

## WE OFFER A COMPREHENSIVE CONTINUUM OF CARE

### PARTIAL HOSPITALIZATION (PC)

Provides patients experiencing severe symptoms with: daily structure, intensive treatment and stabilization to prevent hospitalization. Patients are taught how to effectively manage and cope with symptoms of mental health and substance abuse concerns.

### INTENSIVE OUTPATIENT (IOP)

Offered in the morning and evening hours to accommodate work and/or school schedules. Helpful in preventing further escalation of symptoms while providing stabilization and coping skills.

### ENHANCED OUTPATIENT (EOP)

Ideal for patients experiencing moderate symptoms. Obtain comprehensive treatment without disruption to your daily activities.

### OUTPATIENT (OP)

The least restrictive and longest lasting level of care. Patients experiencing mild concerns achieve symptom maintenance with no disruption to their daily life.

SERVICES OFFERED	PC	IOP	EOP	OP
5 days per week/6 hours per day	o			
3 days per week/3 hours per day		o		
Weekly Individual Therapy	o	o	o	o
Group Therapy	o	o	o	
Medication Management Weekly	o			
Medication Management Bi-Weekly		o		
Medication Management Monthly			o	o
Family Session Bi-Weekly	o			
Family Session Monthly		o	o	
Educational component for youth/teens	o	o		
Track specific treatment	o	o	o	

## Our Locations:

### BRICK

940 Cedar Bridge Avenue  
Brick, NJ 08723

### BRIDGEWATER

380 Foothill Road  
Bridgewater, NJ 08807

### FLEMINGTON

361 Route 31 North  
Flemington, NJ 08822

### LIVINGSTON

5 Regent Street  
Livingston, NJ 07039

### MARLBORO

55 Willow Lane  
Marlboro, NJ 07726

### PRINCETON

932 State Road  
Princeton NJ 08540

### ROCHELLE PARK

218 Route 17 North  
Rochelle Park, NJ 07662

### WAYNE

1501 Hamburg Turnpike  
Wayne, NJ 07470

# GENPSYCH

Mental Health of the Future



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## ADOLESCENTS & CHILDREN'S PROGRAM



The GenPsych Adolescent Program (GAP) provides an accepting and encouraging environment for children (8-12) and teens (13-18) to receive the mental health care they need. Our comprehensive 6-8 week treatment program equips adolescents and youth with the confidence and skills necessary to reach their full potential.

Our team of adolescent therapists, psychiatrists, advanced nurse practitioners, NJ certified teachers, art and music therapists, and more work together with your child to help them improve mentally, emotionally, behaviorally, and socially at home and in school.

At GAP, we offer a wide range of supportive and creative therapies, which include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Art and Music Therapy
- Yoga and Play Therapy
- Wellness and Mindfulness Therapy
- Anger Management
- Family Therapy
- Academic Services

To prevent disruption of academic needs, patients enrolled in our day programs are offered an education component through Silvergate Prep. This service prevents our patients from falling behind in their school work and provides them with academic structure and support. Patients learn in a therapeutic environment while receiving assistance with time management and assignment completion leading to a reduction in stress when they are ready to return to school.

## ADULT SUBSTANCE ABUSE PROGRAMS



### Substance Abuse and Dual Diagnosis

For those in recovery, staying sober can be an everyday challenge. GenPsych's Adult Substance Abuse and Dual Diagnosis Program provides individuals with the tools and support they need to live substance-free. Clients receive medication management, individual and group therapy.

### Ambulatory Detox

The first step in recovery is detoxification from drugs and/or alcohol. Our medically-assisted, outpatient detox program allows individuals to safely detox during the day and return to their homes at night. Clients receive medication, support, and education on skills and relapse prevention.

### Healthy Eating and Living (HEAL) Program for Eating Disorders

The HEAL Program for Eating Disorders provides support and skills for those struggling with anorexia nervosa, bulimia nervosa, binge eating disorder, and eating disorders not otherwise specified. Clients learn to decrease eating disorder behaviors, and receive meal planning and supervision, daily vitals and weight monitoring with a nurse, and more.

◀ **HEAL IS ALSO AVAILABLE TO ADOLESCENTS (13+)**

## ADULT PSYCHIATRIC PROGRAMS

### DBT Track

Dialectical Behavior Therapy (DBT) focuses on emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness. This track supports those experiencing issues such as: personality disorders, suicide ideation, self harm, destructive behaviors and those who have difficulty coping with stressors and/or triggers. Build a life worth living while creating balance and skill acquisition, leading to lasting change.

### Trauma Track

Managing trauma, attachment issues, and triggers resulting from complex and single trauma events is a great challenge, often not understood. Our Trauma track is designed to educate clients on managing safety, trauma, and anxiety symptoms, to improve social and self-interactions, balance, presence, and control in their daily lives, as well as to manage perfectionism and trauma narrative issues (resulting from attachment and complex, PTSD, single, and multiple traumas).