

Encompass

- *Not An Abstinence-Based Model*
- *Youth-Centered Treatment*
- *Incentivized Program*
- *CBT & MI Interventions*



**Interested in treatment
for mental health &
substance use?**

YOU ARE NOT ALONE

AGES 12-29 YEARS OLD

WEEKLY 1 HOUR INDIVIDUAL THERAPY
SESSIONS

ABOUT 16-18 SESSIONS

INCENTIVES & REWARDS GIVEN

MOST INSURANCE ACCEPTED

AVAILABLE THROUGHOUT WESTCHESTER
IN COMMUNITY & SCHOOL-BASED SETTINGS

PARTICIPATING AGENCIES

WESTCHESTER JEWISH COMMUNITY
SERVICES (WJCS)

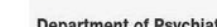
FAMILY SERVICES OF WESTCHESTER (FSW)

ANDRUS

THE GUIDANCE CENTER OF WESTCHESTER

LEXINGTON CENTER FOR RECOVERY

BROUGHT TO YOU BY



ENCOMPASS

**INTEGRATED, EVIDENCE-BASED
CO-OCCURRING DISORDERS TREATMENT**

**FOR MORE INFO OR TO MAKE A
REFERRAL CALL OR EMAIL:**

**Lorena Rucaj
914-406-0495**



Encompass Treatment

Elements of Encompass

- Intake assessment
- Functional Behavioral Analysis
 - Triggers/Antecedents
 - Behavioral patterns
 - Maladaptive coping skills
 - Motivation to treatment
- Goal setting
- Learning new skills
- Pro-social activity participations
- Rewards and Incentives

Skills & Modules

- Negative Mood Regulation Skills
- Anger Awareness & Management
- Communication Skills
- Problem-Solving Skills
- Coping with Cravings Skills
- Substance Refusal Skills
- Coping with Slips
- Decision Making Skills
- Social Support Development

GOAL-SETTING

	GOAL #1: Related to substance use	GOAL #2: Something else	GOAL #3: Your choice
I would like to change this thing in my life...			
The reasons I want to make this change are...			
Specific things I can do <u>right now</u> to meet my goals...			
What might interfere...			
Who can help me and how...	Who: How:	Who: How:	Who: How:
The first signs I am reaching my goals; be specific...			

FUNCTIONAL ANALYSIS FOR SUBSTANCE-USING BEHAVIOR

EXTERNAL TRIGGERS	INTERNAL TRIGGERS	SUBSTANCE-USING BEHAVIOR	POSITIVE CONSEQUENCES	NEGATIVE CONSEQUENCES
<p>1. Who are you usually with when you use drugs or alcohol?</p> <p>2. Where do you usually use substances?</p> <p>3. When do you usually use drugs or alcohol (times of day, days of the week)?</p> <p>4. What things are usually around when you use substances (music, paraphernalia)?</p>	<p>1. What are you usually thinking about right before you use substances?</p> <p>2. What are you usually feeling physically right before you use drugs or alcohol?</p> <p>3. What are you usually feeling emotionally right before you use substances?</p>	<p>1. What substances do you usually use?</p> <p>2. How much do you usually use?</p> <p>3. Over how long a period of time do you usually use substances (hours, days, weeks, etc.)?</p>	<p>1. What do you like about using substances with _____? (who)</p> <p>2. What do you like about using substances _____? (where)</p> <p>3. What do you like about using substances _____? (when)</p> <p>5. What are some of the <u>pleasant thoughts</u> you have while you are using drugs or alcohol?</p> <p>6. What are some of the <u>pleasant physical feelings</u> you have while you are using substances?</p> <p>7. What are some of the <u>pleasant emotional feelings</u> you have while you are using drugs or alcohol?</p>	<p>What are the negative results of your substance use in each of the areas below?</p> <p>a. Family members</p> <p>b. Friends</p> <p>c. Physical feelings</p> <p>d. Emotional feelings</p> <p>e. Legal situations</p> <p>f. School situations</p> <p>g. Job situations</p> <p>h. Financial situations</p> <p>i. Unprotected sex (e.g. unwanted pregnancy, HIV/STDs)</p> <p>j. Victim or perpetrator of violence (e.g. date rape, sexual assault, unwanted sex, theft)</p> <p>k. Other situations</p>

Distracting Activities

- Think of other things you like to do, such as reading, a hobby, going to a movie, talking to a friend, playing basketball, or exercising. Once you get interested in something else, you will find that the cravings usually go away. Think about activities you used to enjoy, but have stopped or reduced because of using, or for other reasons. Others find it helpful to involve themselves in brand new activities they haven't tried yet.

