Dear Parent/Guardian:

Crozer-Keystone Health System’s youth prevention department has been given the opportunity by the Delaware County Office of Behavioral health, Division of Drug and Alcohol, to offer the Children Holding A Safe Environment (CHASE) Program to children (grades K-12) of parents seeking or enrolled in treatment for substance use related issues.

The CHASE Program provides support and lessons on developing skills. The program offers educational support groups to help your child(ren) understand addiction and how to make healthy choices for themselves. The program provides lessons on developing life skills, in an entertaining way.

Please complete attached referral form and submit to Lashira Council by email at: Lashira.Council@crozer.org or fax to (610)619-8358. For questions or additional information, please call Lashira Council at (610) 619-8683 or Allyson Sproul at (610) 619-8645.

Sincerely,

Lashira Council CAADC, LPC
Service Coordinator

*The CHASE Program is coordinated by Crozer-Keystone Youth Prevention department and funded by the Delaware County Office of Behavioral Health, Division of Drug and Alcohol*
The CHASE Program
Overview

What is the CHASE program?

The CHASE Program is the work of intervening with children of addicted parents. This is a program built off a philosophy created by consensus among children’s program developers, prevention researchers, developmental psychologist, and managers of existing children’s programs. The program resets on four basic corner stones and that is:

- Children deserve the right to their own recovery healing;
- Children deserve to be treated with dignity, respect, value and worth;
- Children deserve to be listened to and heard
- Children deserve the opportunity to be kids.

What does the program offer?

It covers education about addiction to give children a framework of what their parents are experiencing. It also offers children positive messages that let them know that they are not alone and that there are other children living in families like their own. This program also explains to children that this is not their fault, that addiction is a disease and that it’s important to appropriately express feelings, including anger in an appropriate way. This program provides students the tools to successfully understand their family and emotions.

What activities will my child participate in to learn about addiction?

**Elementary School aged Activities:**

The activities provided with this age are kept simple and stick to the basic, concrete activities and examples. It is done this way, because these children typically take less time in the discussion phase. Activities with this age are more general and focus on feelings.

**Middle School Aged activities:**

The activities done with this age are balanced with time spent on feeling, problem solving and decision making and the actions that they produce, and processing the information learned during the discussion phase.

**High School Aged Activities:**

The activities provided for this age bracket provide ample time for the discussion phase as teens need the time to discuss, process, and integrate the material presented. The teens normally guide the flow of the group as they often bring problems, issues, and feelings that they wish to discuss. We will encourage them to enjoy the group and have fun with the activities.

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CHASE Program

Referral Form

Parent/Guardian Name:__________________________________________________________

Mailing Address:________________________________________________________________

City___________________________________________ Zip Code:______________________

Home Phone:(______)____________________________Work phone:(_____)_____________

Please list all the children and provide the following information:

<table>
<thead>
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<th>Name</th>
<th>Age</th>
<th>Grade</th>
<th>School/School Dist.</th>
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Please Note: Because we do not create a therapist/patient relationship and are considered an educational program, this form is not a medical record. This form simply helps us get to know your child(ren) better while they are in our program. Be assured, however, that these forms will be kept confidential and will be shared only with those program personnel who will work with your child’s group.

*The CHASE Program is coordinated by Crozer-Keystone Youth Prevention department and funded by the Delaware County Office of Behavioral Health, Division of Drug and Alcohol*
Supportive Education for Children of Parents Who Are In Recovery
OUR PHILOSOPHY

Our program is based on four basic cornerstones.

1. Children deserve to be treated with dignity, respect, value, and worth.
2. Children deserve to be listened to and heard.
3. Children deserve the opportunity to be kids.
4. Children deserve the right to their own recovery and healing.

www.samhsa.gov
WHAT DOES OUR PROGRAM OFFER?

- Educating children about addiction; to give children a framework for what they are experiencing.
- Resources for them to learn and talk about their experiences and feelings.
- Reassuring them that they also need and deserve support and help.

www.samhsa.gov
WHAT WILL YOUR CHILD LEARN?

- Problem solving and safety skills.
- Identifying safe adults and develop a safety plan.
- Learn numerous skills through fun activities and identify healthy hobbies and outlets.
- Identify and name emotions.

www.samhsa.gov
WHAT WILL YOUR CHILD GET OUT OF THE PROGRAM?

- Your child will learn they are not alone.

- To help increase likelihood of breaking denial.

- Your child’s feelings will be validated.

www.samhsa.gov
ACTIVITIES FOR HIGH SCHOOLERS AT A GLANCE!

- Bag o’ Feelings
  This activity helps young people to develop the skills of expressing and taking responsibility for their feelings.

- Materials Used
  - Brown paper bag,
  - Index cards, each with a feeling and a corresponding feeling face.

- Students use these materials to write down feelings and put them in a bag to be shaken and chosen by an instructor! Children will then have an opportunity to share a time they too experienced that feeling. This activity is followed by a discussion concerning the importance of feelings with people you trust.
High-Risk Me

This fun activity teaches young people about various risk factors for alcoholism and drug addiction. It also empowers them to make healthy choices when it comes to using alcohol and drug, especially in terms of reducing their own risk factors.

Materials Used
1. Six small Velcro balls
2. One 2”x4” foam square with masking tape
3. Two 4”x6” foam squares with yarn tied through each.
ACTIVITIES FOR ELEMENTARY AT A GLANCE!

- **Self-Care Bags**
  This activity empowers children to incorporate self-care strategies into their daily lives. Children will write down a self-care idea (Ex: exercise, play a game, read, draw feelings).

[www.samhsa.gov](http://www.samhsa.gov)