

Adolescent Substance Abuse Treatment

An Evidence Based Practice to Treat Youth Substance Abuse:

Adolescent Community Reinforcement Approach

The Adolescent Community Reinforcement Approach (ACRA) is an Evidence Based Practice for the treatment of youth substance use and/or co-occurring mental health and substance use disorder.

ACRA is designed to increase the positive family, social and community reinforces of a young person in order to support recovery, so the adolescent learns how to build a healthy lifestyle.

ACRA is a 12-16 week outpatient treatment that helps 12-18 year olds develop skills—such as communication, problem-solving, anger management, drug and alcohol refusal— to help them make changes that support a non-using lifestyle.

ACRA is a Different Approach to Adolescent Substance Abuse Treatment.

This approach seeks to identify, develop, and build upon the young person's individual interests so she or he can learn how to have a satisfying life without the use of substances.

ACRA in Maine

ACRA is available in Maine thanks to a federally funded cooperative agreement, called the State Adolescent Treatment Enhancement Dissemination (SAT-ED) between the Maine Office of Substance Abuse and Mental Health Services (SAMHS) and the office of Substance Abuse and Mental Health Services Administration (SAMHSA).

Day One and Kennebec Behavioral Health are currently the only two providers in the state designated to deliver this treatment. Both agencies are seeing clients at many of their multiple office locations as well in schools and community centers.

How Can I Get Treatment?

If you know an adolescent who may benefit from ACRA please call Day One or Kennebec Behavioral Health for an initial assessment.

Day One: Don Burke, MS, LADC, CCS,
Director of Outpatient Services
(207) 874-1045 ext. 114
Donb@day-one.org

Kennebec Behavioral Health:
Greg Bazakas, LCSW, CCS,
Grant Project Director
(207) 873-2136 ext. 1503
Gbazakas@kbhmaine.org

To learn more about the State's role in ACRA, or to learn how to bring ACRA to your agency please contact:
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