



Andover, Hebron, Marlborough Youth and Family Services, Inc.  
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## **Adolescent Substance Abuse Counseling Comes to AHM**

For the first time in the history of AHM Youth and Family Services, the agency has hired a part time Adolescent Substance Abuse Counselor, Laura Zeppieri to see teens at the Regional 8 School District starting the first week of May.

According to AHM's Executive Director, Michelle Hamilton: "we feel incredibly fortunate to be bringing Laura to help teens and families in our communities struggling with substance abuse issues. Laura is a passionate advocate for the voices of recovery. She believes that prevention works, treatment is effective and people recover." Her focus at AHM will be working with Adolescents from the towns of Andover, Columbia, Hebron and Marlborough

This Counselor will see teens ages 12-18 at the Region 8 School District grounds or offsite at the Pendleton Drive offices. Starting the first week of May, the Counselor will be available either during the school day. Teens will be able to see the Counselor on Tuesdays. Eventually we will build the program as we see the need for more days. Individual sessions as well as group sessions will be available to students. Further more, group sessions will be formed for siblings and for parents.

Laura received her Master's in counseling degree specializing in Substance Abuse Counseling from Pace University in 1996. She is a licensed Alcohol and Drug Counselor and is a Certified Addictions Counselor and a Certified Grief Counselor as well. She has worked in various outpatient settings, including therapeutic community and intensive outpatient programs. Ms. Zeppieri has worked with teens and families on relapse prevention, education and referrals for DUI offenders, substance abuse intervention and education groups for court-mandated clients. Presently she is working in a clinical outpatient setting at Rushford Center. For the past two and a half years Laura has served as the Chairperson of the Glastonbury Community Action Partnership (formerly Glastonbury Alcohol and Drug Council), helping to continue new and established prevention efforts in Glastonbury.

AHM Youth and Family Services has a similar coalition, known as CHEC, (formerly the AHM Substance Abuse Task Force). Ms. Zeppieri will be a welcome addition to AHM's efforts focusing on underage drinking, marijuana and opiate use and addictions. Later this month AHM will be hosting two events, an Opiate Forum on April 28<sup>th</sup> located at RHAM High School from 6:30-8:00PM and an annual Take Back event on the grounds of RHAM High School, Saturday April 30, 2016 from 10 AM – 2 PM. Participants can drop off unused and outdated prescription and over the counter medications,.

AHM will take insurance for this service and an intake and assessment will be done for each client. For more information about this service or other AHM programs please visit [www.ahmyouth.org](http://www.ahmyouth.org) or call 860-228-9488.