



# Project Teen Intervene - a Brief Intervention Therapy Program and Support Group (1)

*Corinne Frontiero*

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## **Project Teen Intervene - a Brief Intervention Therapy Program and Support Group (1)** Corinne Frontiero

Project Teen Intervene is based upon the foundational principle(s) and concept(s) of Brief Intervention Therapy, a form of Cognitive Behavioral Therapy.

The concept(s) of Brief Intervention Therapy came to light in the 1990's when our health system(s) began to take a long hard look at the success ratio(s) of long term therapy and health care providers changed their viewpoint to the need to treat the welfare of our society as a collective whole. Thus, the shift from one-on-one counseling to group therapy.

This program is unique in that it applies the theory of Brief Intervention Therapy to a group setting. The goal is to aid the adolescent and teen in understanding why they reach out to drugs and alcohol in times of turmoil and stress. It is also designed to assist the adolescent and teen in minimizing his or her drug or alcohol abuse with an eye towards abstinence. This program will also define for the adolescent and teen the obstacles they will have to overcome in order to break free of drug abusing and alcoholic family systems. The Program provides self-help inventories on alcohol and drug use, goal insight(s)/worksheets and a wealth of interactive activities for group success. The Program also comes with a Drug Handbook which identifies and describes the effects of all drugs ranging from opiates to GHB, and other current Club Drugs. It also specifies the slang name for each drug so that a child can identify when he or she is in a potentially harmful environment.

The Program also offers teens and adolescents links to National Crisis Hot Lines and websites, via Google, Facebook and Twitter, for not only alcohol and drug abuse but for various other issues as well.

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People live in this new time of lifestyle always try and and must have the free time or they will get wide range of stress from both way of life and work. So , whenever we ask do people have free time, we will say absolutely indeed. People is human not really a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer may unlimited right. Then ever try this one, reading guides. It can be your alternative in spending your spare time, typically the book you have read is usually Project Teen Intervene - a Brief Intervention Therapy Program and Support Group (1).

#### **Joseph Mack:**

Playing with family inside a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Project Teen Intervene - a Brief Intervention Therapy Program and Support Group (1), you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't buy it, oh come on its called reading friends.

#### **Martha Lockridge:**

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