

## Our Beliefs

**Any chemical use is potentially harmful:**

**Substance abuse is a regulatory illness:**

After a relationship with drugs or alcohol has developed, the ability to identify, express, and cope with emotions is damaged and their emotions become numbed and distorted.

**Addiction is a biochemical disease:**

Addiction is a primary, chronic, progressive disease that has its roots in genetics, brain chemistry and attachment.

**Substance abuse occurs in all kinds of families:**

Substance abuse crosses the lines of gender, ethnicity, culture, sexual orientation, socioeconomic background, and spiritual and religious beliefs.

**Everyone in the family is effected by chemical abuse:**

Family members and others close to a person who is abusing chemicals are affected by the use and the consequences of that use.

**Recovery requires support:**

Essential elements of recovery are lifestyle change and support.



[www.recoveryhappens.com](http://www.recoveryhappens.com)

JON DAILY, LCSW, CADDC II  
RECOVERY HAPPENS COUNSELING SERVICES  
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FAIR OAKS, CA 95628

# *Outpatient Treatment for Adolescents & Young Adults with Substance Use & Dual Dx Disorders*



Recovery Happens Counseling Services

*Programs in*

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*Fair Oaks, CA 95628*

*&*

*Davis*

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## Treatment

The compassionate and skilled clinical staff at Recovery Happens Counseling Services (RHCS) specializes in the outpatient treatment of adolescents and young adults with substance abuse and mental health issues.

We offer a counseling process that involves weekly individual, group or family counseling, along with multiple parent education classes and a parent recovery group. Also included with services is regular weekly or twice weekly drug testing.

In our program, each session has a specific purpose in the structured process of decreasing denial and guiding a person toward sobriety and wellness.

**It is recognized that almost all drug-users begin treatment without the motivation to change. Our first task is to help them develop a greater recognition of their problem, and to support a growing motivation for change.**

The clinical director, Jon Daily LCSW, CADC II co-authored the 2006 book "How to Help Your Child Become Drug Free." Currently, he instructs a graduate school course on chemical dependency for the University of San Francisco. He has been an instructor for UC Davis and Sacramento County Probation. In addition to teaching, Jon has given multiple local and national television (**The Today Show**) and radio presentations regarding substance use issues. RHCS has been used as a resource by the **Dr. Phil show** in 2010 & 2011.

All of the clinicians at RHCS share the same knowledge base and operate within the same structured treatment model.

## Resources for You:

[www.recoveryhappens.com](http://www.recoveryhappens.com)

Jon Daily

Adolescent and Young Adult Addiction:  
The Pathological Relationship to Intoxication and the Interpersonal Neurobiology Underpinnings

## Adolescent and Young Adult

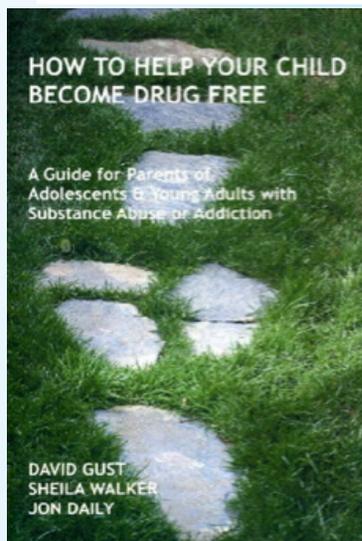


## Addiction:

The Pathological Relationship to Intoxication and the Interpersonal Neurobiology Underpinnings

Jon Daily, LCSW, CADC II

Introduction (and chapter, "Neurobiology of Attachment") by Claude Arnett, MD



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## The Family Education Component

Experience shows that recovery will be long lasting only if changes continue to be made in several key areas in an adolescent's or young adults life. Such changes will necessitate a review of attitudes, feelings and behaviors, and parents have a powerful role in this process.

The Family Education Program is structured to help parents/guardians understand their crucial role in the treatment process. Participation in this part of the program is essential.

### Phase 1 Class Contents:

The Progression of Chemical Use  
The Emotional Effects of Drug Use  
How Drug Use Effects The Developing Brain  
How Drug Use Stunts Social Development  
The Reasons for the Rapid Progression  
The Reasons for Denial  
Parent's Role in Intervention  
Parent's Denial & Enabling  
Parent Support Resource List  
Drug Testing Your Child  
Setting Boundaries in the Home  
Six Stages of Recovery  
The Treatment Process

### Phase 2 Class Contents:

Parenting from the inside out.  
Understanding our "Hidden & Blind" spots.  
Staying open to seeing ourselves.  
Understanding the role of "Attachment."  
Addiction as an affect regulation disorder.  
Parents' role in the developing "self"  
Parenting your child's temperament.

Negotiating relationships: "showing up" instead of complying or avoiding.

Intoxication, "the dealer" and "drug culture" respond to your child's needs.

The need to "Feel Felt."

"I have the experience that my parents get me."

American Culture: Solution focused, achievement, production oriented parenting vs. the relational.

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