

The Adolescent Resource Center works with youth who experience emotional/behavioral health issues and may be vulnerable to substance use. ARC clinicians provide support through counseling interventions and community support by:

- Teaching assertive communication skills
- Exploring sources of motivation (internal & external)
- Encouraging adolescents to set goals
- Helping young people tap into their strengths and solutions
- Supporting safe choices to avoid legal repercussions
- Teaching the importance of finding and building positive peer relationships and community connections to support healthy lifestyle choices
- Improving family communication and understanding
- Identifying healthy coping skills
- Offering specialized services for all adolescents
- Increasing overall knowledge, skills, and tools regarding healthy behaviors



FOR MORE INFORMATION

www.qopcstl.org/adolescent-resource-center



PAID THROUGH



St. Louis County
Children's Service Fund
Keeping Kids First



Adolescent Resource Center

**OFFERING FREE
SOLUTIONS & SUPPORT
for youth & young adults
in the St. Louis County area**

What is it?

A FREE early intervention program for adolescents. We have multiple office sites in St. Louis County. We also provide telehealth services to address COVID-19 concerns.



The Adolescent Resource Center is committed to partnering with youth and families seeking support.

Who do we serve?

Adolescents ages 12-19 who live in St. Louis County and who want support with topics related to mental and emotional health, substance use, prevention education, risk-taking, grief and loss, communication skills, goal setting, decision making, motivation building, and identifying healthy choices.

What do we do?

The initial screenings and assessments can be done by video/phone call or in person. Initial screenings help us understand each youth's individualized needs to determine the best fit for services. Our therapeutic services are entirely **FREE OF CHARGE**.

Technology tools (iPads, cell phones, and hotspots) and art supplies are available to be checked out during the course of therapy.

Other services provided:

- Telehealth
- Individual & Group Counseling
- Group Psychoeducation
- Art Therapy
- Motivational Enhancement Therapy
- Cognitive-behavioral Therapy
- Solution-focused Brief Therapy
- Community Support
 - GED/HiSet preparation, education resources, job/career resources, résumé building, applications, interview preparation and techniques, driver's license and permit info, advocacy letters, therapeutic worksheets and packets, and more
- Referral to other treatment providers as needed



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