



## Goals Of Counseling

When deciding if counseling would be appropriate for you or your child, please be willing to reach out to see how I could assist you! From an assessment, program enrollment, or a referral to a more appropriate service.

Treatment goals are created by the student and the clinician to meet their specific needs.

### Goals could include:

- Improving school attendance
- Increasing self-esteem/sense of self-worth
- Reducing client's level of risk when engaged in hazardous situations
- Improving family/peer relationships
- Decreasing/Eliminating client substance use
- Complying with probation or external services
- Gaining knowledge about substance use, addiction, generational patterns of use, & RECOVERY

<https://www.harbor-counseling.org/>



Harbor  
Counseling



“ One of the hardest things was learning that I was worth recovery.”  
– Demi Lovato

## Contact Us

Harbor Counseling's mission for this program is to increase the accessibility to individual substance use and prevention counseling services within Tioga County.



(570) 666-1037



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<https://www.harbor-counseling.org/>



<https://www.facebook.com/HarborCounselingWellsboro>



Northern Tioga School District

## Student Substance Use & Therapy

In-School Counseling



(570) 666-1037

# Our Services

ALL SERVICES ARE PROVIDED FREE OF COST

1. Bio-psycho-social assessments
2. Individual counseling for substance use
3. Grief counseling related to substance use/addiction
4. Preventative substance use counseling (family history of use)
5. Group engagement activities over the summer at community locations
6. Coordination of care with other service providers

Students who are eligible for programming will be assigned to a primary counselor. This counselor will collaborate with the student to create a treatment plan to address the students' individualized needs.

Counseling sessions typically occur once a week for 30 to 50 minutes, in the school building dependent on a student's schedule and availability.

Confidentiality for clients and maintenance of electronic records will be maintained in accordance with HIPAA regulations.

## Teen Substance Use

Frequency of nose bleeds  
**Sudden weight loss or gain**  
Change in friend group

**Unexplained injuries**

Increasing need for cash or caught stealing

**Frequent zoning out or sleeping patterns change**

Emotional instability or displaying bouts of intense sadness or anger

**Wearing inappropriate clothing for the season**

Truancy/ increased difficulty in school

**Warning Signs**

### Risk Factors

- Undiagnosed/pre-existing mental health conditions often co-occur with substance use in adolescence.
- Student having a family history of substance use or family acceptance of substance use.
- Substance use before the age of 11 can wire the brain for addictive tendencies
- "Substance use by LGBTQ teens is associated with higher odds of a suicide attempt."

-Trevor Project

**Healing takes time.  
Asking for help is a  
courageous first step**

