



Seashore  
Family Service of NJ  
*Comprehensive Services for Families*



Welcome to  
Seashore Family  
Services of New Jersey

S.T.A.R.T —  
STEPS TOWARD  
ADOLESCENT  
RECOVERY TODAY

*For over twenty years, Seashore Family Services of New Jersey (SFSNJ) has been providing personalized yet professional substance abuse counseling, prevention, assessments and referrals in Ocean and Southern Monmouth Counties. We are dedicated to providing high quality services to families and individuals who are experiencing adjustment problems in their daily lives.*

**A leader in Family Counseling:** Since 1972, SFSNJ has been an outstanding provider of counseling services in our communities. Our staff is comprised of highly trained, experienced and licensed counselors in social work, professional counseling, family therapy, gambling and addictions. We provide a safe and confidential environment designed to deliver a therapeutic atmosphere that ensures our client's progress.

When it comes to teen substance abuse, it seems like we are always playing catch up. Anytime a new drug hits the streets, its popularity soars, and we find ourselves fighting against it. At the same time, drugs that have been around

for years sometimes rise sharply and unexpectedly in popularity.

The primary factors that seem to affect increased or decreased drug use among teens are perceived risk, perceived social approval, and perceived availability. The more risky or less accepted a drug is thought to be, the less likely it will be used by teens. Perceived availability is often associated with overall social approval, and so, a drug that's readily available is considered socially acceptable and will likely increase in use. While these seem like common sense factors, how these perceptions are created is harder to understand.

To help combat teen substance abuse, Seashore Family Services of New

Jersey (SFSNJ) now offers Adolescent Substance Abuse Treatment which incorporates:

- Educational and Therapy Services
- Anger Management/Truancy
- Support Building for Teens and Family Members
- Relapse Prevention Planning.

We believe that the earlier one seeks help for their teen's behavioral or drug problems, the better the outcome.

SFSNJ also offers a family group program. Meetings are held weekly and offer an opportunity for both the teen and family members to interact



in a group setting which offer both Support & Education.

Our group facilitators are educated and either licensed in substance abuse counseling or supervised by a licensed clinician. Our approach to group treatment involves both informational and interactive sessions with a solid foundation in teaching teens the tools they can use to remain sober upon completion of treatment with Seashore Family Services.

SFSNJ's intensive outpatient program (IOP) offers clients a minimum of nine hours of weekly contact which consists of both group and individual counseling. Similarly, SFSNJ's Outpatient Treatment offers clients one to three hours of weekly group and/or individual sessions with a Primary Counselor.

Treatment programs can also include family therapy to bring about positive changes in the way family members relate to each other by examining the underlying causes of dysfunctional interactions. This type of therapy may help decrease family conflict and improve effectiveness of communication. Family members, both parents and youth, can learn how to listen to one another and solve problems through negotiation and compromise.

As a result, we strongly impress upon families the importance of their involvement in the treatment of their adolescent, as substance abuse and Addiction affect not only the substance abuser but their significant others as well. Family sessions are also offered

to our clients and are encouraged in maintaining the involvement of family members.

We are also firm believers in 12-Step emphasis which encourages the adolescent to work on changing people, places & things.

Our Program attempts to engage teens in increasing insight about their substance abuse and how it has affected their lives, both internally and externally.

**Length of Program:** Our services are based on individual needs and the program length depends on the desired results. At SFSNJ we believe that short-term solutions cannot be resolved unless long-lasting changes in behavior are implemented and people have to be confident that the changes they need to make in their lives are sustainable and they are comfortable with the choices they make.

A self-referred client is in total control of how long our services last however if a legal entity or employers make a referral to SFSNJ, a client may be required to complete a minimum number of sessions or attain certain goals prior to discharge.

If specialized treatment services are required, a recommendation is made in writing to the client and a referral is provided. We expect our clients to participate in all assigned counseling sessions. And, our clients must be psychiatrically stable on any medications they may have been prescribed.

**Client Population:** SFSNJ provides services to all family and individuals who request services. Individuals whose primary diagnosis is mental-health-related can participate in outpatient counseling services.

**Staff Qualifications:** You can be assured that the counselor assigned to you is a trained professional in the counseling/therapy field. Our staff is comprised of licensed and certified professionals in the areas of counseling, social work, and alcohol/drug counseling, some with an average of over 20 years experience in social services and drug counseling. Our trainees have been carefully selected to provide services within the accreditation and the licensing standards of the State. Some of our staff have dual licenses and/or certifications.

**Locations:** Counseling and Referral Services are provided at the following SFSNJ locations at:

#### **Brick, NJ**

35 Beaverson Blvd, Bldg 8 Suite 8A  
Brick, NJ 08723  
Telephone: 732-920-2700

270 Chambers Bridge Rd. Suite 10  
Brick, NJ 08723  
Telephone: 732-920-2700

#### **Toms River**

226 Main Street, Toms River, NJ  
732-244-1600

[www.sfsnj.org](http://www.sfsnj.org)  
[info@sfsnj.org](mailto:info@sfsnj.org)



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