



BREAKING THE CYCLE

A Three Prong Attack to Help Our Adolescents

Today's adolescents face challenges that have never been seen before especially with tobacco, alcohol, and substance use. **Breaking the Cycle**, a program developed by Managed Care Center for Addictive and Other Disorders, recognizes that the potential for making a life-long difference with our youth is greater than with any other population segment. This is most true for those who have become involved in the Juvenile Justice System.

Breaking the Cycle was developed specifically for those young people between the ages of 13 and 17 who are in detention or on probation using three evidence-based curricula with a singular goal - **break the cycle before it can become a cycle.**



Prong One

TREATMENT

Managed Care Center's Adolescent Outpatient Treatment program is provided to those youth who are currently in detention. This program was developed after two years of research that uncovered the exact time commitment and subject matter to produce the highest possible efficacy and positive results.

Prong Two

PREVENTION

A 10-week educational program from Managed Care Center's Prevention Division that focuses on key points like setting strong life priorities, learning how to set and achieve goals, what constitutes healthy behavior, establishing commitments, and celebrating personal success.

Prong Three

CONTINUING TREATMENT AND RELAPSE PREVENTION

A 10-week Adolescent Outpatient treatment program for those who have completed their detention and those on probation. The focus is on building a knowledge base about substance use, making healthy life choices, preventing potential relapse, and creating a life of personal success.

Those in the detention system are offered the complete three prong system; those on probation, the third prong which, even by itself, provides effective tools for building a positive life.

Breaking the Cycle was developed specifically to make a difference where it is most needed and most important - with our vulnerable youth. For more information, contact Managed Care Center for Addictive and Other Disorders at 806.830.8300 or visit our website at www.ManagedCareCenter.org.

Disclaimer: Any graphics appearing in collateral materials do not depict actual classes or clients as such would be in violation of the laws governing confidentiality.

Who and what is Managed Care Center for Addictive and Other Disorders? Many things for many people

Adult Inpatient and Outpatient Treatment for those who suffer from alcoholism or drug addiction with programs lasting from 30 to 90 days. Our mission is to respond to the needs of clients. Managed Care Center is partially funded through the Texas Health and Human Services Commission to help those who can't afford treatment.

Youth Outpatient Treatment for at-risk teens who need help and support with their battles against substance abuse. Our specially trained youth addiction counselors offer individual counseling **sessions and classes to help improve** self-esteem, problem solving skills, taking responsibility, learning to trust, and much more. Financial assistance is available through the Texas Health and Human Services Commission.

Prevention Training for students throughout Region 1 which includes West Texas and the Panhandle with four unique programs:

- **Youth Connection** – appropriate for all grade levels
- **Toward No Drugs for high school students**
- **All Stars and Life Skills Training** – designed for sixth graders

Our goal is to do everything possible to **help our youth avoid the dangers of tobacco, alcohol, and drugs**. These programs are 100% funded through the Texas Health and Human Services Commission.

Community Coalition Building to reach out to the cities and counties in Region 1 increasing awareness to the dangers of tobacco, alcohol, and drugs. Then, by working together, to create sound strategies for supporting our communities and youth.

HIV Early Intervention helps those who have been diagnosed with human immunodeficiency virus. Our HEI specialists provide support, encouragement, and referrals to caring health professionals.

Prevention Resources gathers quantitative and qualitative data concerning alcohol and drug use in Region 1, the State of Texas, and our nation. Our annual report, the Regional Needs Assessment, along with our quarterly reports demonstrate where and how substance abuse is having an affect on our communities and people.

OUR VISION

Managed Care Center – Strengthening and Empowering our Communities by Providing Substance Abuse Services Through Education, Prevention, Intervention, and Treatment.

OUR MISSION:

Managed Care Center is a multi-faceted organization serving the people and communities of the Texas Panhandle and South Plains with caring, compassion, dedication and professionalism. Its emphasis is on treating those who suffer from alcoholism and addictions, educating our youth who might be at-risk, conducting solid research, building alliances with our communities, and helping those who are most in need. A leading non-profit, Managed Care Center for Addictive and Other Disorders is committed to being of complete service today and for many years to come.

