



REHAB AFTERCARE PROGRAM

Contact Destinations for Teens Today!

877.466.0620

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If you require teen treatment programs for your teen, contact 877.466.0620 to learn more about Destinations for Teens.

During addiction treatment, the patient puts in a lot of hard work. It's the only way to get physically and emotionally past the addiction. By the time their stint in rehab is complete, the individual faces the prospect of learning to live life on the outside without drugs/alcohol. That's not an easy thing to do for someone who is new to recovery. Destinations for Teens offers access to a teen rehab aftercare program. To learn more or enroll in our various teen treatment programs, contact us at [877.466.0620](tel:877.466.0620) today.

What Is a Teen Rehab Aftercare Program?

Many times, an exiting patient will not yet feel comfortable about flying solo with their sober wings. The individual might require some additional support during the integration process. A viable rehab aftercare program will give that extra support in various forms.

The main objective of an aftercare program of any kind is to help the individual steer clear of relapses. Some forms of aftercare are proactive, while other forms are reactive. The proactive forms of a rehab aftercare program

often include 12-Step meetings, sober living, and a good alumni program. The reactive forms usually also include some form of outpatient counseling from the rehab facility.

During and after treatment, all people in recovery need additional support. The support concept is something many patients learn about in group therapy. The reality is there's nothing more beautiful and effective than one addiction sufferer helping another.

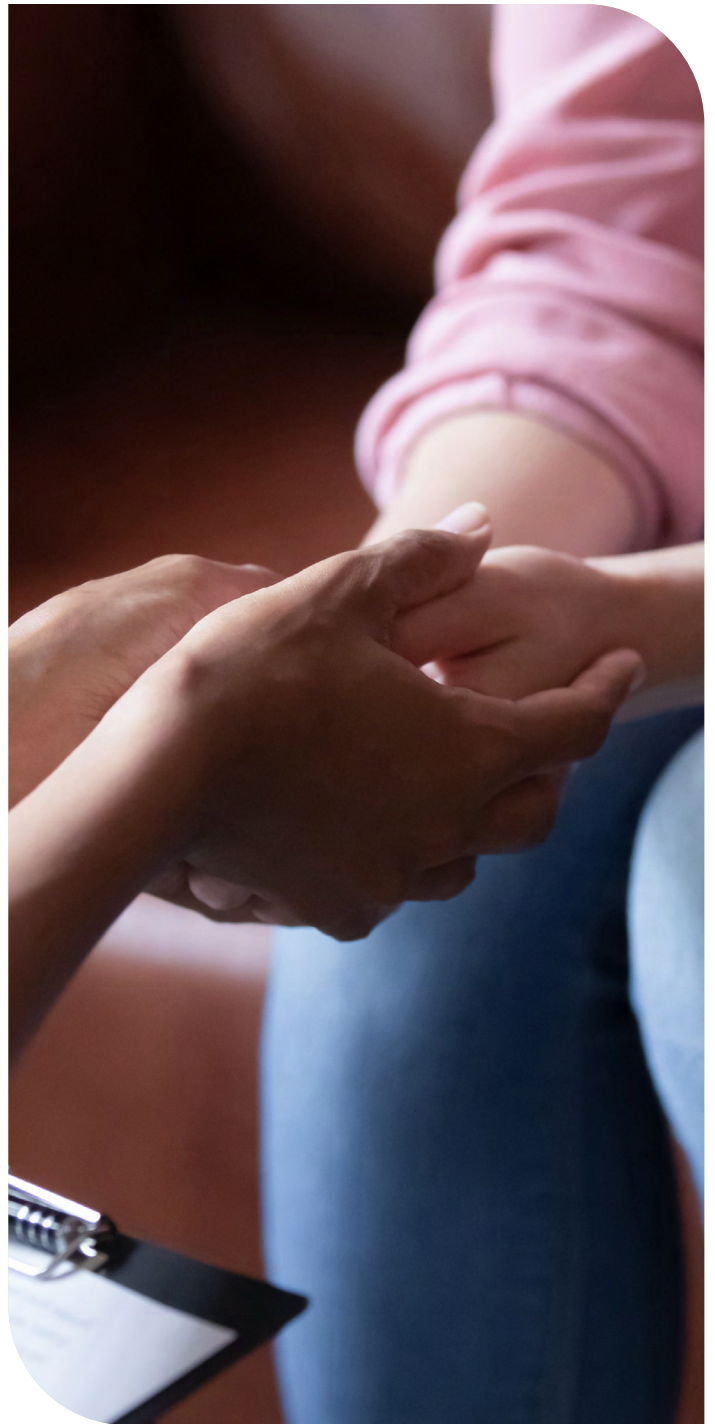
The benefits of 12-step meeting participation go well beyond having a built-in support group. It also includes the opportunity to work on the 12 steps of recovery. That's a beautiful process from which the AA or NA member accepts responsibilities and makes reparations for collateral damage.

