction counseling and education in a group setting
- Medical oversight by a physician
- Development of coping and life skills to maintain recovery
- Medication-assisted treatment is available
- 9 to 20 hours of intensive group therapy weekly as determined by clinical assessment

