

## WHAT WILL I DO AT CFAR?

The first step is for you or your parent to **CALL** 503-243-1065. A CFAR staff member will describe the treatment options and ask you some questions about your situation.

The first time you come in, you will meet with a therapist for an **INTAKE**. If you have been required to have a "drug and alcohol assessment" for the court or for school, this appointment will count as this assessment.

If you decide to participate, you will complete a research **ASSESSMENT**. CFAR is funded to study which of our therapies are the most helpful. You will fill out questionnaires and participate in interviews as part of this research.

The **therapy** you receive will depend on the program that fits you best. Options include:

### FAMILY THERAPY

- ❖ For you and your family.
- ❖ To improve family relationships.

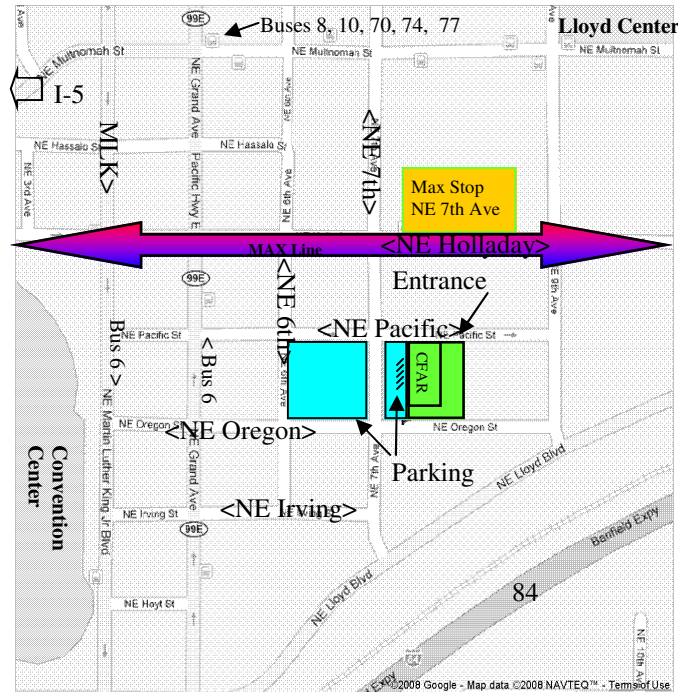
### GROUP THERAPY

- ❖ For you and 4-7 other teens your age.
- ❖ Learn skills to cope with negative feelings, make goals for the future, resolve problems in your life, learn about the effects of drugs, develop new activities and friendships, etc.

### INDIVIDUAL THERAPY

- ❖ You meet alone with a therapist.
- ❖ Focus on things that are relevant to you, such as coping with cravings, getting a job, learning about HIV, improving friendships, problem-solving, coping with negative moods, etc.

## Directions to CFAR (↑ N)



## Parking Information

Four designated Parking spots (Labeled "ORI") are available for CFAR clients in the parking lot West of the 729 building. Additional Parking is available in the Liberty Center parking structure across NE 7th Ave.

## TriMet to CFAR

The CFAR Office is one block south of the **7th Ave. Max station**. CFAR is also accessible by **bus lines 6, 8, 10, 70, 74 and 77**. Please visit [www.trimet.org](http://www.trimet.org)'s Trip Planner for the easiest route from your home.

**CFAR provides free TriMet tickets to all enrolled clients.**

Are you worried about your friend's **DRUG or ALCOHOL** use?  
Are you worried about your own use of drugs?



## CFAR may be able to help.



Center for Family & Adolescent Research  
729 NE Oregon St.  
Suite 150  
Portland, OR 97232

Phone: 503-243-1065  
Toll Free: 1-877-251-8183  
Fax: 503-243-7813

Email: [cfarportland@ori.org](mailto:cfarportland@ori.org)  
[www.ori.org/CFAR/Portland](http://www.ori.org/CFAR/Portland)

**Free outpatient counseling for qualifying teens (ages 13 to 22) and their families.**



# ARE YOU OR YOUR FRIEND...

## DEPRESSED?



Often teens who are using drugs or alcohol are also dealing with negative or sad feelings. Others feel bored or have lost interest in things they used to enjoy. We have a program that can help teenagers ages 13-17 and their families.

## USING METH?

We have a program especially for 15-22 year olds who are using methamphetamines. Let us help before things get out of control – Some of our clients have only used meth a few times.



You or your friend may be eligible for a **free** and **confidential** counseling and research program that helps teens who are using drugs or alcohol.

*In our counseling sessions we look at the “big picture” of what’s going on in your life and with your family, with the goal of helping you feel better.*



## WHO ARE WE?

- ❖ CFAR is part of the non-profit Oregon Research Institute (ORI), an international leader in behavioral research for nearly 50 years.
- ❖ We are an appointment-only outpatient treatment research center serving families in the greater Portland area.
- ❖ Services are provided by Master’s and Doctorate-level therapists extensively trained and supervised in evidence-based therapy approaches.
- ❖ At this time, we’re only able to offer services in English
- ❖ Our treatment programs are funded by agencies of the National Institutes of Health (NIH).
- ❖ We are certified and monitored by the State of Oregon’s Addictions and Mental Health (AMH) Division.

## WHAT ELSE SHOULD I KNOW?

- ❖ Help is out there.
- ❖ You’re not alone. Hundreds of teens have participated in services at CFAR.
- ❖ Remember: all of our services are **FREE** and **CONFIDENTIAL**.
- ❖ Making an appointment is **EASY**:
- ❖ Call us to see if we’re a good match for you:  
503-243-1065
- ❖ If we’re not a good fit for you, we’ll give you other resources to try.

