



# THE ADOLESCENT COMMUNITY REINFORCEMENT APPROACH (A-CRA) PROGRAM

## SCHOOL-BASED SERVICES

### AVAILABLE TO STUDENTS FROM:

- Athol High School
- Gardner Academy (GALT)
- Gardner High School
- Mahar (Gr. 8-12)
- Murdock (Gr. 8-12)
- Narragansett (Gr. 8-12)

A-CRA is a 13-week therapy model that focuses on developing positive coping skills, improved communication skills, and enhanced problem solving skills to decrease incidences of unhealthy coping skills such as substance use, self-harm, and aggressive behaviors.

- Treatment goals are developed based on what the youth is willing to work on
- Two family sessions are built into the model to strengthen communication skills between youth and caregiver(s).



YOUTH TELE BEHAVIORAL  
HEALTH PROGRAM  
(978) 630-6151  
SBTELEHEALTH@HEYWOOD.ORG

