

ADOLESCENT DRUG ABUSE PREVENTION AND TREATMENT



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NSU's Psychology Services Center
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
(NSU Fort Lauderdale/Davie Campus)
(954) 262-5730 | nova.edu/adapt



College of Psychology
NOVA SOUTHEASTERN UNIVERSITY



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WHAT WE OFFER

The **Nova Southeastern University (NSU)** Adolescent Drug Abuse Prevention and Treatment clinic provides outpatient treatment to adolescents referred by police, schools, other local agencies, and parents.

ASSESSMENT

The initial assessment consists of a comprehensive evaluation in the following areas:

- cognitive functioning
- emotional and social functioning
- familial stress and satisfaction
- substance use and abuse

Once the assessment phase is completed, the therapist will review the results and desired therapy goals and make treatment recommendations.

TREATMENT

Treatments are designed to meet the individual needs of each adolescent and his or her family, identify stressors in the family system, and help develop

- anger management skills
- assertiveness skills
- behavioral contracting
- communication skills
- parent-child relationship enhancement
- parenting skills
- problem-solving skills
- social skills
- stress management

Treatment is customized based on the presenting problem, parental concerns, and deficits evidenced by the assessments used at intake. The interventions used have been proven effective through research studies for the above-mentioned issues.

FREQUENTLY ASKED QUESTIONS

WHO DOES THE PROGRAM HELP?

Adolescents who

- committed first-time misdemeanor offenses
- are identified as at risk for perpetrating serious offenses
- have a history of substance abuse or are at risk for substance abuse
- have difficulties managing feelings of anger

WHO IS AT RISK?

Adolescents who display

- aggression, opposition, noncompliance
- depression, social withdrawal, worrying, and anxiety
- low self-esteem
- poor anger control and impulsivity
- social skills deficits

FEES AND HOURS

NSU provides services at affordable rates.

Services are by appointment only.

Monday–Thursday, 9:00 a.m.–9:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

APPOINTMENTS

Call (954) 262-5730, or reach the program directly at (954) 262-5854.

DIRECTOR

Vincent B. Van Hasselt, Ph.D.

Visit nova.edu/adapt for more information about the clinic director.

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.