

# INSIGHT

## Quick Reference

If you are a parent or guardian who is concerned about the drug, alcohol, or tobacco use of an adolescent close to you, follow these simple steps:

1. **Call** STEPS at 330 264-8498
2. **Explain** that you need to register for INSIGHT
3. **Set up** a time for an intake interview
4. **Attend** scheduled education sessions for adolescent and parents
5. **Attend** an exit interview with program staff
6. **Follow through** on recommendations for additional intervention, if needed

Our mission is:

Building healthy, peaceful families and communities.

Clinicians are therapists licensed by the State of Ohio. STEPS at Liberty Center is certified by the Ohio Department of Alcohol and Drug Addiction Services. STEPS at Liberty Center is nationally accredited by the Council on Accreditation (COA)

STEPS (Substance Abuse Treatment, Education and Prevention Services) is a private nonprofit organization that is dedicated to the prevention and treatment of substance abuse. STEPS provides a full continuum of care services for individuals and their families.



**STEPS at Liberty Center**  
Substance Abuse, Treatment,  
Education, and Prevention  
Services

104 Spink Street Wooster, OH 44691

[www.stepsatlibertycenter.org](http://www.stepsatlibertycenter.org)

# INSIGHT

*A program for youth*

A program of STEPS at Liberty Center

# INSIGHT is...

an 8 hour early intervention program for youth who violate school policy, receive an alcohol or other drug (AoD) related charge through juvenile court, or have any other negative experience with AoD. The program serves adolescents in grades 7-12 and is designed to accomplish two objectives:

- **Education** – Participants will learn about the physical, emotional, family, vocational, achievement, and legal consequences of AoD use.
- **Personal** – Participants are guided through an examination of their own AoD use. Patterns of thoughts, feelings, behaviors, and pressures are explored so they may understand this process and learn to make better choices.

## Fees

The fee for the program is \$50, payable no later than the first scheduled appointment. Checks can be made out to: Liberty Center Connections or LCC. The fee is non-refundable.

## THE PROGRAM

### Intake Interview

The intake interview is an informal meeting with the parent or guardian and the youth to gather information about the nature of the referral. The youth will complete testing that will be explained at the exit interview.

### The INSIGHT Class

INSIGHT is held from 8:30 AM to 11:30 AM on two consecutive Saturdays each month. Class size is no smaller than five and no larger than eight. If there are not enough youth registered in a particular month, the class may be postponed until the following month. Teens may bring snacks.

Some of the topics discussed include, but are not limited to: physical, mental, emotional effects of AoD use; negative consequences; the addiction process; difference between abuse and dependence; family dynamics in relation to use; and healthy choices.

### Exit Interview

The final interview will summarize the experience with the parent or guardian and the youth. Test results and recommendations are discussed.


## FOR PARENTS

### Parent Meeting

Parents are required to attend a 2 hour Parent Meeting in which they will be provided with valuable information about alcohol or other drugs, the effects of alcohol or other drugs, and suggestions for intervention. This meeting is very beneficial and all adults involved in the teen's life are welcome. The Parent Meeting is usually 7 – 9 PM on the Thursday before the first Saturday INSIGHT class.

### No-use Commitment

It is important to note that NO mood-altering chemicals (unless prescribed by a physician) may be used on the day of the INSIGHT program. If any participant is suspected of using alcohol or another drug they will be asked to leave the program at their expense.



Show your  
child  
you care