



**A Helping Hand:  
A Guide to Drug and Alcohol  
Treatment for Philadelphia  
Teens**

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Children and Youth  
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**Many teens struggle with drug and alcohol problems, and often families don't know where to turn for help.**

**We developed this guide to help parents, counselors and anyone who cares about Philadelphia teens make sense of a complex and sometimes confusing system.**

***The good news is that treatment works.***  
**Studies show adolescents do well with appropriate treatment.**

**In Philadelphia, a number of drug and alcohol treatment programs have developed in recent years that specifically address the unique needs of young people. A list of these facilities can be found on page 5 of this brochure.**

**For individuals with health coverage – Medicaid, CHIP, or private insurance – some or all treatment services will be covered. Even without insurance, however, help is available.**



## HOW DO I KNOW THERE'S A PROBLEM?

It's sometimes hard to know if a teen has a drug and/or alcohol problem. Here are some of the warning signs to help you determine if a teen needs help:

- Personality changes, chronic irritability, depression
- Sudden shifts in peer groups
- Difficulty keeping up in school
- Giving up activities he or she used to enjoy



## WHAT DO I DO IF I THINK THERE'S A PROBLEM?

If you believe a teen might be using drugs or alcohol, the American Medical Association recommends calmly talking about the issue. Ask questions – what kinds of drugs, how often, how much, with whom, where and why – and take time to listen. If your efforts to help have failed, seek help from a counselor or health care professional.

Even if you think your child is only “experimenting,” it's best to pay attention to prevent the problem from getting worse. Although some adolescents do “grow out” of drug use, some don't.

*The best way to help a child or teen stay away from drugs and/or alcohol is to build a better relationship with the child – the earlier the better.*



## **WHAT IF THE TEEN WON'T AGREE TO GET HELP?**

Speaking with a supportive and nonjudgmental parent, friend, counselor, teacher, or healthcare professional may go a long way toward encouraging a teen to get help. Even if the teen is resistant to getting help, however, don't give up. Talk to a substance abuse counselor at one of the facilities listed on page 5 to get help in arranging a visit for the teen. Treatment can still be effective.

Legally compelling children to obtain treatment may be necessary when a child is seriously harming himself or herself. Act 53 of 1997 allows parents to force children under 18 to receive treatment services. To initiate such an action, or for more information, contact Philadelphia Family Court at 215-686-4290.



## **DO TEENS NEED THEIR PARENTS' PERMISSION TO GET HELP?**

No. Treatment facilities are obligated by law to keep client's names and information private, including children and teens. Treatment providers will, however, attempt to convince teens to tell their families about the services and to include them in planning and treatment.

Ideally the family should be involved in all phases of an adolescent's treatment. However, with some families this may not be advisable.



## WHAT ARE THE DIFFERENT TYPES OF TREATMENT?

- **Outpatient treatment (you don't stay overnight)**
  - Includes individual and/or group counseling
  - Links with vocational or educational programs and other rehabilitation services outside the treatment program
  - Sessions vary from one hour/week to 10 hours/week, depending on seriousness of problem
- **Inpatient treatment (you stay overnight)**
  - **Residential, non-hospital treatment**
    - Overnight, but not in a hospital
    - Duration varies - 2 weeks to one year
    - May have school on site for adolescents
    - Serves individuals with more serious drug and/or alcohol problems
  - **Hospital-based rehabilitation unit**
    - Overnight care in a hospital
    - Usually reserved for persons with a complicating psychiatric or physical illness
  - **Detoxification**
    - In hospital or non-hospital detox facility
    - For people whose withdrawal problems require continual monitoring, support and possible medication
    - Follow-up treatment in either inpatient or outpatient setting



## WHERE DO WE GO FOR HELP IN AN EMERGENCY?

- If it is a medical emergency, such as an overdose, *call 911 and go to the nearest Emergency Department.* Once medically stable, the teen may be referred to one of the Crisis Response Centers for further evaluation and referral.
- In a psychiatric emergency, where the teen might harm himself/herself or others, call a Crisis Response Center for emergency evaluation and referral to treatment services.

### *Aged 14 or younger:*

- Einstein Hospital CRC  
(215) 456-7430

### *Over 14 years old:*

- Einstein Hospital CRC  
(215) 456-7430
- Larkspur CRC  
(215) 831-4616
- Mercy Hospital CRC  
(215) 748-9526
- Pennsylvania Hospital CRC  
(215) 829-5433
- Temple University Hospital CRC  
(215) 707-2577



## WHERE DO WE GO FOR HELP IN A NON-EMERGENCY?

- If you're unable to help your child yourself, the next step is to seek professional help. Follow these steps, and try to get your child to agree with you about the need for treatment.

