



KAISER PERMANENTE®

**ADOLESCENT AND FAMILY CHEMICAL DEPENDENCY SERVICES**

**SAN RAFAEL, Dept. of Psychiatry, 820 Las Gallinas Ave. (415) 444-3522**  
**PETALUMA, MOBII, 3900 Lakeville Hwy. (707) 765-3565**

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Our adolescent and family chemical dependency treatment programs offer a range of services for the teenager and family in need of education, support, and treatment for chemical dependency issues.

The **PRE-TREATMENT TEEN AND FAMILY GROUP** is an 8-week psychoeducational class providing teens and families with information about commonly used and abused substances, the nature of addiction, how addiction affects families, and family communication. Teens and families also have an opportunity to ask questions and briefly discuss the topics presented. We ask that parents participate with their children and that all attendees remain clean and sober from alcohol, drugs, and other habit-forming substances during the time they are participating in the group. Participants, including teens and parents, may be asked to submit urinalysis tests during the course of the class. An intake and referral from a chemical dependency therapist is required prior to starting the class.

**San Rafael (Dept. of Psychiatry): MONDAYS 6:15 - 7:30pm**

The **ADOLESCENT AND FAMILY CHEMICAL DEPENDENCY RECOVERY PROGRAM** is an early recovery, outpatient treatment program that involves the participation of the teenager and his or her parents for at least three months. It is designed to provide education, support, and treatment to teens who have committed to abstinence from alcohol and drugs, as well as to their families. Teens participating in the recovery program attend without their parents once per week and attend with their parents every other week. Parents attend the program once per week, alternating between attending with and without their child. Participants may be asked to submit urinalysis tests on a random basis throughout the course of the program. The program strongly recommends that both teenagers and parents use 12-step support meetings to supplement their recovery program. An intake and referral from a chemical dependency therapist is required prior to beginning the recovery program.

**SAN RAFAEL (Dept. of Psychiatry):**

**TEEN GROUP: TUESDAYS 5:00 - 6:30pm**

**PARENT-TEEN GROUP: THURSDAYS 5:00 - 6:30pm**

The **CHEMICAL DEPENDENCY EDUCATION SERIES** is a class offered through Kaiser San Rafael and Petaluma for clients who are participating in our chemical dependency programs, their spouses, partners, parents and/or other family members, or any Kaiser member who has questions about their own or someone else's substance use.

**San Rafael (Dept. of Psychiatry): TUESDAYS 5:00 - 6:30pm**

**Petaluma (Dept. of Psychiatry): FRIDAYS 5:00 – 6:00pm**

**SELF-HELP MEETINGS** are highly recommended to both parents and teens for additional support. Teens working on their recovery are referred to Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Marijuana Anonymous (MA), etc. There are young people's meetings for these 12-step programs. Parents are encouraged to attend Al-Anon, a self-help support group designed for those who have a loved one struggling with substance abuse. In Marin County, there is a weekly Al-Anon group specifically for parents of addicted children. Your primary therapist can provide you with more information on these meetings.



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**ADOLESCENT AND FAMILY CHEMICAL DEPENDENCY TREATMENT GROUP GUIDELINES:**

**Confidentiality** – it is of utmost importance that all group members respect each other's confidentiality and anonymity. This means that we expect you to keep the personal information you hear discussed in the group private, that clients share only their first names with the group, and that clients do not approach one another if they see one another outside of the group or clinic (unless agreed upon beforehand). Please refer to the Informed Consent sheet for additional information on some of the legal limits of confidentiality.

**Abstinence** – in order to participate in either the Pre-Treatment Teen and Family Group or the Adolescent and Family CD Recovery Program, we ask that all participating family members make a commitment to total abstinence from alcohol and drugs. If you are having difficulty maintaining this commitment, your participation will be reevaluated and you may be referred to a higher level of chemical dependency treatment in order to assist you with the goal of abstinence. Please keep in mind that the CD staff asks participants to submit to urinalysis tests on a random basis.

**Check-in** for teens in the recovery programs typically consists of stating your first name, your substance(s) of choice, how long it has been since you have used it (them), and whether or not you are attending self-help meetings. You are also encouraged to talk about current stressors or issues that may be affecting your recovery, your physical and emotional well-being as you progress through different stages of recovery, and the behaviors you are doing that might be threatening or strengthening your recovery. Check-in for parents involves stating your first name, the first name of your child participating in the program, and whether you are participating in any self-help meetings. You are also encouraged to talk about how recovery is affecting the family, family stressors, communication in the family, and any struggles or concerns you may be experiencing while your family goes through the recovery process.

**Group discussion** – cross-talk is encouraged in the groups, but please keep in mind that all comments should be made in a respectful and supportive manner. Also, comments where you focus on your own personal experiences are generally the most helpful when providing feedback to others. Under no conditions will verbal threats or other forms of threats of harm to parents, peers, or staff be tolerated.

**Romantic, sexual, or business involvement** – we ask that you refrain from developing any romantic, sexual, or business relationships with any person in the Kaiser recovery program. This type of involvement tends to jeopardize recovery and the group treatment process.

**Clothing** – we ask that you avoid wearing clothing or accessories with alcohol or drug related brands, logos, or sponsors to the recovery groups.

**Cell phones and beepers** should be turned off before the start of any group you attend as part of your treatment here.

Your **Primary Therapist** is the provider who initially saw you for an intake. You will benefit from having periodic meetings with your provider. Please also contact your therapist if any questions or concerns arise for you during the course of your participation in the group