

## 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](https://www.twitter.com/chsafeplace)



[www.facebook.com/chservicesmonterey](https://www.facebook.com/chservicesmonterey)



# DAISY

DRUG AND ALCOHOL  
INTERVENTION SERVICES  
FOR YOUTH

[www.chservices.org](http://www.chservices.org)



**community  
human services**

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## Education and Intervention

DAISY, or Drug and Alcohol Intervention Services for Youth, provides education and intervention services to substance-using youth ages 13–18. Services include comprehensive assessment to identify problems and concerns for the adolescent and family, goal setting, individual, group and family counseling, substance abuse education, journaling and relapse prevention planning.

DAISY also offers a parent support group that provides parents with accurate information and tools to help them better understand and support their children.

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.

