SMA Healthcare Children and Adolescent Therapy Services

SMA Healthcare provides therapy services for children and adolescents who may need support with mental health or substance use concerns. Services are designed to help your child build healthy coping skills, manage symptoms, and do well at home, in school, and in the community. Depending on your child's needs, therapy may include different treatment approaches, such as individual therapy, family therapy, skill-building activities, trauma-informed care, cognitive behavioral therapy, motivational interviewing, and other evidence-based practices.

Mental Health Therapy

Mental health therapy is available for children and adolescents ages 5–17. The goal of therapy is to help your child manage mental health symptoms, participate successfully in school and community activities, build independence, and handle daily responsibilities. Most children and adolescents attend therapy once per week. At minimum, appointments occur at least once a month. Treatment usually lasts about 6 months, but the length of care may be shorter or longer depending on your child's needs and progress.

Substance Use Therapy

Substance use therapy is available for adolescents ages 12–17. To receive substance use therapy, individuals must meet treatment criteria based on the six areas reviewed in the American Society of Addiction Medicine Criteria, also known as ASAM. The goal of substance use therapy is to support recovery and help adolescents make healthy, safe choices. At minimum, appointments occur at least once a month. Treatment usually lasts about 12-16 weeks, but the length of care may be shorter or longer depending on your child's needs and progress.

Your Child's Treatment Team

Your child's treatment team may include outpatient program leaders, licensed clinicians, registered interns working towards licensure, and clinical interns working toward a master's degree. Therapy services are provided by staff with at least a master's degree, whose clinical supervision is provided by a licensed clinician. Therapy services are provided in various settings to include in office, at school, telehealth (if appropriate), and in the convenience of your home for Volusia County residents.

For additional information regarding our services, please call

SMA Helpline at 800-539-4228, which is available 24/7.