Location
The NSU Adolescent Drug Abuse Prevention and Treatment Program (ADAPT) is part of the Psychology Services Center located on the main campus of Nova Southeastern University.
Maltz Building
3301 College Avenue
Fort Lauderdale, Florida 33314-7796
About Our Program
The Adolescent Drug Abuse Prevention and Treatment (ADAPT) Program provides outpatient treatment to adolescents referred by police, schools, other local agencies, and parents. Adolescents treated by ADAPT have been referred for possession of marijuana/paraphernalia, petty theft, disorderly conduct, trespassing, and use of alcohol under age 21. Additional reasons for referral include difficult peer relationships, defiance, school problems, and low self-esteem. Treatment is customized based on the presenting problem, parental concerns, and deficits evidenced by the assessments used at intake. In connection with the Family Violence Program, ADAPT offers a broad-spectrum assessment and behavioral intervention for these adolescents and their families. The interventions used have been proven effective through research studies for the above-mentioned issues.

What is ADAPT?
ADAPT is an early intervention program for adolescents who
■ committed first time misdemeanor offenses
■ are identified as at risk for perpetrating serious offenses
■ have a history of substance abuse or who are at risk for substance abuse
Once the assessment phase is completed, your therapist will review the results and desired therapy goals and make treatment recommendations.

Who is at risk?
Adolescents who are at risk for substance abuse may display the following:
■ aggression, opposition, non-compliance
■ depression, social withdrawal, worrying, and anxiety
■ low self-esteem
■ poor anger control and impulsivity
■ social skills deficits

Services Provided
Assessment
The initial assessment consists of a comprehensive evaluation in the following areas:
■ cognitive functioning
■ emotional and social functioning
■ familial stress and satisfaction
■ substance use and abuse

Treatment
ADAPT is designed to meet the individual needs of each adolescent and his or her family. The program involves application of multiple components that focus on the individual child, family, and the stressors in the family system. Specific ADAPT components include
■ anger management
■ assertiveness skills
■ behavioral contracting
■ communication skills training
■ parent-child relationship enhancement
■ parenting skills training
■ problem-solving skills training
■ social skills training
■ stress management
Services are available to adolescent clients regardless of race, color, sex, age, nonqualifying disability, religion or creed, or national or ethnic origin.

Fees
The Psychology Services Center is a fee-for-service facility that provides services at affordable rates.

The Program Director
The ADAFT Program is directed by Vincent B. Van Hasselt, Ph.D. He is a licensed psychologist, a clinical supervisor, and a certified police officer. He is also director of the Family Violence Program.

Van Hasselt has more than 20 years experience as a clinical practitioner, administrator, consultant, educator, and researcher. He is author and editor of more than 200 journal articles, books, and book chapters on the problems of family violence and behaviorally disordered children and their families. Van Hasselt coedited the Handbook of Family Violence, Behavior Therapy with Children and Adolescents: A Clinical Approach, the Journal of Family Violence, and the Journal of Child and Adolescent Substance Abuse.

Clinic Hours
By appointment only
Monday–Thursday, 9:00 a.m.–9:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

For more information or an appointment, please call
(954) 262-5730.

Visit our Web site: www.nova.edu/adapt.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs. Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097, Telephone number: 404-679-4501) to award associate’s, bachelor’s, master’s, educational specialist, and doctoral degrees.