



Project Apex For Youth and Young Adults In Transition

Phoenix Health Programs

90 E Leslie Lane

Columbia, MO 65202

Phone: 573.875.8880

For more information visit us online:

www.phoenixhealthprograms.com



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.”



Project Apex

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What is Project Apex?

Project Apex serves young people ages 12 through young adults who meet the criteria for a substance use disorder (SUD) and/or co-occurring substance use disorder with a managed mental health diagnosis. **Community Re-enforcement Approach (CRA)** is the clinical model for this program. The Apex program is up to six months in length. The focus of treatment is weekly, individual face-to-face contacts with the young person as opposed to group counseling. A third of these visits may include a family member or friend of the participant. There are opportunities for multiple contacts each week via phone calls, Skype and texting.

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, friends or self referral.

How is Project Apex different from traditional youth and young adult counseling?

Traditional Young Adult 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.

Young adult enrolls in treatment only if alcohol and/or other drugs involved, not “just tobacco.”

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.

Participant can enroll in Apex **even if tobacco is the only or the primary drug.**

To schedule an appointment with Project APEX please call: 573-875-8880

A Place of Hope, Help and Healing for Individuals, for Families - for 40 Years.