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Breaking Free, a United Way agency, is a private, not-for-profit corporation providing counseling and prevention services for Kane, Kendall, DuPage, and Grundy counties. Breaking Free is licensed and funded in whole or in part by the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse and is governed by a volunteer board of directors. Services in Grundy County are funded in whole or in part by the Grundy County No Tolerance Task Force supported by the Drug-Free Communities Support Program.

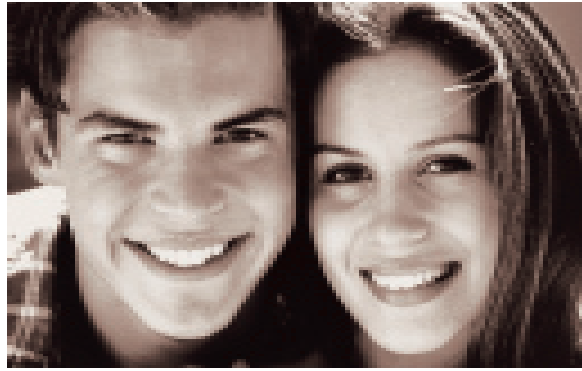
We believe that adolescents can do their best when they choose a drug-free lifestyle.

Grundy County
Children and Adolescents
Addiction Counselor
Cathy Guzik, CADC — (815) 260-7902
(815) 416-0377, extension 203



Breaking Free/Family Support Center
120 Gale Street
Aurora, Illinois 60506
Aurora Phone: (630) 897-1003
Aurora Fax: (630) 897-1042

Counseling offices are located in Aurora, Naperville, Geneva, Sugar Grove, West Chicago, and Grundy County.



NTTF Drug-Free Community Services

a resource for parents who suspect their teens may be using drugs

**Grundy County
No Tolerance Task Force - NTTF
funded by
Drug-Free Communities
Support Program**

“Drug and alcohol problems don’t take summer vacations.”

Less adult supervision and more freedom in the summer can create new risks for drug and alcohol problems among adolescents. If you are the parent of a student in a Grundy County school and are concerned that your child may have a problem with drugs or alcohol, you can get help before things get worse. Drug-free services are confidential and available at a variety of locations around Grundy County.

**NTTF**
No Tolerance Task Force
1320 Union St.
Morris, IL 60450

HALT Education Program/ Alternative-to-Suspension

The **HALT Education Program** provides individual assessment for teens who have experimented with drugs or alcohol. If eligible for the program, the teen receives educational sessions. HALT is also designed to engage both the teen and the parent.

HALT Program Goals

- To keep non-users from trying drugs
- To keep experimenters from becoming regular users
- To keep teens safe around others who are using
- To be a resource to parents

HALT Education Topics

Marijuana	External pressure
Alcohol	Internal pressure
Club drugs	Values
Tobacco	Refusal skills

Family Education Program

A component critical to a teen's recovery is parent involvement. The **Family Education Program** is specifically designed for family members of teens who are using drugs and alcohol.

The Seven Challenges®

Youth are challenged to:

1. Open up and **talk honestly** about themselves and about alcohol and other drugs.
2. Look at what they like about alcohol and other drugs and **why they are using them.**
3. Look at their use of alcohol and other drugs **to see if it has caused harm**, or could cause harm.
4. **Look at their responsibility** and the responsibility of others for their problems.
5. Think about **where they seem to be headed**, where they want to go, and what they want to accomplish.
6. **Make thoughtful decisions** about their lives and about their use of alcohol and other drugs.
7. **Follow through on their decisions** about their lives and drug use. If they see problems, go back to earlier challenges and master them.

Seven Challenges® is a research-based Cognitive-Behavioral treatment approach for adolescents based on Stages of Change Theory which assumes that people progress through stages as they make decisions regarding change. Using motivational techniques, **Seven Challenges®** helps teens to do the following:

- Think about their lives and drug use
- Understand what needs were being met by their drug use
- Make thoughtful decisions
- Master new skills
- Move from external to internal motivation

Seven Challenges® Discovery Groups

Teens focus on Challenges 1, 2 & 3

Seven Challenges® Lifestyle Action Groups

Teens focus on Challenges 4, 5, 6 & 7

Seven Challenges® Support Groups Ongoing continuing support

This program includes individual sessions, family involvement, journal-writing, group activities and discussion. Clients and their families are encouraged to utilize additional community supports.