

THE SEVEN CHALLENGES

1

We decide to open up and talk honestly about ourselves and about alcohol and other drugs.

2

We look at what we liked about alcohol and other drugs, and why we are using them.

3

We look at our use of alcohol or other drugs to see if it has caused harm or could cause harm.

4

We look at our responsibility and the responsibility of others for our problems.

5

We think about where we are headed, where we want to go, and what we want to accomplish.

6

We make thoughtful decisions about our lives and about our use of alcohol and other drugs.

7

We follow through on our decisions about our lives and drug use. If we see problems, we go back to earlier challenges and master them.

OMNI Accepts the Following Insurances:
Medicaid (All Kids, Illinois Medical Card), IlliniCare, Illinois Health Practice Alliance (IHPA), Meridian, Molina, Aetna Better Health, YouthCare, County Care, and Blue Cross Community Family Health Plan.

No Insurance?

If you are a resident of Wheeling or Vernon Township, you are eligible for sliding scale fee.

Funding is also available through the State of Illinois' Department of Substance Use Prevention & Recovery

Questions?

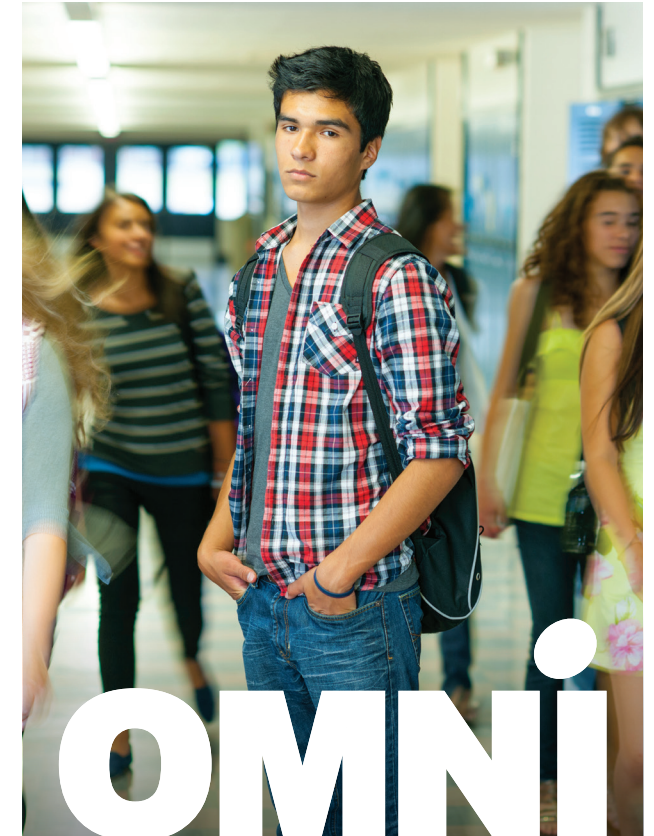
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Ready to get Started?

OMNI Intake:
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OMNI

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OMNI

THE SEVEN CHALLENGES® PROGRAM



CHALLENGING OURSELVES TO MAKE WISE DECISIONS ABOUT ALCOHOL AND OTHER DRUGS

EVALUATION

All treatment begins with a comprehensive evaluation designed to identify problems and concerns for the adolescent and family. Following the evaluation, a therapist will work with the client and family to determine the goals of treatment.

TREATMENT MAY INCLUDE:

- Individual Therapy
- Family Sessions
- Substance Abuse Education
- Seven Challenges Journaling
- Seven Challenges Group
- Relapse Prevention

THE SEVEN CHALLENGES PROGRAM

is designed for adolescent substance use or substance dependent individuals, to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug using lifestyle—and prepare for and attain success when they commit to making changes.

HOLISTIC

The Seven Challenges Program addresses the drug use behavior, the underlying causes (including mental health issues), and lifestyle issues.

DEVELOPMENTALLY APPROPRIATE

The Seven Challenges Program helps young people master developmental tasks—to define their own identity, to learn systematic logical thinking and to prepare for adults roles—as they think about and examine their lives, their drug use, and the potential impact of their drug use upon their future.

RESEARCH-BASED

Based on the latest research and evaluation literature, in particular findings about:

- The underlying and co-occurring mental health issues that typically accompany drug use and put youth at risk of such use
- The stages of change in overcoming drug use
- Preparing individuals to change through talking about their current motivation
- Resiliency
- Counseling outcomes
- Relapse prevention

CULTURALLY SENSITIVE

The Seven Challenges Program and materials were developed working with a culturally diverse group of young people. The program uses an empowerment model, putting personal problems in the context of broader social and environmental issues.

RESPECT

To succeed in working with youth, The Seven Challenges Program places a special emphasis on creating a climate of mutual respect within which individuals can talk openly and honestly about themselves. We engage young people in actively thinking about their alcohol or other drug use, and its effect upon their lives.

UNDERSTANDING

Working through The Seven Challenges helps youth understand what needs they are meeting by using drugs, what harm they are causing, what risks they are taking, and what it entails to give up a drug using lifestyle. We raise consciousness, inspire hope, and motivate internally driven, sincere decisions to change.

PARTNERSHIP

Our clinicians join with youth and their families as problem-solving partners. We help young people overcome personal challenges and learn to meet their needs in positive ways so they are in a position to make a commitment to change. Once committed, we teach the tools and provide the support that ensures ongoing success.