



Recovery Support Program for Teens at Insight Counseling LLC

Where can you turn if your child or student has an alcohol or other drug problem?

Teenagers in recovery, or seeking recovery from alcohol and other drug problems require specialized care from staff well trained in substance abuse and the emotional issues that often predate and accompany substance abuse. We provide the only adolescent recovery program in lower Fairfield County and we are uniquely qualified to provide motivation, structure, education and care for adolescents and their families.

The Recovery Support Program provides a safe, highly structured and positive environment for adolescents to make the commitment to change. **The Recovery Support Program** offers:

- 🌿 Extensive evaluation services with onsite, accurate drug screening
- 🌿 Group therapy twice or three times per week (after school)
- 🌿 Individual and family counseling
- 🌿 Referral to community based AA and NA meetings and an onsite Young people's AA meeting
- 🌿 Wilderness day trips and excursions
- 🌿 Consultation with school staff and outside professionals
- 🌿 Staff to client ratio of 3:1 in all groups, each client seen by their therapist individually and with their family
- 🌿 Staff available 24 hours per day for crisis services
- 🌿 CBT and DBT skills taught and reinforced
- 🌿 Teens can remain with their individual therapists and Insight Staff will coordinate with them

We promote a positive peer based model of recovery and help teens make social connections with other adolescents who are committed to a sober lifestyle. Parents are part of a parent support group and receive counseling and advice from the Insight Staff as well as concrete help setting and maintaining limits with teens.

Our staff is trained in both substance abuse and mental health counseling and each staff member has an average of 24 years' experience in the field. We are absolutely dedicated to the care and wellbeing of your child and family.

Teenagers can also attend the Recovery Support Program for the group sessions and substance abuse counseling while maintaining their individual relationship with referring therapists and psychiatrists and our staff works as a team with community based therapists and schools.

Insurance covers most fees through out of network benefits. Sliding scale fees available for families who qualify.

Our Staff: Liz Driscoll Jorgensen, CADAC, Director; Clare Gelissen, LMFT; Pam Walker, CADAC; and Kristin Dineen, LCSW

For further information about the program and additional services offered at Insight Counseling please contact us at

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