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Project Teen Intervene - a Brief Intervention Therapy Program and Support Group (1)

Corinne Frontiero

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Project Teen Intervene is based upon the foundational principle(s) and concept(s) of Brief Intervention Therapy, a form of Cognitive Behavioral Therapy.

The concept(s) of Brief Intervention Therapy came to light in the 1990's when our health system(s) began to take a long hard look at the success ratio(s) of long term therapy and health care providers changed their viewpoint to the need to treat the welfare of our society as a collective whole. Thus, the shift from one-on-one counseling to group therapy.

This program is unique in that it applies the theory of Brief Intervention Therapy to a group setting. The goal is to aid the adolescent and teen in understanding why they reach out to drugs and alcohol in times of turmoil and stress. It is also designed to assist the adolescent and teen in minimizing his or her drug or alcohol abuse with an eye towards abstinence. This program will also define for the adolescent and teen the obstacles they will have to overcome in order to break free of drug abusing and alcoholic family systems. The Program provides self-help inventories on alcohol and drug use, goal insight(s)/worksheets and a wealth of interactive activities for group success. The Program also comes with a Drug Handbook which identifies and describes the effects of all drugs ranging from opiates to GHB, and other current Club Drugs. It also specifies the slang name for each drug so that a child can identify when he or she is in a potentially harmful environment.

The Program also offers teens and adolescents links to National Crisis Hot Lines and websites, via Google, Facebook and Twitter, for not only alcohol and drug abuse but for various other issues as well.

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