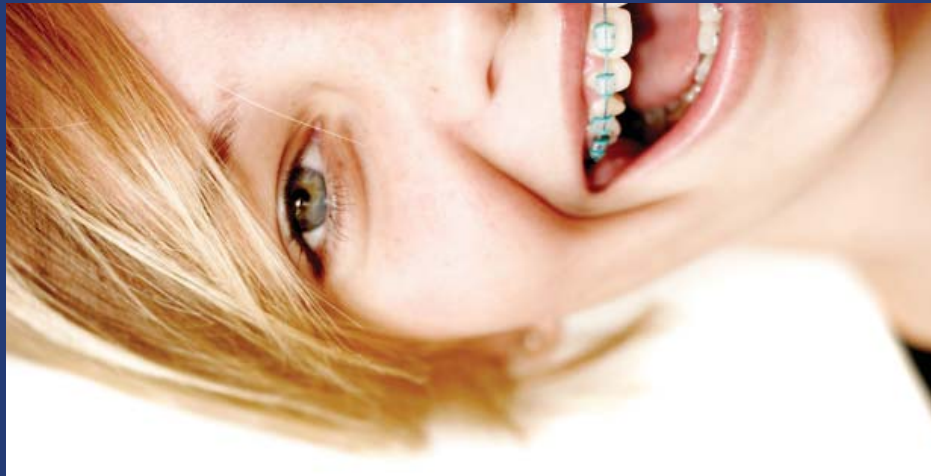


# Adolescent Services



Iowa City

## Contact Us

### MECCA Services

430 Southgate Ave.  
Iowa City, IA 52240

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[www.meccaservices.com](http://www.meccaservices.com)

## Our Staff

Our diverse staff is committed to providing the best possible individualized care to our clients. Staff expertise includes substance abuse counseling, psychiatry, vocational rehabilitation, psychology, public health, teaching and nursing.

## Confidentiality

Anyone may call MECCA with concerns about his/her own or someone else's substance use. All calls are confidential. MECCA will not release information about any individuals without their prior, written consent. Adolescents are entitled to the same rights of confidentiality as adults are in the state of Iowa.

## Financial Assistance

Financial aid is available for those who qualify. A financial assessment of resources and/or insurance is completed to determine the amount of financial aid.



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*MECCA Services does not discriminate in its practices on the basis of gender, age, race, religious or political affiliation, creed, color, national origin, ethnicity, physical disability, marital status nor sexual orientation.*

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**mecca**  
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## Who We Are

Mid-Eastern Council on Chemical Abuse (MECCA) is a community-based, not-for-profit organization offering substance abuse prevention, early intervention, evaluation, detoxification, treatment and continuing care.

MECCA provides adolescent services that specifically target the needs of young people in our community. These services are offered in the primary service area of Cedar, Iowa, Johnson and Washington Counties.

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## Our Services

### Prevention and Early Intervention

The prevention staff provides consultation for:

- Teachers and students
- Counselors
- Parents
- Employers
- Church groups
- Individuals

Education programs and presentations are available for all ages and groups. Prevention staff provide monthly Early Intervention Services classes for adolescents who have been referred for education to avoid experiencing additional problems from substance use.

### Evaluation

Each adolescent's situation is unique and deserves individual attention. A thorough evaluation, clearly and effectively determining the extent of difficulties experienced, assures that each person receives the needed level of care.

### Detoxification

The length of time required to detoxify from alcohol and/or other drugs depends upon the individual's history, as well as the combination of alcohol and other drugs taken. MECCA provides a safe and supervised place where the adolescent is closely monitored while experiencing withdrawal.

### Family Services

MECCA feels that family participation in the adolescent's treatment experience is extremely beneficial. That's why adolescent prevention and treatment services promote family involvement, providing education and support for family members and other concerned persons.

Family services are available even if the substance abuser is NOT involved in treatment, through consultation and referral.

### Outpatient Treatment Services

MECCA's Adolescent Outpatient services consist of a combination of group and individual education and therapy sessions. MECCA employs evidenced-based treatment approaches intended to motivate clients who may be ambivalent about change. The frequency and duration of services is determined through the assessment process and is based on client need.

- **Adolescent Outpatient Program (AOP)**

AOP consists of a weekly group session with additional individual and family counseling sessions. It is typically eight to ten weeks in duration, though the length of involvement for a client is dependent on his/her progress toward treatment goals.

- **Adolescent Intensive Outpatient Program (AIOP)**

AIOP is specifically designed to address adolescents who may benefit from more frequent services to address their substance abuse needs. The program consists of three groups per week with weekly individual counseling sessions. The duration of this program is also dependent on progress toward treatment goals, but typically lasts four weeks.

- **Continuing Care groups (Aftercare)**

Continuing Care groups are for adolescents who complete a primary treatment program but would benefit from on-going "maintenance" to assist with their sobriety.

These groups meet weekly for a longer duration of time, usually several months. This allows for the opportunity to discuss, with their counselor and peers, the difficulties and achievements resulting from their attempts to remain alcohol and drug free. Family involvement is also encouraged.

### Drug Testing

Drug testing is available for adolescents. Urine screens are an expected part of the adolescent treatment experience—empowering our youth to build mutual trust with family, staff and peers.

### Site-based Counselors

MECCA staff provides services at City High and West High schools in Iowa City. This includes assessment, consultation, early intervention and referral. Site-based counselors can be accessed by any City High or West High student, parent, faculty or staff member and are available for presentations to any of these groups upon request.