

New Visions

Supporting Youth & Their Family



New Visions is a free evidence- based substance use treatment program for teens 18 and under. Teens are supported by an A-CRA Clinician and a dedicated Family Support Partner, working together to fit the needs of teens and their family.

How We Help

During the program, teens will:

Build healthy coping skills

Learn strategies to manage stress and emotions.

Connect with peers

Form supportive, judgment-free relationships.

Strengthen family bonds

Improve trust and communication at home.

Reduce risky behavior

Make safer choices and avoid legal trouble.

Improve school success

Boost attendance, focus, and achievement.

Community-based Support

New Visions meets teens where they are—at home, school, or another convenient location—to provide the support they need in their own community.



I didn't feel judged. I felt like someone finally understood me.

Start today!

(757) 965-8623

theupcenter.org/newvisions

outpatientcounseling@theupcenter.org



580 E. Main Street, Suite 400 | Norfolk, VA 23510

222 W 19th Street | Norfolk, VA 23517

109.5 Clay Street | Suffolk 23434

www.theUPcenter.org

The Up Center is a 501(c)(3) nonprofit organization.