

Continuing Care:

The Key to Minimizing Relapse and Building a Self-Sufficient Teen

Continuing care is a mandatory part of your teen's recovery process and a crucial component to ensuring your child avoids relapse. Teensavers agrees with the National Institute on Drug Abuse (NIDA) that continuing care is essential to successful treatment. Research indicates that half of all teens not receiving some form of continuing care after treatment for substance abuse, emotional or behavioral issues fall back into their previous pattern.

Continuing care focuses on teaching teens how to cope when they leave treatment and return to the same social environment that initially contributed to their need for treatment. This is accomplished by providing teens with the coping and leadership skills they need to make the right decisions, lead a healthy, productive lifestyle and become self-sufficient.

Teensavers offers several alternatives for continuing care to help resolve any lingering issues identified in your child's post-treatment assessment.

Our recommended course of action is determined by the severity of the lingering issues. We may also recommend a combination of therapies to resolve your child's specific issues. It is highly recommended that your child receive at least 90 days of continuing care to achieve the best possible results and to greatly minimize the chance of relapse.

Our Recommended Course of Action for Your Teen

- Continuing Care Day Program
- Personalized Therapy/Intensive Outpatient (IOP) Therapy
- Combined Therapies:

teensavers™

1412 E. Chapman Ave.
Orange, California 92866

1.800.451.1844 | teensavers.com

The Need for Continuing Care

Minimizing the Chance of Relapse



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transforming lives



Continuing Care Day Program

Teensavers' Day Program is ideal for teens with lingering issues following in-residence treatment. While they have been stabilized enough for parents to be able to watch over them at night and on weekends, they still require daytime supervision while their parents are at work. Most of the teens referred to our day program have completed in-residence treatment, though they may be admitted directly into the day program because 24 x 7 supervision is not required. The Day Program works as an extension of our In-residence Program. Teens in the Day Program go through the same treatment, while also receiving a combination of academic studies, individual therapy, group therapy and family sessions.

Personalized Therapy/ Intensive Outpatient (IOP) Therapy

For those teens who have made significant progress in residential or day treatment, but still have lingering emotional, psychological or behavioral issues, Teensavers recommends personalized therapy, or what is also called intensive outpatient (IOP) therapy. Teens referred to this type of continuing care can go without supervision during the day, but still require therapy to resolve specific issues before they can fully and successfully reintegrate with society and the family unit without relapse. This program combines individual therapy with group or family sessions one to three times per week.

The focus in the continuing care phase is on helping teens develop the self-discipline and coping skills they need to make the right decisions and resist falling back into their old pattern.

The Lifespark Process™

While The Lifespark Process™ begins the first day a teen enters our In-Residence Program, we consider it a form of continuing care because it extends past residential treatment. Teensavers founder Tim Chapman developed the process to assist teens in recapturing the dreams they once had.

From the time he or she is admitted into Teensavers, your child will be guided by a personal counselor to determine what dreams and goals may have been forgotten or postponed by life events, behavioral issues or substance abuse. Through the Lifespark Process, we help identify a potential career path and what roadblocks stand in the way of achieving life goals. From day one teens are engaged in identifying and recapturing their Lifespark.

Our knowledgeable, compassionate staff encourages and reinforces the process throughout treatment, so that when teens leave our program, they have a clear understanding of their life's passion.

