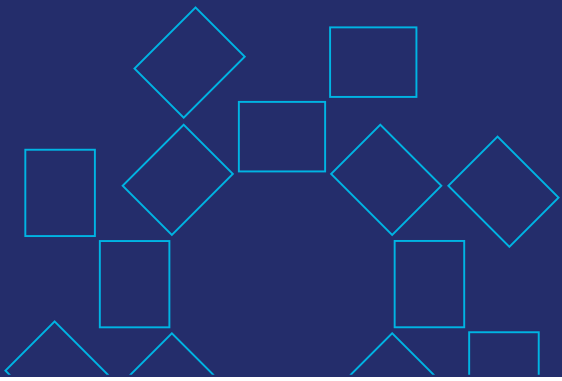




OUTPATIENT ADDICTION TREATMENT

Find Recovery in a Place of Healing and Renewal

Contact Us Today

Whether you're continuing your journey from an inpatient program or beginning from home, our team works closely with you to ensure a smooth, safe transition.

Call us today to take the first step toward healing, renewal and a brighter future. We are here to guide you with support and compassion. Call **833-734-0171**.



RETREAT & RECOVERY AT RAMAPO VALLEY™

 Hackensack Meridian
Carrier Behavioral Health™

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About Us

Located on a scenic nature preserve in Mahwah, NJ, Retreat & Recovery At Ramapo Valley is an outpatient addiction treatment center and part of the Hackensack Meridian Health network, a leading not-for-profit health care organization that is the largest, most comprehensive and truly integrated health care network in NJ, offering a complete range of medical services, innovative research and life-enhancing care and treatment for substance use disorders and mental health conditions.

As a division of Hackensack Meridian Carrier Clinic and the nationally recognized Blake Recovery Center in Belle Mead, NJ, our qualified and compassionate care team have been supporting individuals on their path to recovery for more than 100 years. We provide compassionate, evidence-based care tailored to each individual. Our holistic approach addresses the whole person - mind, body and spirit - ensuring the support and interventions needed for lasting healing.

A Healing Environment

Our serene, peaceful setting surrounded by nature provides a safe and nurturing space that fosters an environment for guided healing and personal growth. Our historic Carriage House offers a broad range of outpatient treatment services set among acres of lush, wooded greenery and walking paths. Preserving its historic charm while offering modern amenities and comforts, discover a sanctuary of strength, clarity and renewal amidst nature.

Hear directly from those we've helped.
Scan the QR code to learn more.



Services Offered

- **Intensive Outpatient Program (IOP)** - consists of both group and individual therapy, as well as case management services. Depending on need, this level of care provides 9-12 hours of clinical care each week.
- **Outpatient Program (OP)** - consists of both group and individual therapy, as well as case management services. Depending on need, this level of care provides up to 8 hours of clinical care each week.
- **Co-Occurring Services** - a holistic care model designed to simultaneously address both substance use and mental health disorders.
- **Family Therapy** - Offered based on the identified needs of each individual and their family.
- **Family Programs** - offered in a group setting, our clinical team guides a psychoeducational discussion for family members and loved ones to increase insight and awareness surrounding substance use disorders and recovery principles.
- **Addiction Psychiatry** - expert medical care focused on treating substance use disorders and its impact on mind and body.
- **Medication-Assisted Treatment (MAT)** - integrating FDA-approved medications when clinically appropriate with personalized counseling and behavioral therapies. Under the guidance of our addiction certified medical director, our expert interdisciplinary team provides care that addresses every aspect of recovery, including the education and clinical support needed to effectively provide this level of treatment.

Our Care Team and Philosophy

Our multidisciplinary team brings together physicians, licensed clinicians and substance use counselors, each offering a unique understanding of addiction, mental health and overall wellness. We partner with you and your loved ones on the path to improved quality of life, using an integrative approach that heals body, mind and spirit. Through therapy, holistic support and community resources, including family coaches, we provide the tools and guidance needed for lasting wellbeing.