



# STOP SHORT of Addiction

Since 1999, STOP SHORT of Addiction has provided alcohol and drug services to Orange County youth and families. This unique substance abuse intervention targets youth offenders, ages 12 to 18, who are in the early stages of drug use. Parental participation in the program is mandatory. The overwhelming success of STOP SHORT of Addiction is due, in large part, to the fact that we incorporate families into our program services. Youth, together with their families, gain the tools needed to prevent them from regressing back to unhealthy and destructive behaviors.

STOP SHORT of Addiction is based on our award-winning SHORTSTOP program. It serves as an effective alternative to incarceration, providing education to both youth and parents on the legal aspects of drug-related offenses and the negative lifestyle consequences of substance abuse. Parents gain a better understanding of the signs, symptoms, and behaviors associated with drug use. As a result, they are better able to recognize and address any future problems as soon as possible.

*"STOP SHORT of Addiction was informative and gave us a lot to talk about. It helped my daughter and I to bond and be more honest with each other. We can talk without arguing now. My daughter is no longer smoking and is going to school everyday and on time."*

**STOP SHORT of Addiction  
was not just about  
drug rehab.**

*"It made our life together a more positive one. Thank you, STOP SHORT of Addiction, for giving my daughter a second chance!"*

~ STOP SHORT of Addiction Parent



1605 E. 17th Street Santa Ana, CA 92705  
[www.projectyouthocbf.org](http://www.projectyouthocbf.org) (714) 480-1925



# STOP SHORT of Addiction

is administered by bilingual, bicultural staff, with assistance from legal experts, the Sheriff's Coroner and local law enforcement narcotics officers. Guest speakers are also provided from the Youth Guidance Center and Volunteers on Parole. Services are offered in both English and Spanish.

*STOP SHORT of Addiction provides youth and family members with the following:*

### **Intake Assessment (2 hours)**

The intake gathers critical information about the youth's drug history, at-risk behaviors, school functioning, emotional stability, and family dynamics.

### **Three (4-hour) Substance Abuse Sessions**

Program sessions focus on providing legal and substance abuse education, group discussions, and healthy communication and coping skills to maintain a drug-free lifestyle. Session highlights include visiting a courtroom to hear incarcerated minors discuss how drug use led them to criminal activity and incarceration, a County Coroner presentation illustrating the biological and psychological effects of drug abuse, and a panel of recovered teens that discuss the choice to stay drug-free.

### **Mandatory Assignments**

A critical part of STOP SHORT of Addiction is what happens at home. Youth read substance abuse prevention materials, engage in family communication exercises, complete goal-setting assignments, explore future career paths by interviewing a working professional in the community, and attend two AA or NA meetings.

### **Wellness Checks and Food Resources**

Program staff conducts wellness checks with our current, past, and upcoming clients, and offers access to our monthly food drives.

### **Exit Plan and Case Management/Referral Services**

An individualized exit plan is created for each youth after completing the program. If needed, youth and families may also receive case management and linkages to partner agencies that provide additional behavioral health and substance abuse services.

## **Our Impact**

STOP SHORT of Addiction makes a measurable difference in the lives of local youth and families and to the well-being of our community.

**95%**

of youth are successfully diverted from the legal system for at least six months after completing the program

**82%**

of youth report decreased alcohol and/or drug use

**80%**

of youth report increased desire to attend college or trade school

**86%**

of youth report increased legal knowledge

**92%**

of parents report improved parent/child communication

*STOP SHORT of Addiction is offered free of charge and made possible through financial support from donors who believe in and invest in our mission. When you give to Project Youth OC, your donation helps local youth to achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of family and community in Orange County.*



**Project  
Youth OC**

1605 E. 17th Street, Santa Ana, CA 92705  
[www.projectyouthocbf.org](http://www.projectyouthocbf.org) (714) 480-1925