Self Talk

- Self-talk becomes so automatic that you may not even notice how the way you think impacts the cravings. For example, "I can't get through the day without smoking. It's impossible." Alternative self-talk can make the urge easier to handle: "This urge is uncomfortable, but in 15 minutes, it will pass. I got this!"
- Remind yourself of the "cons" of using. Tell yourself that you really won't "feel better if you just have one hit," and that you stand to lose a lot by using.

Talk it Through

- Talking to a supportive friend or even a family member about a craving can sometimes help relieve the discomfort. Cravings are nothing to be ashamed of or to feel bad about. You want to make good decisions about who you ask for help. It should be someone who won't make you feel worse about having a craving and who might understand what it feels like.

Urge Surfing

- Some urges, especially when you are in the beginning stage of recovery, are just too strong to ignore. When this happens, it can be useful to stay with your urge until it passes. This technique is called urge surfing. The idea behind urge surfing is similar to the idea behind many martial arts—one overpowers an opponent first by going with the force of the attack. You surf the urge until it passes.

Remember, cravings may be uncomfortable but are a very common experience; having them does not mean something is wrong. You can be ready to cope with them when they happen.



IN-SESSION PRACTICE: Cravings Plan

It is important to have a strong plan that you can use when a craving or urge happens. Each of these skills will be useful at one time or another. You may rely on one in particular skill to get you through cravings. That’s a good place to start. Then you can consider the others and might even try them out in different situations. Using more than one skill at a time might give you the best results.

Distracting Activities	Self-Talk	Talking it Through	Urge Surfing
Think of activities that might make you feel the same way WITHOUT USING , such as the need to feel excitement or to manage boredom by going snowboarding instead.	CRAVING-REDUCING self-statements remind you of the benefits and reasons for changing your substance use. They can be connected with your PERSONAL GOALS OR VALUES : <i>“I am going to get this job, but not if I get high tonight.”</i>	It’s important to let your SUPPORT PEOPLE know you might be relying on them to help. Think about specific things you would like from these people, such as to talk about the craving, <i>not</i> to talk about it, or go for a walk.	At first, this may feel a little uncomfortable, but with practice, you’ll notice how empowering it feels to be able to FLOW THROUGH A CRAVING . Let the thoughts, and physical and emotional sensations pass through you until they diminish.
<p>What kinds of activities might keep you from focusing on the cravings?</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>What HELPFUL self-statements can use to get through a craving?</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Who could you talk to if you were having a craving to use?</p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>When might you use Urge Surfing to help you manage a craving?</p> <p>1.</p> <p>2.</p> <p>3.</p>

IN SESSION PRACTICE EXERCISE: Managing Unhelpful Thinking

Let's try this out. Think of an event that happened that led to negative feelings. Write down the automatic thoughts you had. Next, challenge those thoughts using the key questions. Then, write down a possible alternative helpful thought. We'll do a few in session and ask you to try some on your own over the next week.

(A) EVENT OR SITUATION (who, where, when)	(B) THOUGHTS/SELF-TALK		
	Unhelpful Thoughts →	STOP! →	<i>Challenge</i> the unhelpful thoughts and write down <i>new</i> thoughts
<i>Fight with my parents over using the car.</i>	<i>"They never let me do anything by myself."</i>		<i>"They said I could use it as long as I call 1x during the night and come home by 11:00 p.m. Not so bad."</i>
			



