



when you're
ready to change
the future for
the better...

start here

The Nova Center for Youth & Family's Substance Abuse (SA) Program helps guide children and adolescents experiencing substance use disorders to a brighter future by working one-on-one, in group settings and/or with family influences. We assist with building upon their strengths and connect them with the resources necessary to accomplish their goals.

The Nova SA Program advocates, encourages and educates individuals ages 13-18 to give them the mentorship and unconditional acceptance that many need in order to reach their unlimited potential.

Our SA staff utilizes a variety of holistic approaches and person-centered strategies to assist clients in their treatment plans and overall recovery.

Specialty Services Offered:

Early Intervention – For individuals determined high-risk for drug use, utilizing a designated curriculum.*

Outpatient Treatment – Substance Abuse counseling in a group setting held one night a week using the designated curriculum.

Intensive Outpatient – A 6-hour weekly minimum for individuals with an abuse or dependence diagnosis, using the designated curriculum.

Aftercare – A one-night per week program for clients with a minimum of an abuse diagnosis who have completed the first phases of treatment (Outpatient, IOP or Residential) and need continued support to maintain sobriety, using the designated curriculum.

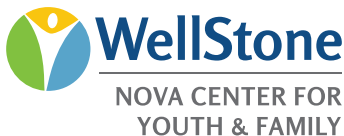
Why Choose Us?

Our approach allows for the client and family to have a guiding voice in the development of recovery and ongoing health. Group therapy incorporates cognitive behavioral and motivational enhancement therapy to ensure active participation in sessions.

Group psychoeducational services include:

- Relapse prevention
- Positive decision making
- Career development education
- High risk behavior prevention
- Negative effects of drugs
- Peer pressure management

*For more information on specific curriculums, visit bit.ly/novacentersa



Access to Care:
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www.wellstone.com

Huntsville location only. WellStone accepts most forms of insurance including Medicaid, ALL Kids and private pay.