

# SUBSTANCE SCREENING, TREATMENT, AND RECOVERY FOR YOUTH (SSTRY)

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## Program Overview

SSTRY is a family-focused outpatient (office-based) substance use treatment that uses the Community Reinforcement Approach-Assertive Continuing Care (CRA-ACC) model. CRA helps youth develop positive relationships and connect to social activities; set goals and build life skills; access other health services when needed; and move toward reduction and abstinence of alcohol and other drugs. ACC starts when CRA treatment is ending. ACC helps youth build and sustain substance use recovery by emphasizing follow-through with needed education/GED services, justice compliance, accessing healthcare, and other programs-social activities. ACC is delivered in the family's home or other community setting. Drug tests are completed at the evaluation and randomly throughout treatment. Individualized crisis response plans and child safety plans, if applicable, are completed with every youth.

## Target Population

SSTRY is available to youth and young adults between the ages of 12-24 inclusive, who: 1) have an identified substance use issue; and 2) meets the American Society of Addiction Medicine (ASAM) criteria for treatment in an outpatient level of care.

## Length of Service

SSTRY typically lasts eight (8) months.

## Program Coverage and Providers

SSTRY is available to families statewide through geographically dispersed teams at three different agencies. Each team covers a larger region of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
<b>Bridgeport, Norwalk, Waterbury</b>	Child and Family Guidance Center Contact: 203-394-6529 x3557
<b>Hamden, Meriden, Middletown, Norwich</b>	Children's Center of Hamden Contact: 203-988-1835
<b>Hartford, Manchester, Enfield, Willimantic</b>	Community Health Resources Contact: 860-266-8255

## Referrals

If you are from an agency and want to make a referral on behalf of a family, complete the referral form.

## Program Contact

Ines Eaton, [ines.eaton@ct.gov](mailto:ines.eaton@ct.gov)