



NCADD

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE
OF THE SAN FERNANDO VALLEY, INC.

14557 FRIAR STREET, SUITE 107
VAN NUYS, CA 91411
818/997-0414
FAX 818/997-0851
NCADD-SFV@att.net
www.ncadd-sfv.org

TEENAGE ALCOHOL PROGRAM (TAP) OUTLINE

“TAP” participants are enrolled in the program for a period of not less than 10 (ten) weeks. The program follows a twice-weekly meeting schedule, with half of the meetings devoted to Educational Groups, and half devoted to Discussion Groups.

EDUCATION GROUPS

Each Education Group session focuses on a specific problem area related to alcohol/drug abuse and addiction. Topics may include:

- * Definition of alcoholism/addiction & the developing signs of each
- * Physical effects of alcohol & drugs on the body
- * How alcoholism/addiction affects the family
- * Breaking the behavior cycle
- * Recovery, sobriety, and community resources
- * Guest speakers on pertinent topics
 - * Aids
 - * Fetal Alcohol Syndrome
 - * Smoking

DISCUSSION GROUPS

The Discussion Groups focus on teaching sober living skills, with topics such as:

- * Changing attitudes
- * Decision making
- * Values clarification
- * Anger & How to deal with it
- * Self-esteem
- * Past-Present-Future life goals
- * Mock A.A. meeting & understanding 12 step recovery
- * Peer pressure and how to say “no”

In addition, each participant in “TAP” is required to attend an appropriate 12-step meeting, such as A.A., N.A., C.A., Alateen, etc., on a weekly basis. This serves as an introduction to a method of recovery. Throughout the ten-week program, evaluation and progress reports are sent to the referring agency on a monthly basis.

The parents of each participant are encouraged to attend the Parent’s Education and Discussion Group while their child is in “TAP”. In these group sessions, each parent is given an opportunity to discuss problems they are experiencing at home with their children, and to receive feedback from the group leader, as well as other parents.

“TAP is a state-certified program funded in part through a grant from the Los Angeles County Office of Alcohol Programs. Fees are based on a sliding scale, according to the family’s ability to pay. No one will be refused because of inability to pay.

ADMINISTRATIVE OFFICE
14557 Friar St.
Van Nuys, CA 91411
(818) 997-0414

SANTA CLARITA VALLEY
20655 Soledad Cyn Rd., #16
Canyon Country, CA 91351
(661) 299-2888