"Super kind and caring staff. Fabulous exterior and interior designing, it really brings a warm and peaceful place to recover. This place helped regain control in my life. Eternally grateful..."

- Ronald B.

"Destinations for Teens was the answer we were looking for in helping our teen. We had been other places and nothing compares to the care and professionalism Destinations provided. We are so grateful for everyone at the Woodland Hills location. The staff were always willing to help answer any questions and were very responsive to any requests we had. Thank you for everything, DFT."

- Vanessa H.



Aftercare for Teens

A sober living home might be a good option for the individual who isn't ready to take on a full slate of responsibilities. For teens, the sober living community might have limited resources, but it's still a viable option. In a sober living home, each resident has rules to follow and responsibilities. As the resident shows good progress, the facility may loosen the restrictions, preparing the resident to resume living independently.

For alumni, a helpful program would likely include fun activities and plenty of opportunities for the alumni to come together. Not only does that build lasting camaraderie, but it also assures that each member is going

to have an additional support mechanism.

The bottom line is that a good aftercare program will often help people avoid relapses. If you have completed your initial rehab program, it might be a good idea to consider participating in an aftercare program to help you fully integrate back into society and your new sober lifestyle.

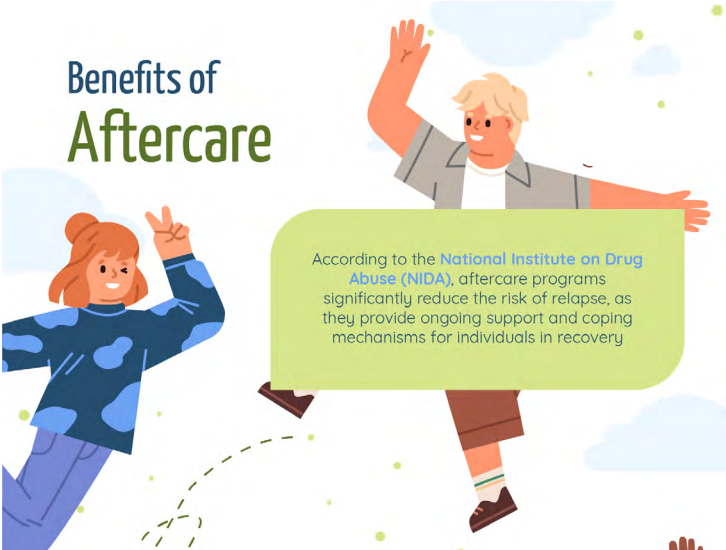
Who Can Benefit from an Aftercare Rehab Program?

Aftercare rehab programs are designed to provide continued support and guidance for individuals who have completed a primary treatment program. This can include teenagers, young adults, and even older adults who have struggled with addiction.


For teenagers, an aftercare rehab program can be especially beneficial as they navigate the transition back into their everyday lives. Adolescents often face unique challenges and peer pressure, making it essential to have a strong support system in place.

Through **group therapy**, **12-step meetings**, and sober living homes, teenagers can continue to receive the personalized and holistic care they need to maintain their sobriety. This additional support also helps them build essential life skills and coping strategies that will serve them well in the long run.


Benefits of Aftercare



According to the **National Institute on Drug Abuse (NIDA)**, aftercare programs significantly reduce the risk of relapse, as they provide ongoing support and coping mechanisms for individuals in recovery.



