

# Addiction Services for Adolescents

Innovative therapeutic programs designed to provide integrated (mental health and chemical dependency) approaches and recovery-driven services for individuals suffering from co-existing substance abuse and mental illness. Services may include assessments, individual counseling, pre-treatment engagement groups, intensive out-patient group counseling, family and aftercare sessions and/or referrals.

## Adolescent Services

Adolescence is a time for trying new things. Teens use drugs for many reasons, include curiosity, because it feels good, to reduce stress, to feel grown up or to fit in. It is difficult to know which teens will experiment and stop and which will develop serious problems.

Teenagers at risk for developing serious alcohol and drug problems include those:

- with a family history of substance abuse
- who are depressed
- who feel like they don't fit in or are out of the mainstream

## Bilingual Team

The Nord Center offers Bilingual psychiatry and outpatient therapy services for children and adolescents.

## Case Management

Community Psychiatric Supportive Treatment (CPST) services provide an array of coordinated services to meet the mental health needs of children and youth with serious emotional disturbances who have moderate to severe functional impairment. CPST services are specific, measurable, and individualized to address these needs. These services are delivered in the community. The interventions are focused on the reduction or complete remission of symptoms as well as facilitating the recovery process and promoting resiliency.

## Family Counseling

### Family Team Meeting Approach

The Family Team Meeting Approach is a CPST approach to assist families in need with multi-system involvement. The goal of this approach is to gather people that are helpful to families, formally and informally to remedy the issues that need assistance. These family team meetings bring



together people who can assist the family on getting back on track.

## Group Counseling/Therapy

Behavioral Health Group Counseling and Therapy provides interventions for children and adolescents in a group setting, as driven by the needs of the individual client. Group therapy provides a sense of commonality and offers a variety of resources, sense of belonging, and feedback.



## Individual Counseling and Therapy

Behavioral Health Counseling and Therapy is a formal process of interaction between a therapist and client focused on the treatment of a child or adolescents' mental illness or emotional disturbances. Interaction may also be with parent/guardian, caregivers, family members and significant others as addressed in the Individualized Service Plan. The intent is to assist children and adolescents and their families in achieving resiliency promoting/enhancing goals that reduce symptom distress, improve coping and problem-solving skills, enhance quality of life factors, and promote optimal functioning at home, at school and in the community.

## Pharmacological Management

Pharmacological management is a psychiatric/mental health/medical intervention used to reduce/stabilize and/or eliminate psychiatric symptoms with the goal of improved functioning, including management and reduction of symptoms.

Pharmacological management services should result in well-informed/educated individuals and family members and in decreased/minimized symptoms and improved/maintained functioning for children and adolescents receiving the service.

The purpose is to address psychiatric/mental health needs as identified and provide medications, monitoring, and supervision. The intent is to assist individuals in obtaining their prescribed medications and the clinical follow-up services.