



Table 4: Continuing Care and Recovery Supports⁵

Treatment model	Description
Assertive continuing care (ACC)	ACC is a home-based program requiring a multidisciplinary team of professionals. It involves assertive case management services and uses negative and positive reinforcement to change behaviours and prevent relapse. ACC also helps adolescents build problem-solving and communication skills and helps them engage in healthy social activities. This treatment model is usually used following the Adolescent Community Reinforcement Approach (A-CRA).
Peer recovery support services	Peer recovery support services link individuals to peers in their community who have experiences with addiction and recovery. Services may include connection with groups or with a single mentor, as well as links to new social networks or activities.
12-step & mutual help groups	12-step groups such as Alcoholics Anonymous and Narcotics Anonymous are free groups that meet in the community to provide support to individuals with substance use issues. Participation generally involves meeting once or more per week to share experiences and offer mutual encouragement, with the aim of achieving sobriety and spiritual renewal. Groups are typically guided by a set of principles that participants are encouraged to adopt; for example, the ideas that willpower alone cannot achieve sustained sobriety and that surrender to the group conscience must replace self-centeredness.
Recovery high schools	Recovery high schools are schools with specialized staff for adolescents in recovery from substance use issues. These schools are usually placed within the public school system, but provide separation from other students by schedule or physical location. Students may or may not be concurrently enrolled in treatment services.
Collegiate recovery communities	Similar to recovery high schools, collegiate recovery communities provide a positive peer environment for youth in recovery. They vary in the services offered, but can include sober housing and other on-campus supports to promote academic performance.