

Why Teens Say They Use...

- Boredom
- Their friends are using
- No parental supervision
- It's fun
- To relax
- To forget their problems

"The addiction process happens more quickly in teens than adults."

If you suspect your teen is using drugs or alcohol...

DO:

- Talk to them about your suspicions without accusations and judgement
- Listen to your teen
- Contact a substance abuse agency for help

DON'T:

- Threaten to kick them out of the house unless they stop using
- Blame others for your teen's substance abuse
- Patronize or preach to your teen



Serving the Community...

Los Angeles Center for Alcohol and Drug Abuse has been providing comprehensive drug counseling services in Santa Fe Springs and neighboring communities since 1971.

L.A. CADA currently operates four locations in Los Angeles County and is also housed at other community sites that include the downtown office of the Department of Mental Health, school sites within the East Whittier City School District and all Whittier Union High School District campuses.

L.A. CADA has received CARF accreditation demonstrating that our organization has opened its service delivery and business processes to outside scrutiny in order to improve the quality of our programs. It serves as a public statement saying we strive to ensure that our services are of the highest possible quality, and is an official recognition that our organization is guided by internationally recognized service standards and best practices.

LOCATIONS

L.A. CADA Administrative Headquarters

11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2687

Santa Fe Springs Outpatient and HIV Services Center

11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2681

Downtown Outpatient and HIV Services Center

470 E. 3rd Street, Suites A & B • Los Angeles, CA 90013
ph 213.626.6411 • fax 213.626.8115

Hollywood HIV Services Center

6838 Sunset Boulevard • Los Angeles, CA 90028
ph 323.461.3161 ext 3818 • fax 213.626.8115

East Whittier City School District Whittier Union High School District

For information: ph 562.906.2676

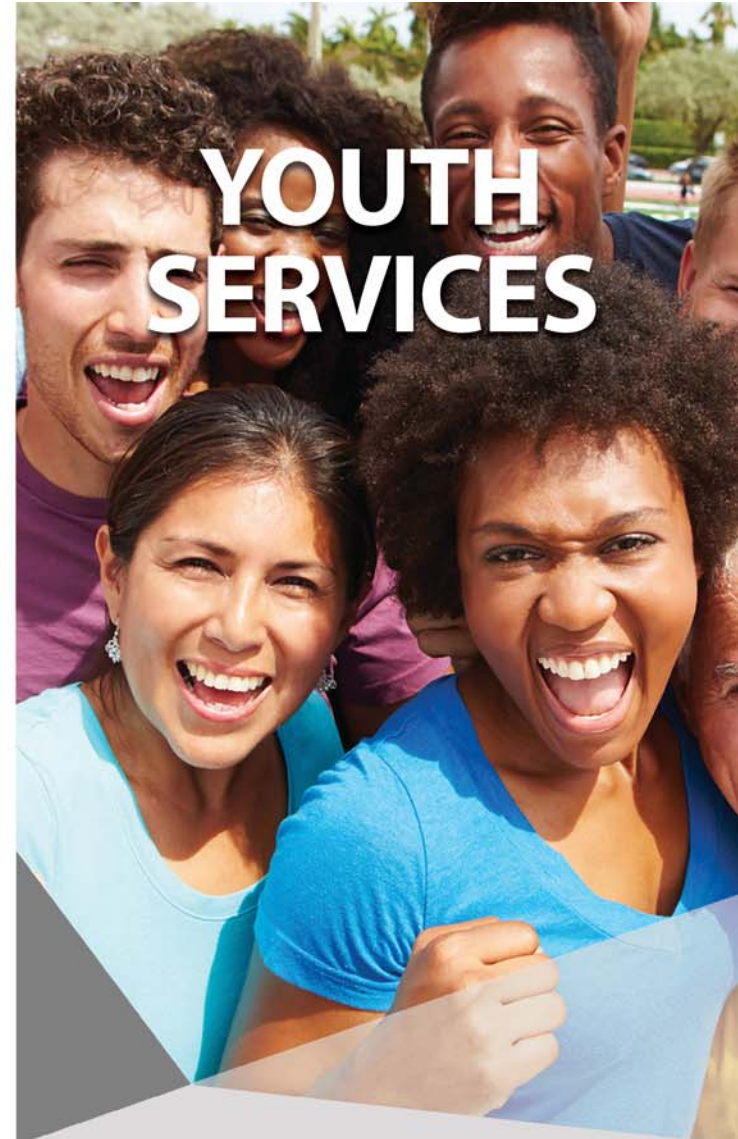
**L.A.
CADA**
A Path to Recovery
and Healthy Living

www.lacada.com



Bringing hope to families since 1971

Made possible by the Los Angeles Department of Public Health and other funding sources.



YOUTH SERVICES

L.A. CADA
A Path to Recovery
and Healthy Living

Youth Services Program Philosophy:

With education and guidance, all teens can:

- Turn negative behavior into positive change
- Develop into active adults in their communities
- Live a healthy lifestyle free from substance abuse

Los Angeles Centers for Alcohol and Drug Abuse

Red Flags Your Teen may be Addicted to Alcohol and/or Drugs:

- Unpredictable mood swings
- Change in eating and sleeping patterns
- Hanging with a new group of friends
- Negative change in school performance
- Deterioration of family relationships
- Loss of interest in hobbies or sports
- Breaking curfew and lying about whereabouts

How Our Program Helps...

Our counselors are trained to work with teens between the ages of 12 to 18 to address their specific needs related to substance abuse.

A treatment plan is developed to meet your teen's needs, and their goals will be addressed through individual and group counseling sessions.

Our program offers a safe place for teens to share, learn and develop skills to resist the temptations associated with substance abuse.

"Our goal is positive behavioral change and implementation of a healthy lifestyle."

Case Management...

Counselors meet with youth to identify needs related to staying drug free and work with them to develop an individualized case plan to maximize their success in treatment. Case plans also address development of a relapse prevention plan.

Social Activities...

Events are organized periodically to encourage the youth to engage in positive social activities such as field trips, special guest speakers, community festivals, and graduation ceremonies.



– Evidence-Based Practice –
Bilingual Counselors (English/Spanish), Individual and Group Counseling, Relapse Prevention.



Youth and TAY Programs...

L.A. CADA provides a three- to six-month out-patient treatment program for teens 12–18 years old, and provides a transitional age program (TAY) for 18–24 year olds, including:

- Educational group sessions
- Individualized case management
- Positive social activities
- Connection to community resources
- Random drug testing
- Program cost covered through Drug Medi-Cal

Group Sessions:

Monday through Thursday, 4:00pm–5:30pm

*For more information, contact L.A. CADA
1105 Bloomfield Ave., Santa Fe Springs, CA 90670
562.906.2676 • www.lacada.com*

Treatment Services and Group Sessions

Educational discussions led by trained L.A. CADA counselors on the following topics:

- Substance abuse education
- Relapse prevention skills
- Self-esteem development
- Building healthy relationships
- Problem solving techniques
- Identifying social support
- Anger management

We seek...

to empower adolescents to develop and maintain healthy relationships, promote their talents, ideas, leadership, and sobriety.

We assist...

youth and their families to overcome obstacles they may encounter, which can include family concerns, drug abuse, mental health challenges, teen pregnancy, sexually transmitted diseases, violence, and social and economic inequities.

