

Navigating the Adolescent Years/Open Referral
Community Referral Form for Educational classes
For Fort Collins and Loveland Community

Youth Last Name:	First Name:	DOB:
Parents Name:	Guardian(s) Contact Phone Number and email address:	
Name of Referring Agency:	Agency Contact Name and Phone #:	
Reason for referral:		

5 to 7 Week Classes

- Navigating Life:** Co-ed ages 13-15/16-18; this program will explore the basic dangers of using illegal drugs and alcohol. The class also addresses: life consequences and use, abuse and addiction, facts about chemical dependency, the law when using drugs and alcohol, taking risks, consequences of using, and alternative solutions.
 - Five (5) weeks of 45 minute classes.

- Power of Conversation:** Co-ed ages 13-15/16-18, the goal of this class is to increase communication skills to increase communication regarding their peers, how to identify unhealthy communication that contributes to peer pressure, anger, how to manage difficult emotions, and improve empathy skills.
 - Five (5) weeks of 45 minute classes.

- Young at Heart:** Co-ed ages 11-12
 This program is instrumental in building character skills so youth are equipped to make important decisions that they may face when entering society at a young age. Topics include behavior, conflict resolution, personal identification and values within today's culture.
 - Five (5) weeks of 45 minute classes.

10-Week Classes

- Life Stages Class:** Ages 16-18; Substance Use Group setting
 Life Stages is an educational program for youth who require more intensive programming. Interactive instruction to students provides detailed information about life consequences and provides motivation enhancement strategies (e.g., health as a value). Class structure incorporates the instruction of active listening, effective communication skills, stress management/coping skills, techniques, self-control, and decision making to counteract risk factors relevant to older teens.
 - Ten (10) weeks of 45- minute classes. *Fort Collins Only!*

- Pathways to Recovery:** Girls ages 15-17; Substance Use and Behavioral Health issues
 Self-reporting and prior history of increased use with multiple types of drugs, alcohol, or prescription drugs for a period of three to six months. This program is for those who are struggling with one or more of the following issues: academic failure, difficulty with sobriety, and family conflict. Pathways provides males an opportunity to understand their behavior toward others, and helps them realize the destructive power of words and actions. In addition, boys learn how to form more positive relationships with their family, peers, and community.
 - Ten (10) weeks of 45- minute classes. *Fort Collins Only!*

- A Young Woman's Journey:** Girls ages 13-15/16-18; Growing up in a female world!
 Specific to girls, this class curriculum includes healthy decision-making skills, leadership development, school cliques, cyber bullying and aggression. The class gives young women opportunities to systematically explore why healthy relationships are critical in their lives. In addition, each girl will learn how to focus on her individual needs, understand how to be safe in the world today, and strengthen her relationships with family, peers, community and society to transform the world she will live in.
 - Five to Ten weeks (10) of 45- minute classes. Gender Specific

☐ **Individual and Family Therapy and Addiction Counseling**

The Center has six therapists and one CACIII Alcohol Counselor

Many of the therapists specialize in adolescent development regarding topics of substance use, anxiety, and depression, family in conflict, parenting and adolescence development.

- Five to Ten weeks (10) at this time and utilizing virtual Telehealth.
- The Center does offer a sliding fee scale depending on household income and available scholarships for families who fit the scholarship guidelines.
- ***The Center does not take insurance.***

At this time, we are utilizing virtual platforms due to COVID!

We use Zoom for meetings, and will be using Google classrooms for instruction, until school resumes in- person.

For more information on programming at the Center you can contact the Center at 970-698-7262

or contact us through our JOTFORM process on our page TCFFO.org.

Please return form to Lauriek@tcffo.org