

## **ASAC's Privacy Regulations**

### **Confidentiality and Release of Client Information**

Any information pertaining to the client or client's record (including the fact of treatment involvement or non-involvement) is released only by specific written consent of the client and in accordance with guidelines contained in *Federal Register, Volume 40, Number 127, Part IV ("Confidentiality of Alcohol and Drug Abuse Patient Records")* and *Chapter 125 of the Iowa Code*.

This means that no information is released to anyone, who is not a member of the Area Substance Abuse Council staff, without the client's specific written permission; this applies whether or not the person is, or has been, an active client. The only exceptions are when disclosures are required or permitted by the Federal Law which includes medical emergencies, court orders, clear and imminent danger to the client or others and suspected child/ dependent adult abuse.

*For more information visit  
ASAC's web site at  
[www.asac.us](http://www.asac.us)*

## **Area Substance Abuse Council Youth Treatment Services**

3601 16th Avenue SW  
Cedar Rapids, Iowa 52404

Telephone: (319) 390-4611  
FAX (319) 390-4381



*ASAC's youth treatment services are funded by the Iowa Division of Health Promotion, Prevention and Addictive Behaviors, United Way, state, local and private foundation grants and individual and corporate donations.*

# **asac**

**Area Substance Abuse Council**

## **Youth Treatment Services**

Providing Substance Abuse  
Assessment, Outpatient and  
Residential Treatment Services  
to Adolescents

# ASAC's YOUTH TREATMENT SERVICES

*ASAC is a private, not-for-profit organization licensed by the Iowa Department of Public Health, Division of Health Promotion, Prevention and Addictive Behaviors to provide comprehensive prevention and treatment services to combat the abuse of alcohol, tobacco and other drugs. The Area Substance Abuse Council (ASAC) offers substance abuse assessment, outpatient and residential treatment for adolescents and young adults.*

## **Referrals/Admissions**

Although most of our clients are referred to our program, we do accept self-referrals. First, however, an assessment must be conducted to determine the level of treatment needed. We can schedule both daytime and evening appointments.

## **Assessment Services**

ASAC offers a thorough evaluation of a youth's use of alcohol and other drugs to determine if treatment is warranted, and if it is, at what level of intensity. We work to ensure that each young person is placed in the most appropriate treatment level. All information gathered is held in strict confidence.

## **Fees and Payment Methods**

ASAC maintains a sliding scale fee system based on family size and income. We accept RTSS/DHS, Title XIX and third party payments. Some, but not all, insurance companies cover our treatment services. No one is turned away due to their inability to pay.

## **Youth Outpatient Services**

Outpatient treatment allows clients to stay in their homes and attend school and/or work. Typically youth outpatient groups meet once a week. Individual treatment sessions are also available. Through school contracts and third party payments, there is no out of pocket expense for students referred to ASAC for assessment and outpatient treatment by either the Cedar Rapids Community School District or College Community School District. Parents may also refer their child for a substance abuse assessment. This can be conducted either at the child's school or at ASAC's main campus which is located at 3601 16th Avenue SW, Cedar Rapids, Iowa.

## **Youth Residential Services**

CD+ is ASAC's youth residential substance abuse treatment program. It serves adolescents, male and female, ages 13-18, whose substance abuse problems require the structure and support of 24-hour treatment.

ASAC's philosophy is that youth substance abuse and behavior problems often coincide, and as a result, it is beneficial for a young person experiencing problems with substance abuse to receive a combined cognitive counseling approach.

Through CD+'s cooperative treatment programming, a team of professional substance abuse and behavioral counselors work together to address both substance abuse/chemical dependency issues and conduct/behavior problems. Four Oaks staff provide the behavioral counseling programming.

## **Treatment Approach**

Treatment is primarily through group processing of substance abuse and behavioral related issues and assignments. The highly structured milieu also provides therapeutic and psycho-educational groups. In addition to group counseling, the clients receive individual counseling and may participate in family therapy.

## **Length of Stay**

Treatment duration varies with each individual. Primary care is usually 60-90 days but may be up to six months depending on need. The treatment plans, interventions, assignments, and length of stay for each client are based upon their individual needs. Client progress is then measured by their advancement within phase-based programming. ASAC's Youth Residential program also offers Extended Care, Intensive Outpatient with Housing, Day Treatment, and Halfway House levels of treatment which can further extend a client's time in the CD+ program.

## **Educational Programming**

CD+ has a certified teacher to help students keep up with their school work while in treatment. Home based schooling and a GED program are also offered.

## **Family Involvement**

Family members are encouraged to participate in the initial assessment, family counseling, family group, visitations and other support services.

**For More Information on ASAC's Youth Treatment Services Please Call (319) 390-4611**