

HYP FAQ

What is the Healthy Youth Program?

The Bureau's Healthy Youth Program (HYP) provides substance abuse education, prevention, intervention, and treatment that is geared specifically to the needs of adolescents and young adults. We work with young people, families, and community organizations to support health and wellness.

Who is eligible for HYP services?

If you are 12-25 years old and live in or near Washington County we can do an assessment to explore your needs and treatment recommendations.

Is what I share with my counselor kept private?

The short answer is yes, with some exceptions. We talk more about this at your first appointment.

What you discuss with your therapist is protected by the legal and ethical principle of confidentiality. Information about you and what you say in sessions will not be repeated without your written permission *except* in situations where your counselor is required to share information.

Exceptions are:

- 1) If you are a danger to yourself, others, or the property of others we are required by law to take measures to protect the safety of all involved.
- 2) We are required by law to report cases of abuse or suspected abuse of children, the elderly, or disabled individuals to the appropriate state authorities. This sometimes includes relationships with a large age difference.
- 3) It is very rare, but your counselor may be required to share information and records by court order or subpoena.
- 4) Counselors get supervision from other counselors to make sure you are getting the best treatment. These counselors follow the same confidentiality rules.

If it is necessary to break confidentiality your counselor will try to include you in the process when possible. If you ever have questions about confidentiality ask your counselor!

How long are appointments?

Follow-up appointments and regular sessions with your counselor are 50 minutes long.

Assessment appointments are usually 1.5-2 hours and may be done in two appointments if needed. These first appointments gather background information that will help us understand your treatment needs.

Group times vary depending on the group but will be consistent week to week and confirmed by the group leader ahead of time.

Does a parent attend the assessment appointment?

No, assessments are completed by clients independently. We do need all insurance information and identification information (Social Security Number, Birthdate, etc) to bill for services.

How much will treatment cost?

Costs depend on insurance coverage, but are generally limited to co-pays. Calling your insurance provider is the best way to confirm the details of your particular plan; one of our intake specialists can also help you with this. We do offer a sliding scale for clients who would otherwise struggle to pay for services and have options for covering costs for anyone who is uninsured or underinsured.

How do I start the process?

This can all seem confusing, especially if you haven't done it before. Our Roadmap to Treatment outlines the steps along the way and what you can expect. We have Intake Coordinators who can walk you through the information we need to set you up.

What does "client centered" mean?

Client centered means you, as our client, are our priority. You have the loudest voice in what happens in your treatment. We are most concerned with your needs being met. Not your school/parents/probation officer/diversion/case manager/etc. It's all about you, your perspective, and how to support your unique situation. You are the expert on you and we are here to listen.

What does "holistic and wellness oriented" mean?

Our main focus is to help people who are using substances but we know this is complicated. There are many parts of people's lives that are connected to substance use and they are all important to consider. If you are using substances to feel less nervous in groups or to help you sleep then those are important things to talk about! What helps get you to a place where you are safe, healthy and happy? Exercise habits, learning to manage your money, feeling more self-confident? It's all on the table, and you decide what is important to focus on.

Who can I call if I still have more questions?

802-229-9151

