



## Adolescent Outpatient Program

Adolescents will receive evidence-based treatment for both substance use and mental health disorders. Services are provided by a treatment team that consists of a licensed independent mental health practitioner (LIMHP) who is also a licensed alcohol and drug counselor, as well as, a pediatrician who is board certified in addiction medicine. The treatment program requires the patient to attend one group and one individual session each week, allowing time to continue regular activities.

The program includes an initial comprehensive evaluation provided by the treatment team. After the evaluation is completed, the team will make recommendations for on going treatment. At a minimum, this will include group and individual therapy.

The ultimate goals of the treatment program are to help patients alter their unhealthy perceptions and behaviors regarding mental health and/or substance use disorders. The program aims to address these issues that may potentially affect how the patient copes in life.



**Kenneth Zoucha, MD**

Director, Division of Addiction Medicine  
Director, Addiction Services



**Laura Schutte-Lundy, LIMHP, LADC**

Addictions and mental health outpatient therapist

Dr. Zoucha is board certified in addiction medicine and pediatrics and cares for adolescents and adult patients with substance use disorders and co-occurring psychiatric disorders.

Laura Schutte-Lundy LIMHP, LADC, is a licensed psychiatric and addictions therapist who provides treatment for adolescent with mental health and/or substance use disorders.

## Treatment Approach

Outpatient services are appropriate for patients who want to address substance use and mental health disorders. Patients may be referred by outpatient providers, including primary care, behavioral health and substance use disorder providers and legal programs.

## Curriculum

Our outpatient treatment program supports comprehensive, evidence-based, integrated treatment. We provide best practice, individual and group treatment services to meet the needs of our patients.

The 10-week program is for patients who do not need inpatient withdrawal management or other inpatient treatments. The program is outpatient which allows patients to remain at home and maintain regular work and/or school schedules while engaging in comprehensive treatment for their substance use and/or mental health disorders.

Treatment addresses coping skills, healthy thinking, managing emotions, curbing destructive impulses, communication, interpersonal effectiveness, mindfulness, values exploration, medication use and relapse prevention.

## Who Should be Referred to the Outpatient Program?

Patients 13 to 18 years of age with substance use disorders who may have a co-occurring mental health issue. Provider referral, court-mandated and self-referral accepted.

## How to Refer a Patient

Instruct legal guardian/parent to personally call 402.552.2071.

## Clinic Location

### Adolescent Outpatient Program

Poynter Hall

Level Three  
510 S. 42nd St.  
Omaha, NE



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