

# Don't let another day slip by without Help.



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

**Liberty Resources Integrated Health Care** is collaborating with The Seven Challenges® to bring this evidence based substance abuse treatment program to adolescents in Central New York.

Instead of a one-size-fits all approach, Seven Challenges is individualized with careful attention to meeting youth where they are at and providing successful counseling interventions. For youth with concurrent mental health issues, the Seven Challenges was found to reduce the severity of general mental distress, anxiety, and depression.

Benefits observed among youth and adolescents who have completed the Seven Challenges program include:

- Improved overall mental health
- Improved honesty
- Reduced aggressive behaviors
- Improved relationships with family members & other adults
- Decreased levels of criminality



**To make an appointment or  
get more information, please  
call:. 315-472-4471**

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Integrated Behavioral Health: 315-472-4471**