



Early Intervention Services

Project Insight

Healthy Minds. Healthy Communities.

CPC Project Insight 5-Session Early Intervention Program for At-Risk Youth

Project Insight is a short-term, 5-session, pre-treatment model for youth who are at risk of developing a substance abuse issue. The model used for this program is derived from years of research through SAMSHA's Cannabis Youth Treatment Series, which was an extensive study on cannabis abusing youth, geared toward discovering the most effective early interventions:

- Motivational Enhancement Therapy (MET) targets identifying our clients individualized reasons for change with the goal of moving them from contemplation to action. In other words, MET helps kids think about why using drugs and alcohol is a bad idea for them and it starts them thinking about taking the steps needed to stop using.
- Cognitive Behavioral Therapy (CBT) provides substance abusing youth with the tools, coping skills, and supports necessary in order to successfully establish and maintain abstinence from alcohol and other drugs, while increasing skills for preventing relapse.

Project Insight Uses the MET/CBT 5 Session Model as follows:

Session 1 – Comprehensive Assessment

Session 2 – Goal Setting and Basic Substance Abuse Education.

Session 3 - Social Skill Building and Refusal Skills.

Session 4 – Problem Solving and High Risk Planning.

Session 5 – Close-Out Session with Family - Review of Progress

Program Hours: and Locations:

CPC's Project Insight services are now being conducted using Telehealth

Appointments:

For more information or to schedule an appointment, call our Access Department at **(800) 250-9811**.

CPC accepts Medicaid, Medicare and most private insurers.
Grant funding available for all youth in Monmouth County.