The YAP Recovery Model incorporates a transforming combination of specific substance use evidence-based strategies into YAP’s traditional framework that blends wraparound planning, mentoring and positive youth development. Driven by the most recent research and expert consensus regarding the core elements associated with effective strategies for adolescents, the YAP Recovery Plan is flexible and individualized to meet the specific emotional, social, physical, and cognitive needs of the young person and family.

PROGRAM COMPONENTS

- **SCREENING AND COMPREHENSIVE ASSESSMENT:** Screening of youth’s substance use and a comprehensive assessment is a critical first step.

- **RECOVERY MANAGEMENT PLANNING:** An individualized plan is created in partnership with the family, their YAP staff, and a team of formal and informal supports that play a role in helping the youth and family to achieve their goals.

- **RECOVERY ADVOCATE:** Youth are matched with a specially trained Recovery Advocate who shares a history of substance abuse and encourages, motivates, and supports youth in self-discovery and developing through the stages of change.

- **GROUP ENGAGEMENT:** Group interventions are reserved for those youth who are in “contemplation” or “action” stages of change.

- **FAMILY ENGAGEMENT:** Substance use recovery is a family process, with success being accomplished by enhancing abilities and family management skills.

- **COMMUNITY ENGAGEMENT:** Youth and family’s knowledge of community support and resources are essential in creating a sustainable drug free lifestyle.

- **TRAUMA-INFORMED AND EVIDENCE-BASED PRACTICES:** Evidence-based practices and programs proven to successfully meet the specific needs of the population of youth and family served are utilized in service delivery.

**FACT SHEET**

**AGE RANGE**
10-18

**GENDER**
Male or Female, LGBTQ inclusive

**HOURS**
15/week average; higher at entry to reduce over time

**CONTACTS**
Average 5 days/week

**LENGTH OF STAY**
6-9 months

**SUPPORTED WORK**
12 hrs/week average

**PROGRAM COST**
$95/day per youth
YAP'S CONTINUUM OF SUBSTANCE USE SERVICES: RECOGNIZING THAT “ONE SIZE DOES NOT FIT ALL”

Substance use strategies are often limited to two opposite poles – drug education or drug treatment. Many young people and families fall outside of this cohort, because substance use varies for young people along a continuum of severity in a number of ways: their current level of use, from risky to chaotic; their understanding of the consequences of substance use; and their motivation to change their behavior.

The YAP Recovery Model addresses the service gap by providing flexible, individualized services that take into consideration the multiple factors and dynamics impacting the youth. The YAP model is designed to “meet youth where they are,” instead of where we want them to be.

TRAUMA-INFORMED AND EVIDENCE-BASED SERVICES

Research shows that the majority of youth who reach the level of chaotic substance use have histories of trauma and often demonstrate behavioral problems and mental health issues. Accordingly, the YAP model identifies and attends to these psychosocial and mental health needs of youth family in addition to substance use.

Evidence-based practices and programs proven to successfully meet the specific needs of the population of youth and family served are utilized in service delivery. The YAP Recovery Model utilizes the following evidence-based counseling programs in combination with Recovery Advocate services to provide an intensive and comprehensive approach to adolescent substance use:

- **Brief Challenges™**
- **Seven Challenges Program™**
- **Adolescent Community Reinforcement Approach (ACRA)**
- **Seeking Safety**
- **Cannabis Youth Treatment**