



Agreement

By having read this pamphlet and signing below you are agreeing that your child will participate in all sessions of the program. You also agree that you understand the program and the consequences of not attending.

Juvenile

Parent/Custodian

Deputy Juvenile Officer

Consequences:

Your child will be expected to attend all four sessions for one and a half hours per week. If your child misses a session he/she will be expected to make up the missed program and complete additional assignments. If your child misses any additional program dates, a petition/motion to modify will be filed recommending placement at the Robert L. Perry Juvenile Justice Center.

Boone County Juvenile Office

**705 East Walnut
Columbia, MO 65201
Phone: 573-886-4200**

Program Dates

Program Time

Why Can't I Stop?

Information and Agreement Pamphlet



A Cognitive Behavioral Approach to Addiction

Program Description



Overview

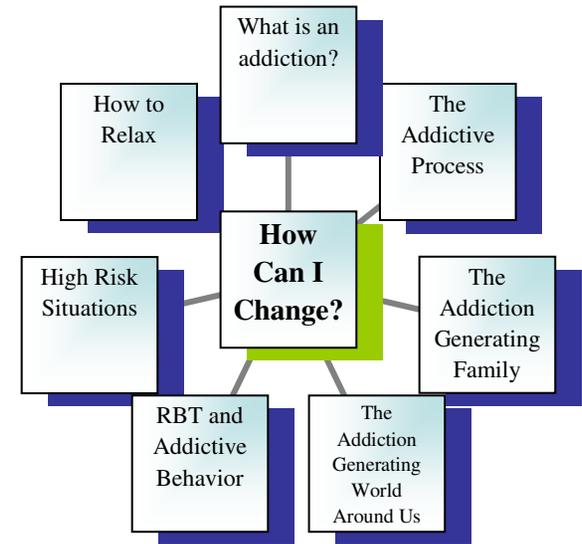
Why Can't I Stop is a four week program designed to help your child overcome his/her addiction. By exploring the components of the addictive process, high risk situations, and how to cope with cravings, this program will provide your child with the tools to help guide him/her towards positive alternatives. Your child will be introduced to a variety of skills to help overcome his/her addiction and will be expected to use these skills in his/her daily life. It is important for you as a parent to speak with your child after each session and to review the homework with your child so you have an understanding as to what your child is learning.

Program Goal

We want your child to leave our program knowing how to **effectively change his/her addictive habits**, as well as with the understanding of how his/her addiction negatively affects himself/herself and other people. The skills presented in the program can be properly taught in a group or individual setting. We prefer a group setting based on the belief that peers influence each other. While we may focus our attention on one person, other participants continue to learn by watching others master these skills. As a result, we are teaching indirectly to all participants as they listen and process the information. Also, there is increased brain power and support system in place when a group of people get together.

Information taught in this program will be talked about during supervision meetings with you and your child. Feedback is extremely important. It is important that we do so in a positive and supportive manner. This is not easy work for the participant, and we need to recognize their courage in working on something new.

Focus Areas



Program Rules

- 1.) Attend, be on time, and participate in all the group meetings.
- 2.) Do assigned tasks.
- 3.) Be respectful
- 4.) Maintain an open and honest channel of communication.