



Phoenix Programs, Inc.

# Project Apex Adolescent Program



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For more information visit us online:

[www.phoenixprogramsinc.org](http://www.phoenixprogramsinc.org)

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part by The Missouri Foundation for Health. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.

## *What are the Results of Project Apex?*

Follow-up interviews with Project APEX participants show those who have completed the six month program are likely to have

- ◆ Improved psychological stability and Decreased psychological distress.
- ◆ Reduced substance use and abuse.
- ◆ Improved educational level and employment.
- ◆ Increased health functioning.
- ◆ Increased positive family and social support.
- ◆ Decreased legal involvement.
- ◆ Rated their level of satisfaction with the program as “excellent.”



# Phoenix Programs, Inc. Project Apex



## What is Project Apex?

Project Apex serves young people ages 12-21 years old who meet the criteria for a substance use disorder (SUD) and/or co-occurring substance use disorder with a managed mental health diagnosis.

The Apex program is six months in length. During this time there are weekly face-to-face contacts with the youth and a third of these visits include a family member of the youth. There are opportunities for multiple contacts each week via phone calls, Skype and texting. Costs include drug testing and program incentives. Cost is \$2,530 per 6 month episode.

## How Can A Young Person Get Help Through Project Apex?

Youth and young adults may be referred for help from a variety of sources:

- ◆ Schools and faith communities
- ◆ Law enforcement
- ◆ Mental health professionals and doctors
- ◆ Other area agencies.
- ◆ Concerned family or friends

## Why is Project Apex different from traditional youth counseling?

### Project Apex

Participant **chooses the goals of treatment** with support of the counselor.

**Participants experience positive situations** to help them learn to live without using drugs or alcohol

Treatment **encompasses strengths and interests of participant as a whole person.**

Parents, caregivers, even significant others and friends are **included in sessions with counselor**

Treatment is a **3 month outpatient intervention** coupled with 3 months of follow-up care.

**Counselor can actively help the participant** with school situations, employment, medical appointments, positive activities and other community engagement.

### Traditional Youth Counseling

Counselor often chooses the goals of treatment.

Participants feel punished or coerced.

Treatment focuses on “drug problem.”

Only the participant receives help, sessions for family members may be an “add on.”

Treatment continues indefinitely.

Participant or family is responsible for follow-up or continuing care services.

**To schedule an appointment with Apex please call: 573-875-8880**

**Providing a New Perspective on Prevention, Treatment and Recovery - for Individuals, for Families - for Over 35 Years**