

# Maple Grove addition offers drug treatment to teens

Continued from Page 3

"We know that the child of an alcoholic has a higher-than-average chance of becoming an alcoholic. We see many young people in our family program who may need help some day, and we get calls every day asking for help for teens."

PLANS FOR the Maple Grove Youth Treatment Center were based on an adolescent outpatient pilot program, which has helped close to 300 young people during the past 2½ years. Construction began in spring of 1984.

"We did a needs assessment in 1983 which suggested that as many as 100,000 young people in the tri-county

Detroit area may need treatment for chemical dependency," said Groth.

At that time there were 56 licensed beds for treating chemically dependent adolescents in Michigan. Since then there has been some expansion of long-term facilities, but none nearer than Ann Arbor and none offering the intensive day treatment which has proved successful elsewhere in the country," Groth said.

Because the day center can treat the patient for roughly half the cost of residential treatment, it helps contain health care costs and eases the financial burden for the family, according to Cotter-Leacock.

INTENSIVE DAY treatment can

provide a start on recovery which is longlasting, but which is less intrusive and less traumatic for young people, she added.

"Our aim will be to keep the family intact. We will be providing the same type of controls on the young person as does the inpatient facility, but we have an advantage. The family will be teaming up with us every day of the program to help," she said.

Unlike most intensive day programs elsewhere, Maple Grove will begin its program with a two-week residential stay. "We feel that the young person needs a short period away from the family setting to look inward, to think about what chemicals have done to his or her life," said Cotter-Leacock.

This time also is very important to the family. The therapy staff can teach parents how to provide a home setting

which will give the teen the best possible chance for recovery.

THE MAJOR advantage of day treatment is that family life becomes a kind of "workshop" during which both the teen and other family members can practice each day what they are learning in the program. And when the young person returns to school, the center's after-school involvement provides on-going help with the problems of readjustment, Ford officials said.

Another advantage of day treatment is that teens make new friends both in treatment and in Alcoholics Anonymous groups, which is a required part of the program. Therefore, group support exists when they come back to family and to school.

"The same kids are there now as were there when I was smoking pot and

drinking. I see myself in so many people who still need help," said one 17-year-old who participated in the program. "But I'm pretty much floating free of the hierarchy. Most of my good friends now are recovering, like me."

Day treatment isn't for everyone, Cotter-Leacock said, so the evaluation process is very important.

To be admitted to the Maple Grove program, the young person must be abusing, or moderately dependent on, drugs or alcohol. Parents must be motivated to provide a home which is free of chemicals and must live within commuting distance of the West Bloomfield-based center.

An appropriate referral will be made for the teen who needs long-term treatment, and he/she may join the Maple Grove program for the after-school portion of the program after returning

from the long-term treatment center.

THE MAPLEGROVE Youth Treatment Center staff, selected for their interest in young people and experience in working with them, will work closely with the student's school. This staff includes licensed teachers who will help the student keep up with classwork while he/she is on leave from school.

The new center is part of Henry Ford Hospital's chemical dependency treatment program provided not only at Maple Grove but on West Grand Boulevard in Detroit and at centers in Troy and Dearborn (Painline).

It is licensed by the state's Office of Substance Abuse Services and Department of Social Services Division of Child Welfare. It is accredited by the joint commission on accreditation of hospitals and approved by Blue Cross/Blue Shield.

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