



## WHAT is ASACS?

ASACS stands for Adolescent Support and Counseling Services. We are a school and community based program providing counseling, and educational prevention based services that are confidential for students in grades 6 -12.



## Counseling Services

- ▶ Comprehensive psycho-social assessment
- ▶ Individual, family, and group counseling
- ▶ Counseling services that address alcohol and other drug use
- ▶ Counseling services that address other mental health concerns



## Other ASACS Services

- ▶ Classroom education on a variety of topics that can improve overall teen functioning.
- ▶ Parent workshops on topics that increase parent-child cohesion.
- ▶ Group counseling both educational and clinical to address specific populations and needs within the school setting.
- ▶ Coordination with youth-focused agencies in collaborating support for teens.



## Adolescent Support & Counseling Services (ASACS)

**Please Contact Your Regional ASACS Counselor:**



## ADOLESCENT SUPPORT & COUNSELING SERVICES (ASACS)

**Enriching the Future  
of American Teens  
Around the World**

## What You Can do as a Parent to Help Your Teen?

- ▶ **Teens face tough choices.** Should I try smoking a cigarette? Should I go to a party where beer will be served? What if my friends want me to try pot? Should I have sex with my partner?
- ▶ **Teens need parents who listen.** When teens need help making tough decisions, they WILL turn to parents who listen. If you want your teen to come to you for help, set the stage by being a good listener.
- ▶ **Encourage your teen to describe the problem.** Ask how he or she feels about the problem. Really listen. Try to put yourself in your child's shoes.
- ▶ **Talk with your teen about choices.** Help your teen see that there may be more than one way to solve the problem. Encourage your teen to think of several possible solutions.
- ▶ **Help your teen see the pros and cons for each choice.** Ask your teen how each choice will affect his or her goals. For example, "How would smoking affect you making the basketball team?" Point out (without lecturing) the possible results of each choice.
- ▶ **Help your teen plan.** Help your teen plan what to say if a friend offers a drink. Make sure your child knows how to reach you if he or she needs to leave a party.
- ▶ **Praise your teen for talking with you.** This is behavior you want to encourage!
- ▶ **Later, ask your teen how things worked out.** Help your teen think about what he or she learned. Praise your teen for making good choices, and help your teen learn from mistakes.
- ▶ **Let your teen know that you love him or her and that you have faith in his or her ability to make good choices.** Respect your teen's opinions, even when you disagree. Help your teen to set realistic goals.

## Why ASACS?

### Reasons why someone would see ASACS:



Stress



Grades



Anxiety



Body Image



Depression



Relationships



Substance Use



Issues with Sexuality



Family Concerns



Transition Concerns



Bullying



Grief and Loss

### The First Visit

All teens under the age of 14 will need parental consent for services. During the first visit releases of information and informed consent will be signed. The counselor will conduct a multi-dimensional assessment to identify what level of care is necessary. Clinicians encourage family participation in ASACS counseling.

## Treatment Approach

- ▶ All ASACS counselors are dually credentialed in mental health counseling and substance abuse counseling. In addition, they are credentialed through their respective ARMY hospital.
- ▶ ASACS clinicians use a variety of treatment approaches which include Motivational Interviewing, ASAM Patient Placement Criteria, and Feedback Informed Treatment (FIT).
- ▶ ASACS can track outcome measurements of client progress based on clinical interventions.

### Confidentiality

Anyone receiving ASACS services is protected by Federal Regulations governing confidentiality. Exceptions to confidentiality being broken are:

- ▶ With client written permission
- ▶ In suspected cases of child abuse
- ▶ In medical emergency
- ▶ In threat of harm to self or others.



**ASACS services are available** to any military ID card holder student and their families.