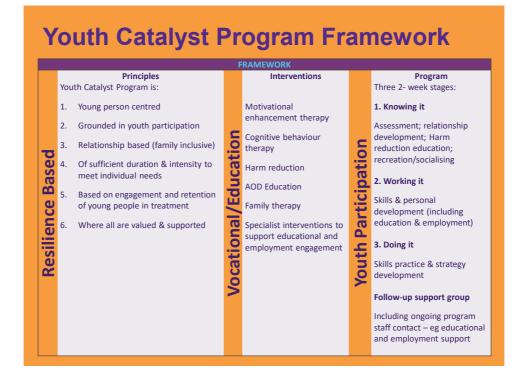
An Innovative, Evidence-Based, Non-Residential AOD Program for Young People





'Youth Catalyst' Therapeutic day program

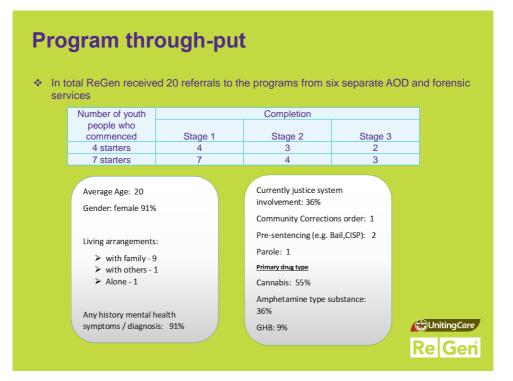






- The program is designed as a post withdrawal AOD treatment option for young people aged 16-22 (with flexibility) who may be experiencing a range of concurrent problems.
- Two 6 weeks pilot programs where delivered between Feb and July 20-17.
- Compared to the adult programs, the youth Catalyst programs included an increase in strengthening relationship session, career and employment, therapeutic engagement and consumer participation activities.
- ReGen committed to an action research model (learning and refining as we go). An internal process and outcome evaluation was also conducted





Qualitative outcomes

Young person

- It's stuff you need to hear but haven't heard sometimes you feel really bad about yourself, really alone, secluded. Hearing that other people are feeling that way too really helps.
- It's surpassed all my expectations
- I've learned a lot about myself and I've got a more in depth understanding of some things, like CBT, and understanding of my values.
- ♦ I liked having the 3 stages with graduations. It makes you feel accomplished

Family member

- I wish you to know, that my daughter returned to me, bright, confident, determined and full of hope for the future, and praise for the program, workers and participants.
- Each day I am seeing more and more glimpses of the confident, determined young girl she used to be and more so, for the first time, being allowed privy, to the mature thoughts she has been developing as a young woman - hidden to me these past few years.