

PHILOSOPHY

Alakai Na Wahine is an addictive disease treatment program of ACCESS Capabilities, Inc., specifically designed to treat the unique needs of adolescent girls in recovery. The program is designed to give the chemically dependent adolescent the knowledge, structure, and most importantly support of other adolescents to achieve abstinence from drugs and alcohol and initiate a program of recovery.

Three basic tenets underlie all of the techniques or therapeutic practices employed in treatment.

1. Addiction is a disease/condition which has its basis in genetic factors, learned experience, and environmental conditioning.
2. Recovery is possible.
3. While people may not be responsible for their addiction, (due to genetic predisposition or extreme compulsion produced by the drug itself), they are responsible for their recovery.
4. Recovery from chemical dependency is progressive.

ACCESS Capabilities, Inc.

64-5191 Kinohou St., Suite A
Kamuela, HI 96743
Phone: (808) 885-5250
Fax: 808-769-5252
Christopher Au, Director
www.accesscapabilities.com

North Hawaii Satellite Office Staff
Aimee Love, MA, LMHC, CSAC,
Clinical Director
Beth Mehau, North Hawaii
Program Director
Tracy Tampos, Program Coordinator,
Intern CSAC

Alakai Na Wahine



Individualized Substance Abuse

Treatment for

ADOLESCENT GIRLS

AND

YOUNG WOMEN

Kohala-Waimea-Honoka'a

DESCRIPTION OF SERVICES

MISSION STATEMENT

ACCESS Capabilities, Inc., will help build recovery in the lives of individuals, families, and communities affected by alcoholism, drug dependency and related diseases. This will be accomplished by providing comprehensive behavioral health counseling, training and education services that are cost efficient and clinically effective. These services shall draw on the varied community-based values, traditions and conditions.

VISION

ACCESS will lead the way as the symbol of recovery from substance related disorders. We will advocate for prevention of alcoholism and drug dependency, and will develop innovative strategies to combat chemical dependency.

FEE POLICY

ACCESS provides the highest quality of care, at the most moderate fee possible. Treatment fees are all inclusive.

ASSESSMENT

Prior to admission each applicant is screened and evaluated regarding the depth of alcohol and other drug involvement as well as their mental health status. ACCESS utilizes computer scored pre and post testing for measurable treatment outcomes.

PROFESSIONAL SERVICES

Individual and Group Counseling

Family/Couples Counseling

Chemical Dependency Recovery Skills

Family Recovery Skills

Life Skills

Introduction to the 12-Step Program

Philosophies

STAFF

The treatment team is a very special group of dedicated, trained, multi-disciplinary professionals. A licensed clinical psychologist oversees all treatment strategies. Staff members are specifically trained in the areas of chemical dependency, family based counseling and mental health services.

ACCESS Capabilities, Inc., understands that adolescent girls have specific needs that they do not wish to openly share with adults until they have built a relationship of trust with them.

The area of substance abuse is no different. Adolescent girls on the verge of becoming young women have concerns and needs that ACCESS understands and attempts to meet.

Some specific needs that ACCESS is aware of, is that many adolescent girls suffer with self-esteem and trust issues and may not be comfortable with their parents learning about their treatment or details of their treatment. ACCESS works with adolescent girls and their parents with the understanding that anything said in group remains confidential unless there is a threat of harm to self or others. Additionally, state and federal laws protect the privacy of adolescents over the rights of parents to know all the details of treatment.