



 **BEHAVIORAL HEALTH
ADDICTION RECOVERY
SERVICES**

**ADDICTION SERVICES AND PROGRAMS
FROM THE NAME YOU KNOW AND TRUST
FOR HEALTH CARE**

The first step to recovery is choosing to get help – something that is never easy to do. We understand the struggles that lead to addiction and substance abuse, and the courage it takes to want a better quality of life for you and your family. In all likelihood, if you are reading this information you have already taken a big step forward...and we're here to help you the rest of the way!

In addition to the most comprehensive range of health care services in the state, we also have extensive behavioral health programs, and addiction recovery services – all located close to home!

Founded on the concept of treating the whole person, mind and body, our addiction recovery services blend addiction rehabilitation and support programs with evidenced-based practices to help individuals become their healthiest and most productive self. Our goal is to help people understand the triggers of their addictions, and have a toolbox of practical and effective strategies and awareness to manage their recovery and avoid relapse.

Our multi-disciplinary team of professionals are trained in evidence-based practices and proven treatment plans and techniques that not only address the substance abuse itself, but also the often co-occurring physical and mental health needs of each person. This approach provides a completely personalized treatment plan and follow up designed to achieve and maintain long-term physical, mental, emotional, and spiritual recovery.

Hackensack Meridian *Health*, the one name you already know and trust for world-class health care services, is also the only name you need know for addiction recovery and behavioral health services, all within close proximity to home.



ADDICTION RECOVERY SERVICES

**Please call our access center at the numbers below
for additional information.**

Monday through Friday
8 a.m. – 8 p.m.

Parkway 100
1200 Jumping Brook Road
Building 5, Suite 2
Neptune, NJ 07734
732-643-4400

Booker Behavioral Health
661 Shrewsbury Avenue
Shrewsbury, NJ 07792
732-345-3400

HackensackMeridianHealth.org



**Hackensack
Meridian *Health***

A **PROJECT AWARE™** Initiative



**Hackensack
Meridian *Health***



Our treatment groups and services offer participants an opportunity to learn and practice recovery skills while maintaining their daily lives. A critical component to all our treatments is for participants to bring real life situations into the treatment process; addressing challenging problems and supportive strategies for overcoming them.

Every visit includes several group experiences, each emphasizing a different aspect of recovery. Different approaches provide opportunities to learn and implement life changes for long term sobriety. Techniques for coping with life stressors without substance use are taught. The program uses an integrated treatment approach for co-occurring disorders. Our approach addresses both the substance abuse and the mental and emotional health needs of the individual.

INTENSIVE OUTPATIENT PROGRAM (IOP)

The IOP meets in a group setting for three hours, three to four times a week. We offer different tracks that address both mental health and addiction issues simultaneously. We use evidence-based treatments that include specialized components, early recovery skills, relapse prevention, family education, and social supports. Highly effective and clinically proven therapies are all integrated within the context of the twelve step model of recovery and the wellness model for co-occurring recovery. The family component provides education, support and multi-family therapies, designed to foster recovery, open up avenues of communication and promote healing.

RELAPSE PREVENTION GROUPS (RPG)

The RPG assists with continued treatment in the early stages of recovery and is the aftercare program upon completion of IOP or a long term inpatient residential treatment. RPG consists of weekly groups. Individuals receive support from their peers and work at their relapse prevention plans. Challenging problems are brought to the treatment process to prevent a return to dysfunctional thinking and behaviors. The emphasis is how one can use newly learned skills to sustain recovery and prevent relapse.

EARLY RECOVERY GROUP (ERG)

The ERG provides weekly group treatment for individuals who have a mild substance use disorder that requires less intervention than IOP. Goals include education to prevent the substance abuse disorder from progressing into a more serious disease.

DIALECTICAL BEHAVIOR THERAPY AND THE 12 STEPS (DBT)

Group based treatment that ties the DBT principles of mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation to the 12 step recovery model in order to better assist individuals in coping with difficult emotions and preventing relapse.

MEDICATION ENHANCED RECOVERY GROUP (MERG)

Group-based treatment for individuals medicated on Suboxone/ Buprenorphine to promote recovery and wellness.

GROUP TOPICS COVERED DURING TREATMENT INCLUDE:

- Disease concept of addiction
- Pathology and physiology of addiction
- Negative consequences
- Refusal skills
- Assertiveness skills
- Road map to recovery
- Cross addiction
- Sober stress management
- Relapse prevention
- 12-step philosophy
- Identification of triggers
- Relapse warning signs
- Anger management
- Values
- Family
- Trust
- Grief and loss
- Sober conflict resolution
- Coping with cravings
- Depression
- Anxiety
- ADHD
- The use of medications in recovery
- Guilt and shame
- HIV
- Tobacco education

Additional services provided with treatment:

- Urine alcohol/drug screens
- Individual sessions to supplement groups
- Psychiatric assessments and medication management
- Case management

