



A PUBLIC HEALTH PATHWAY TO YOUTH RECOVERY

Creating systems of recovery, connection, and care for every young person.

INPUTS	ACTIVITIES	OUTPUTS	OUTCOMES
<ul style="list-style-type: none"> • Leadership and expertise of Aspire Advocates for Behavioral Health • Partnerships with St. Louis County Library, St. Louis County Children’s Service Fund, schools, and behavioral health providers • Research guidance from Dr. John F. Kelly and Dr. Emily Hennessy (Harvard Youth Recovery Research Program) • Evidence-based behavioral approaches: Includes TSF (Twelve-Step-Facilitated) treatment—proven most effective for long-term recovery—along with CBT, MI, Family-Based Therapy (e.g., MDFT, FFT, BSFT), CRA, RSS (peer coaching, APGs), etc. • Youth, family, and community engagement networks • Funding and logistical support for summit implementation and ROSC development 	<ul style="list-style-type: none"> • Host the There Is Hope: Youth SUD Summit (April 2026) to launch the initiative • Formally introduce the region’s first free Recovery High School • Deliver expert-led sessions, youth storytelling, and community dialogue • Conduct outreach with schools, youth-serving agencies, and treatment providers • Partner with schools for early identification, referral, and coordination with recovery supports • Integrate TSF and other evidence-based practices across treatment and recovery settings • Facilitate cross-sector collaboration to build a youth-focused ROSC • Evaluate implementation fidelity and system-level outcomes 	<ul style="list-style-type: none"> • Annual regional Youth SUD Summit held • Increased school, provider, and youth-serving agency engagement • Providers trained or aligned with ROSC and evidence-based care principles • Youth and family participation metrics documented • Evaluation and system improvement reports published • Public awareness and education materials disseminated 	<p>Short-Term (0–2 years):</p> <ul style="list-style-type: none"> • Increased community awareness of youth substance use and recovery science • Strengthened collaboration among schools, providers, and families • Enhanced stakeholder engagement in developing a regional ROSC • Greater understanding of the role that TSF, CBT, MI, and other evidence-based interventions play in supporting youth recovery • Improved referral pathways and early identification systems in schools • Launch and integration of the St. Louis Recovery High School and an Alternative Peer Group within the regional ROSC • Reduced stigma and increased community support for youth recovery <p>Long-Term (3+ years):</p> <ul style="list-style-type: none"> • Fully established regional youth-focused Recovery-Oriented System of Care (ROSC) • Broad implementation of all evidence-based interventions, including those proven most effective in sustaining long-term recovery (e.g., TSF) • Measurable improvements in youth health, recovery, and educational outcomes • Reduction in disparities across behavioral health and substance use care

KEY TO EVIDENCE-BASED INTERVENTIONS

ABBREVIATION	FULL NAME	SUMMARY
APG	Alternative Peer Group	Peer-led recovery community offering sober social connection, mentorship, and accountability.
BSFT	Brief Strategic Family Therapy	Family-based approach that restructures unhealthy interaction patterns.
CBT	Cognitive Behavioral Therapy	Helps individuals identify and change thought patterns and behaviors driving substance use.
CRA	Community Reinforcement Approach	Uses positive reinforcement and family engagement to make sobriety more rewarding than substance use.
FFT	Functional Family Therapy	Improves family communication, reduces conflict, and supports positive behavior change.
MDFT	Multidimensional Family Therapy	Strengthens youth–parent relationships and coordinates across systems (school, court, community).
MI	Motivational Interviewing	Person-centered counseling that enhances motivation for change.
ROSC	Recovery-Oriented System of Care	Coordinated network integrating prevention, treatment, and recovery supports.
RSS	Recovery Support Services	Non-clinical supports such as peer coaching, housing, and employment assistance that build recovery capital.
SUD	Substance Use Disorder	A medical and behavioral condition involving the recurrent use of alcohol or drugs that causes clinically significant impairment.
TSF	Twelve-Step Facilitation	Clinically guided approach connecting individuals to 12-Step recovery programs.