

GOBI

GOBI- internet based drug and alcohol intervention program

<https://www.gobi.support/>

Gobi Offering:

Gobi is an online drug and alcohol early intervention program for teens and their parents that mental health professionals could use to help 8th, 9th and 10th graders – who are experimenting with substance use.

The 21- day program includes assignments for both adolescents and parents, that identify ‘what is going on’ with the child and the family, helping you see behavioral patterns and help provide guidance.

Teens receive:

- *Help identifying what is really going on around them socially*
- *Tools to find ways to think about how they are feeling about themselves in social context*
- *Disciplines that help them cope with their circumstances, stress and self-esteem*

Parents receive:

- *A framework that helps identify causes of behavior*
- *Tools that help them engage ‘appropriately’*
- *Communications guidance and help*

Gobi provides the mental health professional with

1. **Easy** integration into your practice
2. **Quick** insights into the teen and family via access to their progress with assignments and answers
3. **Validated** evidence-informed content for teens and parent program created in partnership with the Center for Motivation and Change
4. **Engaging** with an SMS-based program that teens actually use
5. **Certified** HIPPA data compliant
6. **Opportunity** for a long-term counseling engagement and relationship with parents/family (additional billable hours).