



# Timber Ridge School's Dedicated Substance Abuse Unit

Timber Ridge School provides Substance Abuse Services within the standards outlined in Addiction and Recovery Treatment Services (ARTS); and consistent with level 3.5 criteria as indicated in the American Society of Addiction Medicine ([The ASAM Criteria](#)).

This dedicated Substance Abuse Unit focuses specifically on substance abuse treatment for males ages 10-21. This unit differs from Timber Ridge School's traditional unit and is Virginia Medicaid reimbursable. Timber Ridge School is accredited by *Council on Accreditation* for services specific to substance abuse conditions.

## **Substance Abuse Therapy**

Substance Abuse therapy includes:

- Substance abuse group sessions daily for the student
- Individual counseling weekly for the student
- Drug and alcohol screenings
- Family counseling sessions and parent/family days with psycho-educational focus
- Support groups available for parent(s)
- Weekly off-campus AA/NA group meetings in the community
- Group counseling sessions with a Licensed Certified Addictions Counselor.

## **Treatment Goals**

Our goal is to help students to:

- |   |   |
|---|---|
| <input type="checkbox"/> Understand motivations for using     | <input type="checkbox"/> Learn how to get needs met responsibly   |
| <input type="checkbox"/> Identify triggers                    | <input type="checkbox"/> Learn how to have healthy fun            |
| <input type="checkbox"/> Improve refusal skills               | <input type="checkbox"/> Develop relapse prevention habits        |
| <input type="checkbox"/> Improve healthy self-confidence      | <input type="checkbox"/> Correct distorted and defensive thinking |
| <input type="checkbox"/> Learn how relationships are impacted | <input type="checkbox"/> Manage emotions without substances       |

## **Curriculum**

We utilize an array of specialized Substance Abuse evidence-based curriculums to include:

- *Living in Balance*
- *Motivational Interviewing*
- *12-Step Program Workbooks*

**What questions do you have? Contact Timber Ridge School today . . .**

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