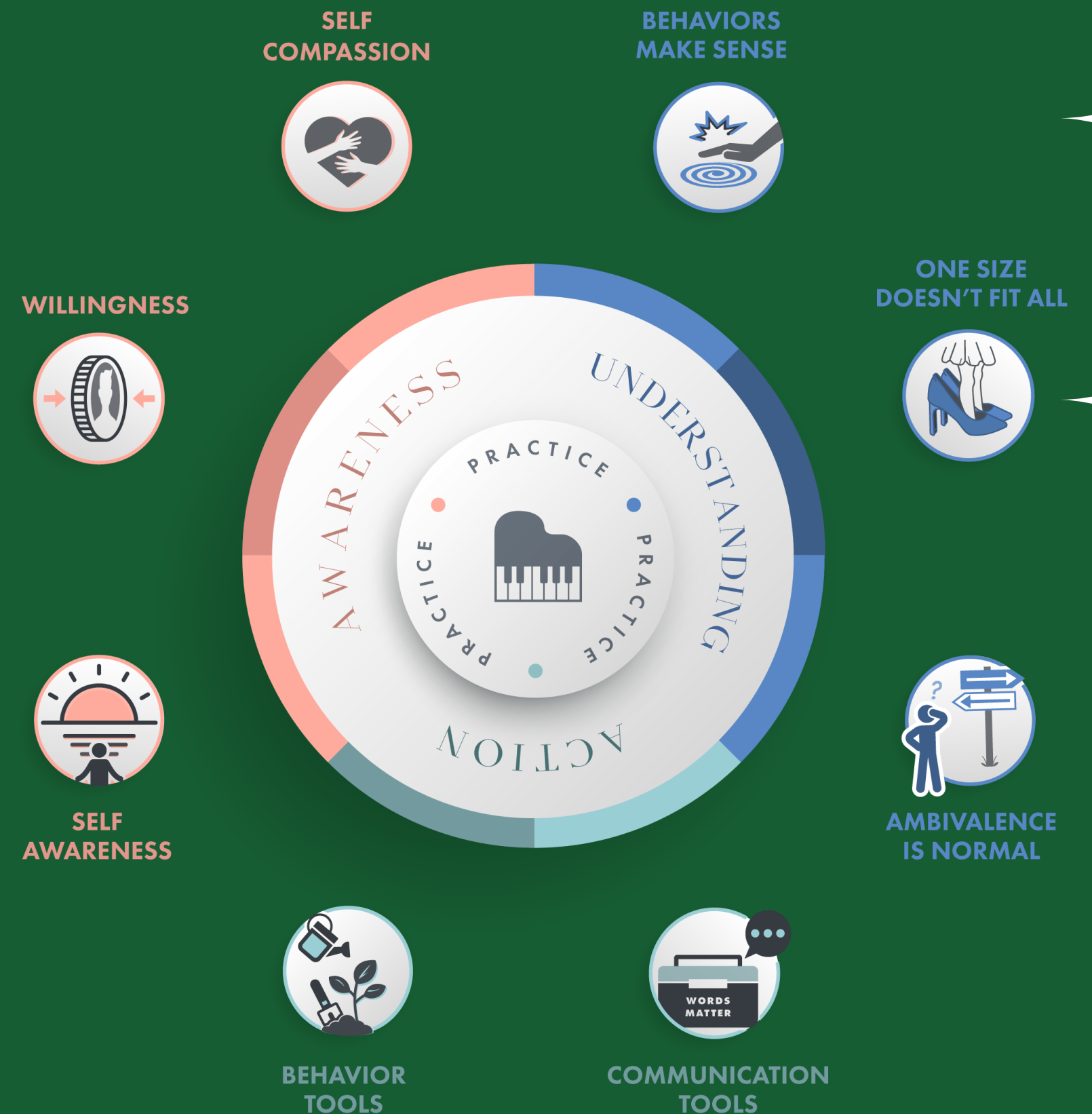
ITC ● The Invitation to
○ Change Approach®

Invitation To Change

Support for families and loved ones of people struggling with substance use and co-occurring disorders

Help loved ones reimagine the role they can play in the change process

Learn evidence-supported strategies for helping



Programming for High-School-Aged Teens in Westchester County



WHAT IS INCLURE ALL ABOUT?

- Inclure is a brand new initiative from the harris project created to bring high school aged youth social and recreational programming in a safe space geared towards supporting teen wellness and recovery. DID YOU KNOW INTERACTING WITH
- OTHERS: Boosts feelings of well-being Decreases feelings of depression Improves mood and physical health
- ALL INTERESTED HIGH-SCHOOL-AGED TEENS ARE WELCOME TO GET INVOLVED! Inclure provides youth an opportunity to have a voice about what they want, so they have a vested interest - Inclure Teen Ambassadors. Inclure - French for "encompass" is a multi- community, multi- organization collaborative project across Westchester County.

 @inclure4teenz

Role of an Inclure Teen Ambassador



Ambassadors

Represent

YOU will get to be the "face" of Inclure!

Shape

YOU will get to create the Inclure model from a teen's perspective!

Plan

YOU will get to plan/attend Inclure activities and programs!

Promote

YOU will get to promote Inclure activities and events!

Members

Attend

Attend Inclure events and activities!

Share

Share Inclure with friends. *Both Inclure Ambassadors and Members

agree to attend

Inclure events and activities sober and substance free, and

will not bring any substance with them to an event.

Looking for something fun? Want to

expand your social circle?

Wish you could be part of something bigger?

Scan the code for more info!



A platform for high-school-aged teens Fun & safe environment Pro-social events & activities curated

FOR TEENS BY TEENS

FTBT

Interested in becoming an Inclure Member?

Scan the code!





Meet the Inclure Team

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Who Are We?

Inclure is a program developed by the harris project & Westchester Jewish Community Services bringing positive, prosocial activities to local teens; made possible by the NYS Legislature and NYS Office of Mental Health.

Inclure is offered in collaboration with a wide array of Westchester-based agencies and organizations.

Additional support is provided by the Westchester County Department of Community Mental Health.

PROVIDING SUBSTANCE-FREE PROSOCIAL EVENTS FOR WESTCHESTER COUNTY TEENS



Events & Activities Curated For & By Teens

Let's get started!