### *If the teen has:*

- *A Medical Assistance/ACCESS card*, call Community Behavioral Health (CBH) at 888-545-2600(24-hours/day). They will refer you to an appropriate professional for an assessment of what services are needed. Medicaid will cover the assessment and most treatment services the teen needs.
- *Coverage under the Children's Health Insurance Program (CHIP)*, call the plan's behavioral health contractor, as indicated below. Services must be pre-authorized by the plan in order to be covered. CHIP usually covers some alcohol and drug abuse assessment and treatment services. These phones are answered 24-hours/day.
  - Aetna US Healthcare
    - Magellan Behavioral Health  
1-800-424-1580
    - Jefferson Behavioral Health  
1-888-224-5710
    - PennCare Behavioral Health  
1-888-502-1067
  - AmeriChoice/KidsChoice
    - Community Behavioral Health  
1-888-545-2600

○ Independence Blue Cross/Keystone Health Plan East

- Magellan Behavioral Health  
1-800-294-0800

- *No health insurance coverage* and cannot afford to pay for treatment, call Community Behavioral Health (CBH) at 888-545-2600(24-hours/day). They will refer the teen to an appropriate professional for an assessment. Determination of funding eligibility and necessary treatment will be established following the assessment.

- *Private insurance*, call your plan's behavioral health contractor (usually printed on the back of the insurance card) to find out how and where to get coverage for substance abuse treatment services. Services must be pre-approved to be covered.

Regardless of health coverage, you can contact any of the drug/alcohol treatment programs listed on page ## directly for information and referral. They will help you find coverage or funding for the services you need.

*If you have difficulty accessing services,  
PCCY is available to help.*





## WHAT ARE OTHER WAYS TO GET INTO TREATMENT PROGRAMS?

- **Schools.** Adolescents can talk to someone they trust at school, like a school counselor or mentor. There are also school personnel who are specifically trained to identify and help students with drug and alcohol problems. For information, call the Comprehensive Support Process/Student Assistance Program at 215-299-7840.
- **Department of Human Services.** For teens in the DHS system, caseworkers will help arrange services, and transportation if necessary.
- **Probation or parole.** For teens in the legal system, probation and parole officers will help arrange services, and transportation.
- **Your pediatrician** can provide information and referrals.



## WHAT IF A TEEN DOESN'T HAVE INSURANCE?

- A teen can get some services even without health coverage. If you have a program in mind, you can contact the facility directly. The staff will work with you on getting insurance coverage and/or provide services at rates you can afford. If you do not have a facility in mind, you can call Community Behavioral Health (888-545-2600) for assistance and a referral.
  - Even if the teen's parents are employed and/or are covered by private insurance, the child may be eligible for Medicaid or CHIP. To find out, call PCCY at 215-563-5848.



## WHICH ARE THE TREATMENT PROGRAMS JUST FOR TEENS?

The following facilities are part of Philadelphia's Behavioral Health System serving uninsured, underinsured and Medicaid-eligible residents. They offer treatment services *geared specifically to children and teens under age 18*. Most of them also serve older teens and adults. They serve adolescents in *outpatient programs* unless otherwise noted.

- In addition to the facilities listed here, there might be other facilities in Philadelphia or a short distance from Philadelphia offering treatment services you need. For more information, contact your insurance company or CBH (888-545-2600).
- APM/Proyecto Borinquen
  - 215-228-3788
  - 520 West Venango Street
- The Bridge (residential; outpatient)
  - 215-342-5000 x 218 (residential)
  - 215-742-5540 (outpatient)
  - 733 Susquehanna Road
- Congreso de Latinos Unidos, Inc.
  - 215-763-8870
  - 216 West Somerset Street
- Cora Services, Inc.
  - 215-342-7660
  - 8500 Verree Road
- Gaudenzia
  - 215-238-2150
  - 1306 Spring Garden Street
- JFK Walk-In/Youth Services
  - 215-238-2150
  - 112 North Broad Street

- **Kirkbride/The Westmeade Center**
  - 215-471-2000
  - 111 North 49th Street
- **PATH Adolescent Treatment Program**
  - 215-728-4555
  - 8220 Castor Avenue
- **Shalom, Inc.**
  - 215-546-3470
  - 1080 North Delaware Ave
- **Dr. Warren E. Smith Health Centers/  
Passages**
  - 215-456-2710
  - 1315 Windrim Ave



## OTHER RESOURCES

- **Alcoholics Anonymous**
  - 12-step, self-help program
  - Offers positive role models
  - Can be used during or following professional treatment
  - One location (in northeast) holds *teen-only* meetings
  - 215-923-7900
- **Crisis/Suicide Counseling**
  - 215-686-4420
  - 1-888-784-2433
- **National Clearinghouse for Alcohol and Drug Information**
  - Federal government organization that provides free information and referrals on substance abuse issues
  - 1-800-729-6686
- **National Black Alcoholism and Addictions Council**
  - 202-296-2696
- **Latino Council on Alcohol and Tobacco**
  - 202-265-8054

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*215-563-5848 / 215-563-9442*

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