

Focus on Consequences for Adolescents (FOCA)

- Provides a brief educational intervention for those 8-20 years old
- **Uses Motivational Interviewing in a one-on-one format**
- Solution-oriented prevention, fitting the developmental needs and situations of each referred individual
- **Two to three brief sessions; generally scheduled one week apart; in a mutually agreed-upon location and time, during non-school or non-work hours are available**
 - *First session, two hours*
 - *Second session (third, if needed), one hour*
- **Three and six month follow-ups allow for continued client support**



Research proves that the Focus on Consequences for Adolescents Program has been shown to:

- Decrease negative consequences
- Increase life satisfaction
- Build decision-making skills
- Increase receptivity to further counseling with Mental Health/Treatment providers
- Help prevent/decrease substance use or delay age of onset



In order to prevent further justice system consequences, refer youth who:

- Show high-risk behaviors linked to poor decision-making or low-level substance use
- Need a better sense of personal risks and responsibilities
- Qualify for an alternative to detention, suspension or expulsion
- Need education about consequences, goal setting, substance use, and making healthy changes

Referral sources include:

- Attorneys/Judges/Probation
- Counselors/Social Workers
- Parents/Guardians
- Physicians/Health Professionals

Contact Jan Burns, FOCA Program Director

716-207-7315

jburns@thepreventioncouncilec.org

