

A New Way of Living

Sigma Health Services

An Adolescent Program for Substance Abuse

Sigma Health Services offers a short term adolescent substance abuse program, “A New Way of Living”, which seeks to assist young people in overcoming their use of mind altering substances.

The program is based on behavioral modification and it challenges young people to place strong boundaries around their substance use. Our program is designed to give them the tools needed to overcome their use of substances.

The program is offered in two hour sessions, once per week for six weeks and it includes two random drug screens. It introduces the teen to the Stages of Change which include: Pre-Contemplation, Contemplation, and Action. This program will journey them to a new way of life.

Counselor’s input and group discussion will give insight to the young individuals and activities will be included as well. The topics are as follows.



- Intro to the Stages of Change and Self-Identity
- Pros and Cons of Substance Use
- Identifying Low/High Risk Situations for Using
- Investigating Triggers and Cravings
- Developing a Change Strategy
- A New Way of Living



“Change is the essence of life. Be willing to surrender what you are for what you could become.”

Visit our Raleigh Office Today!

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Call our Intake Specialist today for an appointment.



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We accept:

Medicaid, Health Choice, Blue Cross & Blue Shield, Cash, Checks, VISA, MasterCard