

An incorporated part of Hallmark's RTC, functioning within the Unit Phase arranged system, the program's Substance Abuse and Chemical Dependence Treatment track provides a positive setting for open discussion, problem solving, and decision making by adolescents regarding past involvement and future use. Designed specifically for adolescents with dual diagnoses, treatment includes issues about substance use and drug selling, and focuses on legal and illegal chemicals, including tobacco.

Hallmark's Certified Substance Abuse Counselor meets with Treatment, Aftercare, and Multi-family groups to provide clinical guidance, information, and support to adolescents and their families.

Admission Criteria

- Ages 12-17
- Primary psychiatric diagnosis/Secondary CD diagnosis
- Not currently a danger to themselves or others
- In need of a secure setting to evaluate or address behavioral, social, emotional, and psychological issues.

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Hallmark Youthcare - Richmond
12800 West Creek Parkway
Richmond, VA 23238



**Hallmark Youthcare
Richmond**

**Substance Abuse
&
Chemical Dependence
Treatment Track**

A Recovery-Development treatment approach utilizing individualized treatment attention and a Motivational Enhancement treatment design.

Virginia and D.C. Medicaid Approved

Licensed by DMHMRSAS; JCAHO Accredited

In conjunction with Hallmark Youthcare's behavioral system, residents within the Substance Abuse/Chemical Dependence track focus on specific group and individual phase goals based on their Master Treatment Plan. Treatment work progresses in accordance with Unit phases and focuses on skills for recovery.

Unit work may include but is not limited to:

PHASE 1 - Self-disclosure in treatment group work focusing on openness about prior substance misuse and its negative effects.

PHASE 2 - Self-understanding through discussion of high-risk circumstances that may prompt reuse.

PHASE 3 - Self-confidence through compilation of a relapse trigger list.

PHASE 4 - Self-redirection through the development and presentation of a personal relapse prevention plan.

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TREATMENT

By assisting the adolescent in becoming more aware of the personal life difficulties that have developed as a result of substance misuse or involvement in drug selling, group and "one-to-one" treatment provide the close care needed for progression on tough recovery issues. The Stages of Change model assists the adolescent's decision making about future use, lifestyle change, and developing recovery.

Hallmark Youthcare's Substance Abuse and Chemical Dependence Treatment Track features...

1 INDIVIDUALIZED TREATMENT

A PROGRESSIVE RECOVERY- TREATMENT APPROACH

2

3 A MOTIVATIONAL ENHANCEMENT DESIGN

All residents in the RTC receive **preventative substance abuse education** with Hallmark's Certified Substance Abuse Counselor.

**Questions? Contact our Intake Office at
804.784.6432**

DISCHARGE PLANNING & AFTERCARE

Discharge planning includes referral to further SA/CD treatment when needed to assist with the ongoing support necessary for successful recovery.

Aftercare Groups

Hallmark offers a monthly, evening Aftercare Group for discharged residents to assist in recovery by working through ongoing problem issues in relapse prevention.

Multi-family Support Groups

An evening Multi-family Support Group meets monthly. Parents and other relatives of former RTC residents exchange ideas, concerns, and interests in learning more about the best ways to support the young person they care about in living without alcohol, tobacco, and other drugs.

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Any resident admitted to the facility without a current (within six months) Substance Abuse Subtle Screening Inventory (SASSI) will have one administered upon admission. After an intake assessment of the resident's substance abuse, those not needing SA/CD treatment will continue to receive SA/CD education to support the prevention of future substance use.