

## Empowering Teens to Take Control of Their Future

Peer pressure, academic demands, anxiety, and depression can often make teens more susceptible to substance use. Through our range of adolescent programs and services, we address the challenges that struggling teens face by providing them with individualized guidance and support to get back on the right track. In a safe and structured environment, teens uncover the root of their substance use, gain the tools and skills to alter their behavior, and repair fractured relationships. At Mountainside, we believe all teens deserve a bright future, and we are committed to helping them get there.

## Treatment Options

### Individual Therapy

One-on-one sessions with a licensed clinician enable teens to process their thoughts, feelings, and actions and gain a stronger sense of self while working toward achieving short and long-term goals.

### Ten-Week Telehealth Program

A combination of individual and group therapy addresses the underlying causes of substance use, negative behaviors that stem from it, and how to manage environmental and emotional triggers. Additional topics covered during group sessions include:

- Addiction as a Disease
- Signs of Substance Abuse
- Self-Reflection
- Navigating Vulnerability
- Toxic vs Positive Communication
- Understanding Positive Connections
- Taking Risks
- Coping Skills
- Mindfulness
- Asking for Help

### Recovery Coaching

Daily communications with a certified recovery coach help teens to overcome day-to-day life challenges, build a sober support network, improve communication with family members, and put into practice healthy sober living routines.

## Additional Services

### Biopsychosocial Assessment

In-depth evaluation with our clinical team determines whether a teen is struggling with substance use, the severity of their use and its impact, as well the best course of treatment.

### Family Therapy

Joint family therapy sessions restore communication and promote healing and trust between teens and their loved ones.

### Support Groups

Peer-to-peer support meetings connect teens with others going through similar experiences and provide an opportunity to discuss issues related to recovery.

### Wellness

Wide array of holistic health offerings, including fitness, meditation, educational workshops, and game nights to cultivate total mind and body wellness.

