The Seven Challenges

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

2. We looked at what we liked about alcohol and other drugs, and why we were using them.

3. We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.

4. We looked at our responsibility and the responsibility of others for our problems.

5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

6. We made thoughtful decisions about our lives and about our use of alcohol and other drugs.

7. We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

Silver Star Resource Center
855 E. Laurel Dr., Bldg. H
Salinas, CA 93905
831.233.9029

Family Service Center
1178 Broadway Avenue
Seaside, CA 93955
831.394.4622

“Challenging ourselves to make wise decisions about alcohol and other drugs.”

Community Human Services Administrative Offices
P.O. Box 3076
Monterey, CA 93942
831.658.3811

www.twitter.com/chsafeplace
www.facebook.com/chservicesmonterey
Group topics include building confidence, identifying and preventing gang involvement, family dynamics, school absenteeism and graduation requirements.

Referrals to DAISY come from parents, schools, Probation, Social Services, Behavioral Health and Juvenile Drug Court.

The Seven Challenges
DAISY utilizes The Seven Challenges program, an evidence-based best practice specifically designed for substance using adolescents to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug abusing lifestyle and prepare for and commit to making changes and attaining success.

To succeed in working with youth, The Seven Challenges program places special emphasis on creating a climate of mutual respect in which individuals can talk openly and honestly about themselves. Our counselors partner with youth and families by teaching them how to problem solve and meet their needs in positive ways.

As young people think about and examine their lives, their drug use and the potential impact of their drug use upon their future, counselors help them master important developmental tasks, such as defining their own identity, learning systematic logical thinking and preparing for adulthood.

Culturally Sensitive
The Seven Challenges program and materials were developed working with a culturally diverse group of young people. The program uses an empowerment model, putting personal problems in the context of broader social and environmental issues. All services are provided in English and Spanish.