




Growing from the success of  Centerpoint is now offering the **CHANGES** program on-site at Colchester High School.

*As a screening and brief intervention program, **PROJECT CHECKPOINT** has been helpful for students identified with challenges related to drug or alcohol use, and other emotional and social issues, and now...*

... through weekly group and individualized counseling services, **CHANGES** offers *ongoing support* for any student who is struggling with alcohol or drug use, and all of the life stressors related to their substance use.

**CHANGES** helps students to make healthier decisions and address the challenges in their lives by:

- Increasing their awareness of their thoughts, feelings, and behaviors
- Building new skills and strategies for managing life's stressors
- Becoming more informed and active in their own decision making process

**CHANGES** is led by Michael Hunter, LCMHC LADC. Michael is a skilled and talented mental health clinician and substance abuse counselor, with long-standing connections to the Colchester High School community and special expertise in working with teens and families.



**CHANGES** includes the Seven Challenges® model, a well-proven program designed specifically for teens with substance use and related social, emotional, and mental health issues. This program helps motivate the decision and commitment to change - and supports success in implementing the desired changes. Seven Challenges® is listed in the SAMHSA National Registry of Evidence-Based Programs and Practices.



*For those with commercial insurances or Medicaid, many of the **CHANGES** services are covered by your health insurance. Additional **CHANGES** services are funded through the Vermont Youth Treatment Enhancement Program, with no out-of-pocket expense to families and at no cost to the school. This grant program also includes an evaluation component that helps to demonstrate the effectiveness of these services (Note: This program evaluation activity does not share any identifiable information and keeps all information absolutely confidential.)*

**How do I get involved?** Many students seek out support for themselves to help with the stress in their lives or to address issues that are feeling too complicated to figure out on their own. Some students access services based on their family's concerns. And still more are referred by school staff based on needs or issues that become apparent within a student's school day.

**If you'd like help with these issues, to access support through the CHANGES program, or for more info...**

You can contact Michael Hunter directly by calling 488-7714 or by email at [MichaelH@CenterpointServices.org](mailto:MichaelH@CenterpointServices.org).

You can also speak with Assistant Principals Tim Emery and Justin Brown, or with your guidance counselor.



**You *can* make CHANGES! And we'll help you get there.**