



Adolescent Outpatient Program (OP)

Addiction education, awareness, and prevention are paramount to empowering adolescents to make informed choices and build resilience against substance use. Our 8-week program combines early intervention, personalized assessments, and individual therapy to help teens recognize triggers, understand addiction, and develop healthy coping strategies. Through comprehensive counseling, evidence-based wellness therapies, and targeted support, teens are equipped to lay the groundwork for a healthier, substance-free future.

8 WEEK PROGRAM

Our 8-week program is designed to equip adolescents with the knowledge and tools needed to make informed choices and build resilience against substance use. With a focus on addiction education, awareness, and prevention, we offer:

- Early Intervention & Personalized Assessments
- Individual Therapy to identify triggers and develop coping strategies
- Comprehensive Counseling & Evidence-Based Wellness Therapies

Family Therapy

Joint family therapy sessions restore communication, and promote healing and trust.

Multi-family Group

Structured, therapeutic setting where families come together to support one another, learn through psycho-education, and grow through shared experiences. Parents/guardians will learn skills to support trust and healing.

GROUP

Adolescent and Multi-family | 5:00 - 6:30 PM
Ages 14 - 17 years old

LEARN MORE

Visit us at mountainside.com/outpatient-services

For general inquiries, call us at **800 500 0399**

Your business development representative is:

