



## YOUTH ASSISTANCE PROGRAM

Youth Assistance is a community-based program whose mission is to strengthen youth and families and to prevent and decrease at-risk behaviors through community involvement.

### Who Participates in a Youth Assistance Program?

The Growth Works Youth Assistance Program is available to individuals who reside in Wayne County, between the ages of 11 – 17 exhibiting at-risk behavior. The goal of the program is to reduce the risk of juvenile justice exposure. Clients are referred from the Wayne County Juvenile Court, District Courts, local police agencies, Schools and parents.

Growth Works also has the unique ability to treat substance use disorder, clients who meet criteria will be placed in specialized programming to meet their needs.



### Why is the Youth Assistance Program important?

Youth Assistance Programs are critical to help youth recognize their at-risk behavior. Our staff utilize a strengths-based approach to help the client and family identify and meet their goals.

Thus, decreasing the likelihood of entering the formal Juvenile Justice system. The program helps to address individual needs and provide them with the resources to lead productive and healthy lives.

### What is the process of starting the Program?

The parent/guardian will contact **Shannon Williams** at **734-548-3505**.

An intake appointment will be scheduled for the **Growth Works office**, located at **271 S. Main St. Plymouth, MI 48170**.

If a client is deemed appropriate for substance use services an additional intake appointment will be made. From the information gathered at the intake, a recommendation of programming will be made.



## WHAT PROGRAMS ARE OFFERED?

### Life Skills

A group based therapeutic intervention that meets weekly for 10 sessions. Topics discussed include, but are not limited to:

- Anger Management
- Emotional Regulation
- Consequential Thinking
- Substance Abuse Education
- Positive Communication
- Healthy Relationships
- Budgeting
- Job Interview Skills
- Social Media Safety
- Goal Setting
- Coping Skills
- Educational Planning

### Outpatient Substance Use Disorder Group (OP)

A group based therapeutic intervention that meets twice weekly. Topics discussed, but are not limited to:

- Relapse Prevention
- Education of the 12 Step Program (AA)
- Identifying and managing triggers and urges to use
- Expressing emotions without the use of chemicals
- Developing skills to live a substance free lifestyle

### Intensive Outpatient Substance Use Disorder Group (IOP)

Much like the OP program, the Intensive Outpatient Program treats substance abuse through group-based therapeutic intervention. However, due to the intensive nature of the program it meets three times per week.

In addition to the group-based programming, an individual case management session will occur weekly to discuss progress and goals.

### Prevention

A group based therapeutic intervention that meets weekly for 12 sessions.

The topics are similar to Life Skills although aimed at providing assistance to youth at the experimental level of substance use.

## FAQs

### How much does the program cost?

*The program is of no cost to you.*

The requirement is that you reside in Wayne County and meet certain at-risk factors.

### Is there a parent component to the program?

*Yes, there are parent education/support groups held weekly.*

While they are not mandatory, they are highly encouraged. Studies show that parental involvement and participation increases the likelihood of success in the youth.

**Contact Shannon Williams to schedule an appointment**



**734-548-3505**



**info@gwcares.org**



**GROWTH WORKS**

Restoring Hope | Supporting Change | Improving Lives