The **Substance Abuse and Mental Health Services Administration (SAMHSA)** emphasizes that aftercare programs help to strengthen social networks, which can be a crucial part of a teen's recovery and their ability to maintain sobriety.



Participation in aftercare programs **improved long-term recovery outcomes**, including better school performance and healthier relationships.

Participation in an aftercare rehab program significantly reduces the risk of relapse and strengthens social networks, which are essential for maintaining sobriety. These programs also foster improved academic performance and healthier relationships for teens in recovery. It's clear that the additional support provided by aftercare programs is **invaluable for individuals navigating life post-rehabilitation**. Reach out to a rehab center today for more information.


DESTINATIONS

Source: National Institute on Drug Abuse, Substance Abuse and Mental Health Services Administration



Benefits of an Aftercare Rehab Program for Teens

Like any addiction treatment program, the benefits of a teen rehab aftercare program are numerous. For starters, it provides a personalized and holistic approach to recovery. Aftercare programs consider the individual's unique needs and challenges, providing them with the necessary support and resources to maintain sobriety.

Some benefits include:

Continued support

Aftercare programs provide a continued source of support for teens as they navigate their new sober lifestyle.

Accountability

With regular check-ins and activities, aftercare programs help keep individuals accountable for their actions and progress in recovery.

Relapse prevention

By providing resources, coping mechanisms, and support networks, aftercare programs help reduce the risk of relapse for teens.

Reinforcement of skills and lessons learned

Aftercare programs often reinforce the skills and lessons learned during primary treatment, helping teens maintain their progress and growth.

Community building

By participating in group activities and meetings, teens in aftercare programs can build a sense of community with others who understand their struggles.

Every journey toward sobriety is unique, and our aftercare program respects and acknowledges this diversity by offering personalized, holistic care designed to support each teenager's distinctive needs and experiences.



Programs Offered in Aftercare for Teens

At Destinations for Teens, we provide a wide range of services within our aftercare program to support ongoing recovery for teenagers. We aim to ensure the teens have the necessary skills, resources, and support to thrive in their newfound sobriety and continue their journey towards a healthier life.

Individual Therapy

One-on-one sessions with licensed therapists to continue addressing personal struggles and refining coping strategies.

Group Therapy

Regular group sessions for teens to connect with each other, share experiences, and build a supportive network.

Family Therapy

Incorporating family into the recovery process for continued support and understanding at home.

Substance Abuse Education

Ongoing education about the dangers and effects of substance abuse, encouraging teens to stay committed to their sobriety.

Life Skills Training

Teaching essential skills like time management, financial planning, and job searching to help teens integrate back into daily life.

Academic Support

Assistance with schoolwork and planning for future educational pursuits to ensure the teens stay on track academically.

Recreational Activities

Fun and engaging activities to foster camaraderie among peers and to promote healthy, drug-free hobbies.



12-Step Meetings

Continued participation in 12-step programs to reinforce the principles of recovery and build a supportive community.

Sober Living Arrangements

For those who need it, we provide connections to sober living homes where teens can continue their recovery in a structured and supportive environment.

Recovery is a journey, and at Destinations for Teens, we're here to guide your teen every step of the way.

Aftercare for Teens and More at Destinations for Teens

Destinations for Teens strives to provide teens with a safe place to go for addiction treatment. During their time here, they will receive a high level of care, which will serve as the basis for a solid recovery. We also want them to experience things that might change their perspective on life and motivate them to succeed. Our services include:

Dual diagnosis treatment with a focus on mental disorders

Dual diagnosis treatment with a focus on mental disorders

Cognitive-behavior therapy

Dialectical behavior therapy

Holistic therapies, including yoga and music

Inpatient, outpatient, and partial hospitalization options

If your teen is in trouble due to an addiction, you need to get them into rehab. From detox and therapy to aftercare programs, Destinations for Teens will be there every step of the way.



Call Destinations for Teens for a Teen Rehab Aftercare Program

After completing a primary treatment program, it's essential to have a support system in place to continue the journey of recovery. At Destinations for Teens, we understand the unique needs and challenges that teens face during this time and offer a personalized and holistic aftercare rehab program to support their ongoing recovery.

Contact us at **877.466.0620** today to learn more about our various teen treatment programs.

