



# Family FAQ Sheet

Before your child's first appointment, please read this together.

Starting something new can feel scary, and we want them to feel ready and comfortable.

## 1. What is the SAFER Program? How does it help?

The SAFER Program offers short counseling sessions for kids and young adults (ages 10–25) who may be at risk of problems related to substance use. Our counselors talk with your child about substances, teach safer decision-making, and give support during these important years for brain growth. We also offer peer support for youth and families, plus case management if needed.

## 2. How do we pay for this?

Most insurance plans cover SAFER Program services. If there's a barrier to receiving services, our Case Manager will help find a solution.

## 3. Why are releases important?

Releases are needed for you and your child to consent to our services. We also need written permission to provide updates to any schools, healthcare providers, legal entities, etc. We cannot schedule a first SAFER appointment until all consents are signed by you and your child and returned to us.

## 4. Where will my child go for appointments?

Your child can be seen at a Horizon Adolescent clinic or at their school (if we have a partnership). We'll work with you to choose the best location and schedule times that best fit your schedule.

## 5. How many sessions will they have?

It depends on what your child needs. Each session lasts about an hour. Most individuals have 1–3 sessions. After the third visit, the counselor will talk about next steps. More sessions can be added if needed.

## 6. What are possible outcomes of an SBIRT (Screening, Brief Intervention, Referral to Treatment)?

- **One-time SBIRT:** A single session
- **Brief Intervention:** 2–5 sessions
- **Brief Treatment:** 5–12 sessions
- **Referral to Treatment:** Connecting to other mental health or substance use services



## 6. What happens if my child needs more help?

If more treatment is needed, we'll connect your child with another therapist for a full assessment (usually 3 visits). This is required before starting longer-term counseling.

## 7. How can I support my child?

- Show healthy habits
- Keep communication open
- Set clear rules and boundaries
- Get support for yourself, we're here to help!

## 8. Who is on the SAFER Team?

- **Project Director:** Oversees the program and answers questions
- **Project Coordinator:** Your first contact; helps enroll your child
- **Counselors:** Talk with youth about substance risks and teach skills
- **Case Manager:** Helps families find resources and support
- **Youth Peer (optional):** A young person with lived experience who offers support
- **Family Peer (optional):** A parent who has been through this and can guide you