

We are committed to helping teens grow up to be healthy adults!

Adolescent Substance Use Skills Education Training – ASSET – is an ideal venue for teens (age 13 and up) and their families interested in assessment, education, and treatment of substance use and related concerns.

- *Excellent staff, convenient location downtown at the Center for Drug and Alcohol Programs (CDAP) clinic*
- *positive atmosphere*
- *flexible schedule, and*
- *a variety of options!*

CDAP: ASSET

Medical University of South Carolina

Institute of Psychiatry

4 North

67 President Street

Charleston, SC 29425

Phone: 843.792.5200

Fax: 843.792.5750

ASSET

Adolescent Substance Use Skills Education Training

CDAP
CENTER FOR DRUG AND ALCOHOL PROGRAMS



 **MUSC**
MEDICAL UNIVERSITY
of SOUTH CAROLINA

Telephone 843.792.5200

Adolescent and Young Adult Substance Use Prevention

ASSET: Adolescent Substance Use Skills Education Training

Alcohol and drug use among teenagers is on the rise. Early substance use initiation has been linked to academic and legal problems, health-related problems, poor psychological adjustment, and many other concerns.

1. **Does your teen drink, smoke, or use any other drugs (even occasionally)?**
2. **Does your teen spend time with friends who use alcohol or drugs? (This is the strongest predictor that your teen uses, too!)**
3. **Does your teen have academic or legal problems because of their alcohol or drug use?**
4. **Are you worried that your teen may resort to alcohol or drug use because of other underlying problems (e.g., behavior problems, anger, depression, anxiety, emotional instability)?**
5. **Are you worried about your teen's future alcohol or drug use because of family history of addiction or stressful home environment?**

If you answered **YES** to one or more of these questions, **CALL US** in complete confidentiality and we will help you and your teenager to enjoy a healthier, more stable, and productive life!

Kick Those Bad Habits!

Intervention programs are designed to educate teens and their families and teach skills that help prevent future substance use and related problems. They can help eliminate or reduce substance use . . . and prevent negative consequences.

Using evidence-based techniques – such as Cognitive-Behavioral Therapy, designed specifically for adolescents and their families – we will help you get your family's life back on track.

Our Services

- Assessment

The first visit will consist of a thorough assessment to determine specific concerns and treatment goals. Results of the assessment can also be used to satisfy legal requirements. Together with your psychologist, you will decide on whether further coaching is needed. If so, you will discuss the length of training and the degree of family involvement.

- Teen Coaching

Individual work with your teenager will focus on education about alcohol and drugs, and their effect on the mind and the body. We will help your teen understand his or her motives for using substances and teach your child how to recognize and cope with the triggers. We will help him or her build a healthy social network and move toward a healthy lifestyle. Depending on individual needs, more specific issues will be addressed (e.g., anxiety, depression, anger management).

- Parent Coaching

You will be educated about the effects of substances and taught how to recognize if your teenager may be using. You will be taught behavioral management and communication techniques to help your teen maintain a drug-free lifestyle.

- Medication

Medication management is available. Our child psychiatrist will evaluate your teenager and prescribe any necessary medication.

- Drug Screening

Drug screens to meet legal requirements or just for your peace of mind are available upon request.

Call us to schedule an assessment with clinical psychologist Dr. Viktoriya Magid to discuss your goals and appropriate options. Complete confidentiality is guaranteed. Assessment results, as well as the completion of this program, may be used to satisfy legal requirements.

CDAP: ASSET

Medical University of South Carolina

Institute of Psychiatry

67 President Street

4 North

Charleston, SC 29425

Phone: 843.792.5200

Fax: 843.792.5750