

Nexus Teen Academy Residential Treatment: Addressing Teen Alcohol and Marijuana Use in Maricopa County

Nexus Teen Academy offers evidence-based residential treatment for teen alcohol and marijuana use in Maricopa County, addressing urgent 2024 AYS findings.

AZ, UNITED STATES, March 24, 2025 /EINPresswire.com/ -- The 2024 Arizona Youth Survey (AYS) highlights concerning trends in teen alcohol and marijuana use, reinforcing the need for effective intervention strategies. While overall adolescent substance use in Arizona has declined, alcohol and marijuana remain the most commonly used substances among high school students. The survey, conducted by the [Arizona Criminal Justice Commission in 2024](#), reports that 27.8% of 10th graders and 42.1% of 12th graders have consumed alcohol at least once, while 16.5% of 10th graders and 27.7% of 12th graders have used marijuana. These findings indicate a continued need for structured treatment programs and mental health support for teens struggling with substance use.

Nexus Teen Academy provides specialized [teen residential treatment in Arizona](#) designed to address the underlying causes of teen substance use. Residential program for teens in Arizona focuses on behavioral therapy, family support, and academic



assistance to help adolescents recover in a structured and therapeutic environment. Each teen undergoes a comprehensive psychological assessment, allowing for personalized care that targets individual needs.

The use of evidence-based therapy for teens plays a crucial role in addressing the factors contributing to teen alcohol and marijuana use. Therapies like Cognitive Behavioral Therapy (CBT) help adolescents identify negative thought patterns, while Motivational Interviewing (MI) encourages positive behavioral changes. Dialectical Behavior Therapy (DBT) is also integrated to support teens in emotional regulation and stress management, which are common challenges among adolescents struggling with substance use.

Even the importance of family involvement in teen recovery is widely recognized. According to studies cited in the 2024 AYS, adolescents with strong family support systems and access to structured intervention programs are less likely to develop long-term substance dependence. Licensed therapists at Nexus Teen Academy incorporate family therapy sessions into its treatment model, allowing parents and guardians to participate in education programs on substance use, relapse prevention, and effective communication. These sessions are designed to improve family dynamics and provide a supportive home environment that reinforces long-term recovery for teens.

In addition to behavioral therapy and family engagement, academic support is an integral part of the recovery process. Many teens experiencing substance use disorders also face academic struggles, which can impact their future opportunities. The Nexus Teen Academy provides on-site educational services, allowing students to continue their studies while receiving treatment. By integrating academic support with mental health care, the program ensures that teens remain on track for successful reintegration into their educational environment post-treatment.

To promote long-term recovery from adolescent alcohol and drug use, therapists at Nexus Teen Academy develop personalized aftercare plans for each teen. These plans may include continued therapy, peer support groups, and access to community recovery resources. Research from the AYS suggests that ongoing support following residential treatment significantly reduces relapse risks, reinforcing the importance of structured aftercare programs for teen addiction recovery.

It also underscores the impact of mental health treatment in preventing substance use relapse among adolescents. Teens who receive early intervention and access to behavioral health services are less likely to engage in high-risk behaviors that lead to substance misuse. The survey emphasizes that early exposure to alcohol and marijuana can increase the likelihood of long-term substance dependence, making early intervention strategies critical. While the survey does not directly measure the outcomes of residential treatment programs for teens, it provides insight into the protective factors that contribute to lower substance use rates among adolescents.

For families seeking [teen substance abuse treatment in Arizona](#), licensed mental health

professionals at Nexus Teen Academy offer confidential assessments to determine the best course of action. The center also provides insurance verification services to assist families in exploring coverage options for teen treatment.

About Nexus Teen Academy Residential Treatment

Nexus Teen Academy is a specialized residential treatment center in Cave Creek, AZ, for teens providing evidence-based therapy for adolescent alcohol and marijuana use. The center integrates individualized treatment plans, family engagement, educational support, and relapse prevention strategies to help teens achieve long-term recovery and improved mental well-being.

Hannah Carr

Nexus Teen Academy

+1 480-485-3424

info@nexusteenacademy.com

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