



north  
county Lifeline

# North County Lifeline TrueLife Recovery

## **Mission Statement**

North County Lifeline's mission is to build self-reliance among youth, adults, and families through high-quality, community-based services.

**TrueLife Recovery**  
**North Coastal Region of San Diego**

**North Coastal Service Areas:**

Oceanside, Camp Pendleton,  
Vista, Carlsbad, Encinitas, Del Mar,  
Solana Beach, Rancho San Dieguito

# TrueLife Recovery Services Provided

## Evidenced-Based Compassionate Treatment

**Intake Assessments:** Level of care is determined by the strengths based multidimensional assessment known as the ASAM (American Society of Addiction Medicine), a youth Needs Assessment, LSC/ MI (Level of Service/ Case Management Inventory)

### Program offers 2 levels of Outpatient treatment

- . Outpatient Services (OS)
- . Intensive Outpatient (IOS)

**Individual Counseling:** Motivational Interviewing, Dialectical Behavioral Therapy, Seeking Safety, Relapse Prevention, University of Cincinnati's Corrections Institute Cognitive Behavioral Interventions—Substance Use for Youth, Individual & Family Therapy

**Group Therapy:** Motivational Interviewing, Dialectical Behavioral Therapy, Seeking Safety, Relapse Prevention, University of Cincinnati's Corrections Institute Cognitive Behavioral Interventions—Substance Use for Youth

# TrueLife

## Services Provided Cont.

### Family Therapy

- Striving to engage family members, however they are defined, in family therapy sessions with youth.
- Using a number of EBP via strengths-based, trauma-informed perspective.

### Case Management

- Service plans in conjunction with clinical treatment plan
- Meet clients where they are at
- Based on Risk, Need, and Responsivity (RNR) Principles and incorporates elements of restorative justice.
- Focuses on addressing psychosocial stressors underlying the client's behavior that places clients at risk for justice system involvement and reduce recidivism.

# TrueLife Recovery Schools and Community

## Outreach:

- Connecting with adolescents to increase understanding and awareness of substance use issues, supports, and resources. Evaluating the need for treatment services or referral to Early Intervention services using the CRAFFT Questionnaire and Brief ASAM tool.

## Presentation:

- Presenting to adolescents topics that include relevance to substance use and are age-appropriate.
- Presenting to parents and school staff topics that include understanding substance use issues, the value of prosocial activities, and how to access behavioral health resources under various health insurance providers.

# Cognitive Behavioral Interventions for Substance Use (CBI-SU) for Youth

*“CBI-SA curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations.”*

[https://\\*\\*\\*.uc.edu/content/dam/uc/corrections/docs/Training%20Overviews/CBI-SA.pdf](https://***.uc.edu/content/dam/uc/corrections/docs/Training%20Overviews/CBI-SA.pdf)

# TrueLife in Action

- Fax Line (760)414-1765
- Intake Line (760)842-6280
- [mvenancio@nclifeline.org](mailto:mvenancio@nclifeline.org)

Questions ?



COUNTY OF SAN DIEGO



**HHSA**

HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL  
SAN DIEGO

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