

## Ready for change?

The Adolescent Community Reinforcement Approach (A-CRA) and Assertive Continuing Care (ACC) are a strengths-based treatment model that is designed to teach adolescents and their caregivers how to analyze problematic behavior and substance use and develop skills to reduce substance use, conflict, stress, and relapse.

*Adolescents learn the tools to sculpt positive life changes.*



## Next steps...

1. Contact our A-CRA/ACC Clinical Coordinator, Jamie Wood Chiarelli, LICSW, at:  
  
978-264-3500 ext 3508
2. Jamie will do a brief phone screen to help determine if A-CRA/ACC is right for you and your child.



## Metrowest Behavioral Health Center

### Adolescent Community Reinforcement Approach (A-CRA)

### Assertive Continuing Care (ACC)

*Behavioral intervention and continuing care for adolescents with substance use issues*

Metrowest Behavioral Health Center, a division of Justice Resource Institute, provides state-of-the-art, evidence-based and innovative therapeutic care and wellness services that will act as a catalyst for the personal, educational and professional growth of children and adults of all ages.

## What Is A-CRA and ACC?

The Adolescent Community Reinforcement Approach (A-CRA) and Assertive Continuing Care (ACC) program is designed for 12-17-year-old adolescents who want to end their dependence on substances, but who are struggling with making those changes.

## The A-CRA/ACC Process

- Clinicians conduct a comprehensive assessment to gain a full picture of the client's needs and concerns, which is used to develop an individualized treatment plan. Abbreviated assessments at 3, 6, and 12 months will monitor progress and outcomes. Clients will be reimbursed for participating in assessments.
- Clients analyze and discover the motivations that led to their use of substances.
- Clients formulate a plan that actively reshapes their lives to be a positive experience in academic, vocational, recreational, family, and social spheres.
- The client learns to replace the need for the positive reinforcement that drugs can provide in the short-term and avoid the negative consequences of substance use.

## What does it involve?

### A-CRA

- Part one of the program is a three-month behavioral intervention program, meeting once weekly.
- Clients discover what's in it for them to stop using substances.
- Clients learn and master skills in analyzing and solving problems, communication, self-advocacy, and substance refusal.
- Clients formulate plans for incremental change and use these skills to develop talents, interests, and participation in pro-social activities.
- Caregivers participate by learning skills as well and practicing them at home with their child, in support of their child's treatment plan.

### ACC

- Part two of the program is a three-month continuing care program that follows A-CRA.
- Helps clients maintain behavior gains and skills learned in A-CRA.
- Counselor checks in with clients in their own community.
- Clients share their successes and obstacles, and continue to practice skills learned to maintain positive life changes.

## Does it work?

Since 2006, 4,239 adolescents have been served by A-CRA/ACC. Findings include:

- 64% reported reduced usage; 40% were abstinent.
- 75% reported reduced problems with abuse or dependence; 65% report no problem with abuse or dependence.
- 81% reported reduced illegal activity; 77% reported no problems.
- 90% reported no instances of arrests.
- 72% reported reduced family/home problems; 55% report no problems.

(Lighthouse Institute-Chestnut Health Systems, 2011)

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A-CRA/ACC Clinical Coordinator at:

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[www.jri.org/MetrowestBHC/](http://www.jri.org/MetrowestBHC/)

Services are available through our  
Acton Clinic or Framingham site