ADULT INTERVENTION SERVICES

Counseling & Social Services

The Community YMCA Counseling & Social Services is now offering intervention oriented substance abuse services for adults 18 and over. To qualify for participation, an individual would be demonstrating at-risk alcohol/drug related behavior, (eg. continued use despite negative consequences, legal trouble, family issues). The objective of Intervention Group is to interrupt self-defeating behaviors and replace them with a healthier approach to wellness.

GROUP – Offers participants an opportunity to evaluate their degree of risk in a positive and supportive environment. Group will provide education including the disease model of addiction, plus psychotherapy, Motivational Interviewing, CBT and experiential methods.

Participant goals are:
- Identify at-risk and self-defeating behaviors
- Identify contributing factors
- Identify alternatives to use
- Plan ways to change and use alternatives
- Learn and practice new skills

Hours: Saturday, 11:00 a.m.
Counselor: Andrew Guage-Aliperti, MA

Individual and/or Family Therapy services are available to group participants and offered on an as-needed basis. For those who may be experiencing a co-occurring disorder, our staff psychiatrist is available for medication evaluation and monitoring.

THE COMMUNITY YMCA

Counseling & Social Services Outpatient Office
166 Main Street | Matawan, NJ 07747 | 732.290.9040, ext. 0

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