

# Prevention 4 Teens



## Adolescent Substance Program

### **TEENAGERS – WE ARE HERE!**

Like an uncontrollable alien virus – substance abuse has flourished in the hearts and minds of teenagers, families and our communities. Substance abuse reinforces negative human behaviour to such an extent that it robs you of your family, health, feelings and skills.

Well, no more! **THE ADOLESCENT SUBSTANCE DEPENDENCE PROGRAM OF STABILIS TREATMENT CENTRE** is here to intervene in the lives of individuals, families and communities (Schools) to prevent further substance abuse and to prevent full-blown addiction. The program is here to show teenagers that life is worth living without substance abuse.

The program consists of 5 group sessions (over a period of 5 weeks): **Thursdays from 15:00 – 16:00**

- Week 1:** *Understanding the addiction cycle and recovery*
- Week 2:** *The role of emotions and defense mechanisms in substance abuse*
- Week 3:** *Boundary setting*
- Week 4:** *The effect of substance use on trust relationships*
- Week 5:** *Relapse prevention planning*

The content is designed to equip parents, teenagers and schools to deal with the problems of drug addiction. Feedback and reports will also be given to schools and parents.

We are looking forward to this program expanding and growing bigger than we ever imagined it would be. The Adolescent Substance Program is here to stay and grow!



Please contact us during office hours to make an appointment.

**(012) 333 7702 / [reception@stabilistc.co.za](mailto:reception@stabilistc.co.za)**

**[www.stabilis.org.za](http://www.stabilis.org.za) / 1229 Haarhoff Str East**

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