The Adolescent Community Reinforcement Approach (A-CRA) is a 14-session manual guided treatment, which uses individualized, flexible behavioral approaches focusing on developing coping skills for youth and their primary caregivers/significant others.

The goal is to help adolescents/transitional age adults find new, healthy alternatives or enhance existing supports for staying substance-free. They learn how to use existing community resources to support positive change, as well as develop a positive support system within the family.

A-CRA’s family education component assists the families to better understand the client’s needs, and develop strategies to use in the home to promote positive change.
### Who Benefits?

**Clients will**
- experience understanding and support
- strengthen their motivation to stop/reduce marijuana, alcohol, and other drug usage
- learn skills to manage their problems that do not involve using drugs or alcohol
- strengthen their ability to stand up to peer pressure
- strengthen their support network
- engage in healthy, pro-social activities
- strengthen their ability to identify high-risk situations
- work towards improving communication and family relationships

**Caregivers will**
- experience understanding and support
- strengthen understanding of recovery
- learn parenting strategies and skills to help their child
- learn communication skills and strategies to support their child

### What Services Are Provided?

- Child & Adolescent Needs and Strengths (CANS) tool
- Goal setting
- Building pro-social skills
- Relapse prevention skills
- Case management
- Communication skills
- Problem-solving skills
- Parent/caregiver and youth relationship skills
- Phone check-ins
- Job-seeking skills
- Drug-testing
- Medication evaluation and treatment, as requested

### Who is Eligible for Services?

Youth, families, or caregivers who live in Southeastern Massachusetts.

Adolescents (16–17) and transitional age adults (18-25) with MassHealth or private insurance, who have a substance use or co-occurring disorder (substance use and mental health).

Youth who successfully completed residential/inpatient substance use disorder treatment.

Youth that have left residential/inpatient treatment prematurely.

Youth and families that will utilize outreach/community-based services.

Youth and their families who need additional support to maintain themselves in the community.

### Who provides the services?

Services are provided by High Point Outpatient staff trained and supervised to provide A-CRA interventions.

### What does it cost?

High Point will bill your insurance company for clinical treatment, or funding will be provided by DPH (the Department of Public Health).

### How do I make a referral?

To make a referral, ask questions, or discuss services, contact High Point’s Outpatient program: 774-213-8535, ext. 3454. Intake appointments will be scheduled following the referral to initiate services.