

## ABOUT US

Full Spectrum Recovery has a respectful, non-judgemental approach to alcohol and drug problems, that works with the client "where they're at" and not where others think they should be.

Our full spectrum of research based treatment choices provides an array of programs and resources to help substance abusers select their most appropriate treatment goal.

If it appears our clients initial goals cannot be met, we support rapid movement towards a more appropriate goal that reduces harm. We encourage participation in 12-step programs such as Alcoholics Anonymous, Narcotics Anonymous, or a variety of structured treatment programs, if more support is needed.

We bring over 50 years of experience with in-patient and out-patient treatment, with specific focus on substance abuse and dependency, family crisis interventions, relapse prevention, spirituality, and long-term after care.

**We stress progress not perfection on the journey towards successful recovery.**

### CALL TODAY

805-966-5100 866-966-5100

[www.fullspectrumrecovery.com](http://www.fullspectrumrecovery.com)

## SELF TEST

Please answer each question	Yes	No
1) Has smoking pot stopped being fun?		
2) Do you ever get high alone?		
3) Is it hard for you to imagine a life without marijuana?		
4) Do you find that your friends are determined by your marijuana use?		
5) Do you smoke marijuana to avoid dealing with your problems?		
6) Do you smoke pot to cope with your feelings?		
7) Have your school grades slipped since you began smoking pot?		
8) Have you ever failed to keep promises to control or quit your marijuana use?		
9) Has your use of marijuana caused problems with memory, concentration or motivation?		
10) When your stash is nearly empty, do you feel anxious or worried?		
11) Are you smoking pot before or during work or school?		
12) Have friends or relatives ever complained that your pot-smoking is damaging your relationship with them?		
12) Have you lost interest in things you enjoyed before smoking pot?		

If you answered "yes" to any of the above questions, you may have a problem with marijuana.



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California Licensed Providers

*"I can get pot easier than alcohol or cigarettes."* - Local high school student

At Full Spectrum Recovery, we realize that many serious problems are caused by marijuana use. Parents are terrified and watch helplessly as family relations, quality friends, grades and future plans seem to go "up in smoke" when our children begin to use this gateway drug. Although marijuana use dulls cognitive functions and causes developmental delays, we find that teens respond rapidly as they reduce their usage. When confronted with discrepancies between their goals in life and their present using behavior, teens choose to get better rather than rebel and run away from life. We provide a safe, supportive environment to explore these goals and values. We teach teens to think their way through drug use. With respect and guidance, teens begin making the right choices and get their lives back on track.

*"Full Spectrum helped me to see how much better my life is when I'm not smoking pot."* - 17 year old female student

Our teens and marijuana program is a specially designed, research-based 12 week treatment. We strongly urge abstinence from all drugs during this time. While we do not blame or shame an individual for acquiring a substance use disorder, we require them to take active responsibility for participating in treatment. Active participation and engagement in learning new skills is essential. With new coping skills, destructive habits can be replaced with healthy behaviors.

*"The largest group of first time users is 12 to 17 years old."* - 2001 National Household Survey on Drug Abuse.

## Overview of Full Spectrum Treatment

Our brief 12-week individual treatment for teens with marijuana problems consists of motivational enhancement sessions and cognitive-behavioral skill training. Additional session topics are chosen collaboratively by the client and therapist to reinforce learning and address specific client circumstances.

### *Treatment focus includes:*

- assessment of functioning and drug use history
- development of coping skills
- establishing a plan for drug free activities
- building a supportive social support network
- coping with high risk/relapse situations

- Session 1: Intake assessment, rapport and motivation building, contract.
- Session 2: Coping with cravings and urges to use.
- Session 3: Managing thoughts about marijuana and using.
- Session 4: Problem solving, behavioral rehearsal, practice exercises.
- Session 5: Marijuana refusal skills, group work.
- Session 6: Planning for emergencies, coping with a slip.
- Session 7: Evaluating choices.
- Session 8: Assertiveness training and modeling - practice exercises.
- Sessions 9-12: Anger awareness and management, awareness of negative thinking/self-talk, enhancing social support networks, job seeking skills, and family involvement.

*"In 1995, 165,000 people entering drug treatment programs reported marijuana as their primary drug of abuse and needed help to stop using the drug."*

National Institute of Drug Abuse

## How is your approach different?

At Full Spectrum Recovery we recognize the powerful influence that marijuana has on teens to cause havoc in their lives. Peer pressure and mixed messages from others make it especially difficult to be objective about drug abuse. We explore the client's mixed feelings about smoking pot and provide them an opportunity to clarify their goals and values. Teens will consider change when they understand the consequences associated with continued use. When the costs begin to outweigh the benefits of smoking marijuana, young people will elect to make a change. Connectedness to family and involvement in treatment are key factors that protect adolescents from substance use problems.

*"Perceived risk of harm from substance use is falling while the availability of drugs is climbing."* - 2001 National Household Survey on Drug Abuse.

## How rapidly can I expect change?

Each family has a unique history, and has the strengths needed to face their problems. Experienced family therapists will help to quickly assess your particular need and create, with you, a plan for change. Client commitment, family support, engagement in treatment, and application and practice of new learnings are important factors in determining outcomes.

## What is my next step?

Call Full Spectrum Recovery  
Santa Barbara (805) 966-5100  
Toll Free (805) 866-966-5100  
Website: [www.fullspectrumrecovery.com](http://www.fullspectrumrecovery.com)