

Adolescent Substance Abuse Program

Stress Care of New Jersey is committed to help adolescents ages 13 to 18 to recover from substance use disorder and other addictive behaviors such as eating disorders, gambling addiction, and internet addictions, etc. Our goal is to help adolescents be able to cope with daily stressors. We also aim to improve teens emotional stability, understand and overcome addiction, and be able to better function at school and home.

Our Path to Wellness Includes:

- Flexible after school schedule
- Compassionate licensed clinicians who listen and understand
- Doctor appointments are available on-site the same week upon admission
- Client & family centered treatment
- Group topics geared towards youth challenges and experiences

We Are Ready to Assist You With:

- Relapse Prevention Training
- Peer Pressure/Bullying Prevention
- Anger Management
- Self-Esteem Building
- Trauma and Abuse Treatment
- Family Relationship Issues
- Building Coping Skills for Recovery
- Identity Struggles

- Addiction on the Body, Mind, and Spirit

Warning Signs of Substance Use:

- Slurred Speech
- Red, Watery Eyes
- Dilated Pupils
- Poor Grades in School
- Changes in Sleeping Patterns
- Isolation
- Mood Swings
- Excessive Anxiety
- Relationship Conflicts

Consequences of Substance Use:

- Failing/Poor Grades in School
- Loss of Friends
- Distrust from Parents or Significant Others
- Unplanned Pregnancy

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- Trouble With the Law
- Low Self-Esteem
- Overdose
- Suicide