# Skill-Building Challenge Worksheet: Where Can I Go for Help?

Name: Blank Class: Blank Date: Blank

Search online for the location of at least one alcohol treatment program for each of the categories in the following table. If there isn’t a treatment program available in your community, expand your search to a neighboring community or state. Focus on finding the treatment program closest to where you live. make sure each of the agencies you find work specifically with teens.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of treatment center** | **Agency name** | **Address** | **Telephone** | **Approximate distance from home or school** |
| Individual counseling with a substance abuse counselor |  |  |  |  |
| Group therapy for teens who use alcohol |  |  |  |  |
| Support group for teens who use alcohol |  |  |  |  |
| Inpatient treatment center for teens who use alcohol |  |  |  |  |

Do the agencies you selected appear to be valid and reliable? Use the Accessing Valid and Reliable Information Skill Cues to explain your answer.