



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADOLESCENT INTERVENTION SERVICES

Counseling & Social Services

The Community YMCA Counseling & Social Services is now offering intervention oriented substance abuse services for 13 to 18 year-old adolescents. To qualify for participation, an individual would be demonstrating at-risk alcohol/drug related behavior, (eg. drop in grades, change of friends, legal trouble, family issues). The objective of Intervention services is to interrupt the adolescents' self-defeating behavior and replace it 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 and psychotherapy, including the disease model of addiction, Motivational Interviewing, CBT and experiential methods.

Participant goals are:

- > Identify at-risk and self-defeating behaviors
- > Identify contributing factors
- > Identify alternative change options
- > Plan ways to change and look at alternatives to use
- > Learn and practice new skills

Hours: Wednesday, 7:00 – 8:00 p.m.

Counselor: Steve Lazar, CADC

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.

Parents are invited to participate in our Parent Support Group and are offered the opportunity for individual Parenting Counseling as well.

THE COMMUNITY YMCA

Counseling & Social Services Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040, ext. 0

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