



Our **Comprehensive Outpatient Program Services** include individual, group and family therapy; medication management; psychiatric services; and random toxicology testing.

### **Our Approach:**

We provide a caring environment where English, Spanish and Creole\* patients can receive support and develop the skills needed to reach their goals.

We create a comprehensive individualized treatment plan to meet the specific needs of the individual and their family.

Our specialized program is focused on treating substance use and co-occurring disorders (mental health issues), including treatment for the entire family through multiple levels of care.

Our significant others component provides services for those whose lives have been impacted by a family member's substance use.

We offer specialized groups for parents of adult children with substance use disorders and for children of substance users.

*\*For other languages, we will provide interpretive services and referrals.*

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

## **Co-Occurring Treatment Program**

FOR CHEMICAL DEPENDENCY AND MENTAL HEALTH SERVICES

A PROGRAM OF NORTH SHORE CHILD & FAMILY GUIDANCE CENTER

### **Held at:**

North Shore Child & Family  
Guidance Center's Leeds Place  
999 Brush Hollow Road, Westbury, NY 11590

### **Operating Hours:**

Monday and Friday 10 AM – 6 PM  
Tuesday 1 PM – 9 PM  
Wednesday and Thursday 10 AM – 9 PM

**To schedule an assessment appointment,**  
call our intake department at (516) 626-1971, ext. 318 or 338.

For more information on treatment services, contact the  
Leeds Place at (516) 997-2926, ext. 229 or 231.

Self and provider referrals are welcome.

We take most insurance plans, including Medicaid.

We participate in many EAP and managed-care  
companies.

No one will be denied services due to inability to pay.

Licensed and supported by: Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services; New York State Office of Mental Health; New York State Office of Alcoholism and Substance Abuse Services. Supported by: New York State Office for People with Developmental Disabilities; New York State Office of Children and Family Services; Nassau County Department of Health; United Way of Long Island; Great Neck Community Fund; Community Chest of Port Washington; and Manhasset Community Fund.

[www.northshorechildguidance.org](http://www.northshorechildguidance.org)



## **Co-Occurring Treatment Program**

FOR CHEMICAL DEPENDENCY AND MENTAL HEALTH SERVICES

AT NORTH SHORE CHILD & FAMILY GUIDANCE CENTER



- Has your teen's behavior or personality changed dramatically?
- Do they no longer enjoy the things that used to make them happy?
- Are you wondering what you can do?

**If you suspect that your teen has a problem with drugs or alcohol, we are here to help!**

NORTH SHORE CHILD & FAMILY



GUIDANCE CENTER

## *The Problem:*

During adolescence, the brain goes through many changes. In fact, the brain is not fully developed until a person is in their mid-20s.

This means that alcohol and drugs can damage a teen's brain in the long term, potentially causing learning difficulties and health problems into adulthood.



## *The Statistics:*

- ▶ By 12th grade, about two-thirds of students have tried alcohol, and more than one-third have done so by 8th grade.
- ▶ About half of high school students report they've tried marijuana.
- ▶ Among high school seniors, nearly 2 in 10 say they've used prescription medicine without a prescription.
- ▶ People from 12 to 20 years of age account for 11% of all alcohol consumed in the United States.
- ▶ Since 1999 the rate of overdose deaths including prescription pain relievers, heroin and synthetic opioids such as fentanyl nearly quadrupled.



## *Some signs that your teen may be using alcohol or drugs:*

- ▶ Changes in friends
- ▶ Mood swings
- ▶ Becoming verbally or physically abusive
- ▶ Lying and/or stealing
- ▶ Making excuses
- ▶ Breaking curfew
- ▶ Sleepless nights
- ▶ Staying in their room

## *Common reasons teens use alcohol or drugs include:*

- ▶ Curiosity
- ▶ Peer pressure
- ▶ Stress
- ▶ Emotional struggles/mental health disorders
- ▶ A desire to escape

As the preeminent not-for-profit children's mental health agency on Long Island, North Shore Child & Family Guidance Center is dedicated to restoring and strengthening the emotional well-being of children (from birth – age 24) and their families.

Our highly trained staff of psychiatrists, psychologists, social workers, vocational rehabilitation counselors and other mental health professionals lead the way in diagnosis, treatment, prevention, training, parent education, research and advocacy.

Since 1953, the Guidance Center has been a place of hope and healing, providing innovative and compassionate treatment to all who enter our doors, regardless of their ability to pay.

