



FOR REFERRAL AND INTAKE
 Call our confidential line at (615) 983-6803

FOR MORE INFORMATION
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innovative. proven. compassionate.

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THE MISSION OF STARS

To help young people pursue their unlimited potential.

STARS does not discriminate on the basis of race, color, religion or creed, sex (including pregnancy, gender, gender identity, and sexual orientation), national origin, age, socioeconomic status, language, disability or genetic information. No one shall be excluded from the participation in, be denied the benefits of, or be subject to discrimination under any of STARS' programs, services, trainings or activities.

This agency is funded, in part, by the Tennessee Department of Mental Health and Substance Abuse Services and the Tennessee Department of Education. This project is funded under a contract with the State of Tennessee.



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YOUTH OVERCOMING DRUG ABUSE (YODA) is a licensed, intensive outpatient treatment program for adolescents with substance misuse and co-occurring mental health disorders.

INTENSIVE OUTPATIENT TREATMENT PROGRAMS

Our model is person-centered and based on evidence-based therapeutic models that are responsive to the particular needs of young people.

Services are free to youth ages 13 to 18 who are Tennessee residents and are uninsured or have insurance that will not pay for treatment. Length of program is based on individual needs.

MALE- AND FEMALE-INTENSIVE OUTPATIENT PROGRAMS

Ages 13-18

3:30 to 6:30 p.m.

Monday, Tuesday, Wednesday and Friday
Summer and holiday schedules may vary

We affirm and provide safe spaces for trans and gender-nonconforming young people. We trust and respect our young people's ability to self-identify and ask them to choose the group that aligns most with their authentic selves.*

70% Of high school students have tried alcohol by their senior year.

50% Of high school students have taken an illegal drug by their senior year.

OTHER YODA SERVICES

- Clinical assessment
- Case management
- Mental health screening
- Referrals
- Individual and group therapies
- Family education
- Drug court consultation
- Drug testing
- After-care groups
- Trauma-informed care

YODA provided gender-specific intensive outpatient treatment services to 75 clients.

100%

Of clients had an increase in scholastic activity, pro-social behaviors, behavior regulation or drug refusal skills while engaged in the YODA program.

YODA is the lead agency for the Middle Tennessee Opioid Prevention Initiative, partnering with Nashville Prevention Partnership, The Next Door, FiftyForward, Jazzy 88 WFSK and Vanderbilt University's Center for Student Wellness.

HAVE THE CONVERSATION

It is important to "have the conversation." Resources for families, educators, and those struggling with substance misuse and co-occurring mental health disorders can be found at www.havetheconversationtn.org.