



Lexington Center for Recovery Establishes Adolescent Program

MAPS promotes abstinence from substances among county youth

Poughkeepsie , NY - (April 21, 2008) - Lexington Center for Recovery (LCR), one of the leading providers of alcohol and substance abuse treatment in the Hudson Valley, has developed a program for adolescents to promote a sober lifestyle. The program was established with \$308,000 provided by New York State Office of Alcoholism and Substance Abuse Services (OASAS).

A 12-week program, Motivating Abstinence through Pro-social Skills (MAPS) is conducted at the participants' homes, LCR's counseling centers and in the Poughkeepsie community and is customized to meet the needs of each individual participant.

MAPS encourages adolescents to make healthy choices, achieve academic success and to get involved in their communities, thereby reducing their risk of using alcohol and drugs.

According to the OASAS PRISMS 2005 risk profile for Dutchess County, in 2002, the last year for which the information was available, Dutchess had a higher percentage of youth drug arrests, a higher percentage of youth with drug related hospital diagnosis and a higher percentage of youth in drug treatment than the New York State average in these categories.

"Many adolescents feel that in order to feel 'cool,' they have to use drugs or alcohol," said Adrienne Marcus, Ph.D., Executive Director of Lexington Center for Recovery. "MAPS' goal is to teach our youth that living a sober lifestyle does not mean they won't fit in with their peers."

In addition to identifying the reasons that lead to substance use among adolescents and developing new ways to avoid substance use, MAPS provides support services to program participants including transportation to and from their activities; advocacy with schools and other agencies to support the program's efforts; employment assistance and job coaching; and family counseling to enhance communication and relationships.

LCR's administrative headquarters is located at 116 Radio Circle, Mt. Kisco, NY. Westchester County clinics and programs are located in Mount Kisco, NY; New Rochelle, NY; Yonkers, NY; White Plains, NY; and Peekskill, NY. The agency's Dutchess County clinics are located in Poughkeepsie, Beacon, Dover Plains, Millbrook and Rhinebeck, NY. Rockland County treatment facilities are located in Airmont and Haverstraw. For additional information, call 914.666.0191 x1006 or visit www.lexingtonctr.org/.

About LCR : Lexington Center for Recovery is one of the largest providers of alcoholism and substance abuse treatment in the Hudson Valley. It has treated approximately 40,000 people in its 26-year history and has 18 distinct programs throughout Westchester, Dutchess and Rockland counties. A vital community resource, LCR eliminates barriers to entry and success in an alcohol and substance abuse recovery program by providing support services to clients and their families. Its innovative programs are affordable and aimed at different needs and ages. LCR is licensed by the New York State Office of Alcoholism and Substance Abuse Services and funded in part by Dutchess County Government.

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