



## Overview:

The Assessment and Day Treatment Centre provide a free and confidential service to adolescents 14-17 years of age & young adults aged 18 – 23 years and their respective families who live in the Cork and Kerry region.

We work out of a Harm Reduction model along with utilising evidence based interventions including Cognitive Behavioural Therapy (CBT), Motivational Enhancement Therapy (MET), Dialectical Behavioural Therapy (DBT) and Family Inclusive Practice.

The main role of this service is to support young people to address their alcohol and drug use, reduce the harm caused by it and prevent it from being a greater problem as they get older. Our service is open Monday to Friday 9am to 5pm, providing Initial and Comprehensive Assessment, Individual Counselling & Systemic Family Counselling.

## Matt Talbot Assessment & Day Treatment Centre

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