

New Initiatives

Healthy Youth Program Extension

Recognizing the obstacles that location within Washington County can present, we are aiming to improve access and eliminate as many barriers to treatment as we can by offering community based counseling.

Starting in

September a community based clinician will be available to provide drug and alcohol treatment services to clients in schools and towns across Washington County

Seven Challenges Program

The Seven Challenges Program is designed for adolescent substance abusing or substance dependent individuals, to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug abusing lifestyle—and prepare for and attain success when they commit to making changes. The Seven Challenges Program helps young people master developmental tasks—to define their own identity, to learn systematic logical thinking and to prepare for adults roles—as they think about and examine their lives, their drug use, and the potential impact of their drug use upon their future.

Who We Are

Bert Klavens, M.A. LADC
Program Director

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Gail Mears, LADC, ADT
Clinician

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Lynn Rollins, AAP
Clinician

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Nora Lovelette, AAP
Clinician

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Jennelle VanDenBergh, M.S., NCC
Clinician

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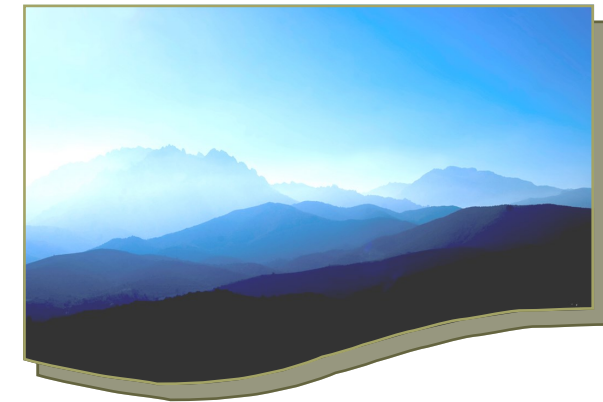
Karena LaPan
Billing and Audit Specialist

To Access Services

For more information about The Healthy Youth Program, please contact: Bert Klavens at 229-9151 or bklavens@wcysb.org

*HYP was formerly known as the Drug and Alcohol Program. This name change better reflects our strength based focus and our overall goal of healthy youth and healthy communities.

Washington County Youth Service Bureau/
Boys & Girls Club
P.O. Box 627, 38 Elm Street, Montpelier, VT 05601
Phone: 802-229-9151 Fax: 802-229-2508
wcysb@wcysb.org
www.wcysb.org
M-F 8:30— 5:00



Integrative Drug and Alcohol counseling services for treatment, prevention, assessment, referral and support.

Treatment Services

- Confidential Outpatient Counseling for youth and family members
- Drug & Alcohol Assessments
- Drug & Alcohol Awareness Group
- Referrals to other modes of treatment and community services
- Service Coordination
- Early Intervention Strategies
- Aftercare

Who We Serve

Young people age 12 to 25.

Clients with a variety of substance related treatment needs and degrees of misuse

Clients referred because of legal, school or family problems.

Clients with co-occurring issues such as anxiety, depression, trauma, learning disorders, and family, school and employment problems.

All young people without regard to race, religion, gender, sexual orientation, ethnicity, disabilities or national origin.

Our Approach

Youth Focused programming recognizes the unique needs of young people.

Relationship Building during treatment helps individuals to set and accomplish their own goals while addressing problem areas that may be driving unhealthy behaviors.

Support Systems are emphasized during outpatient treatment services to help adolescents remain within their existing support systems (family, school, work, peers).

We believe young people are resilient and capable of bringing about

Positive Change in their own lives.

Varied and Flexible

Strategies help address individual youth needs and help to develop unique approaches to achieve success.

Best Practice and Research Based Approaches

are used to inform treatment including Motivational Enhancement, Person Centered Theory, Exercise Programs, and Mindfulness.

Ultimately our goal is to help youth lead **Healthy and Happy** lives.

Community Focused

Successful treatment and ongoing recovery requires changes and supports within the numerous systems of a young person's life. We offer services within a community framework, helping clients build deep, positive, and ongoing relationships with doctors, schools, peer networks and other community organizations.

Strength Based

The HYP operates under the umbrella of the Washington County Youth Service Bureau/ Boys & Girls Club. The Bureau's **Positive Youth Development** approach focuses on each young person's strengths and works to engage youths as change-agents in improving their mental and physical health. The HYP helps youths to build healthy, happy and productive lives. This includes reducing or eliminating the harm caused by substance misuse and cultivating behaviors, skills and knowledge that support wellness.

* We accept most insurance and no one is denied services due to inability to pay.

HYP is funded in part by the VT Department of Health, Division of Alcohol and Drug Abuse Programs.