



## Exploring Recovery For Adolescents

Exploring Recovery for Adolescents is for teens 13-17 years, who are either actively using substances or have recently used and are still at risk of relapsing, to have a safe space to talk about their feelings and get support from those who understand the cravings.

Our focus is to guide group members to encourage each other to remain sober and clean, along with developing strategies for recovery techniques. Some psychoeducation will occur as well, including substance use topics, such as harm reduction, relapse prevention, identifying triggers, and feelings associated with use.

This group will also dive into reducing common dangerous substance use behaviors, such as promiscuity, running away from home, relationship concerns, stealing (home and retail), other illegal behaviors, etc. Co-occurring mental health concerns are included as well.

The group meets virtually once a week and new members are welcome to join at any time. If you have any questions, please call us at **866.852.4001**.

### When

For exact dates and times visit [pinterest.org/teen-recovery](https://pinterest.org/teen-recovery)

### Location

Virtual group offered via Telehealth only

### Payment

Most insurances accepted  
Ask if you qualify for financial assistance

### Registration

Pine Rest patients should talk to their case manager or therapist.  
If you are new to Pine Rest, please call us at **866.852.4001** to set up an initial evaluation.



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