

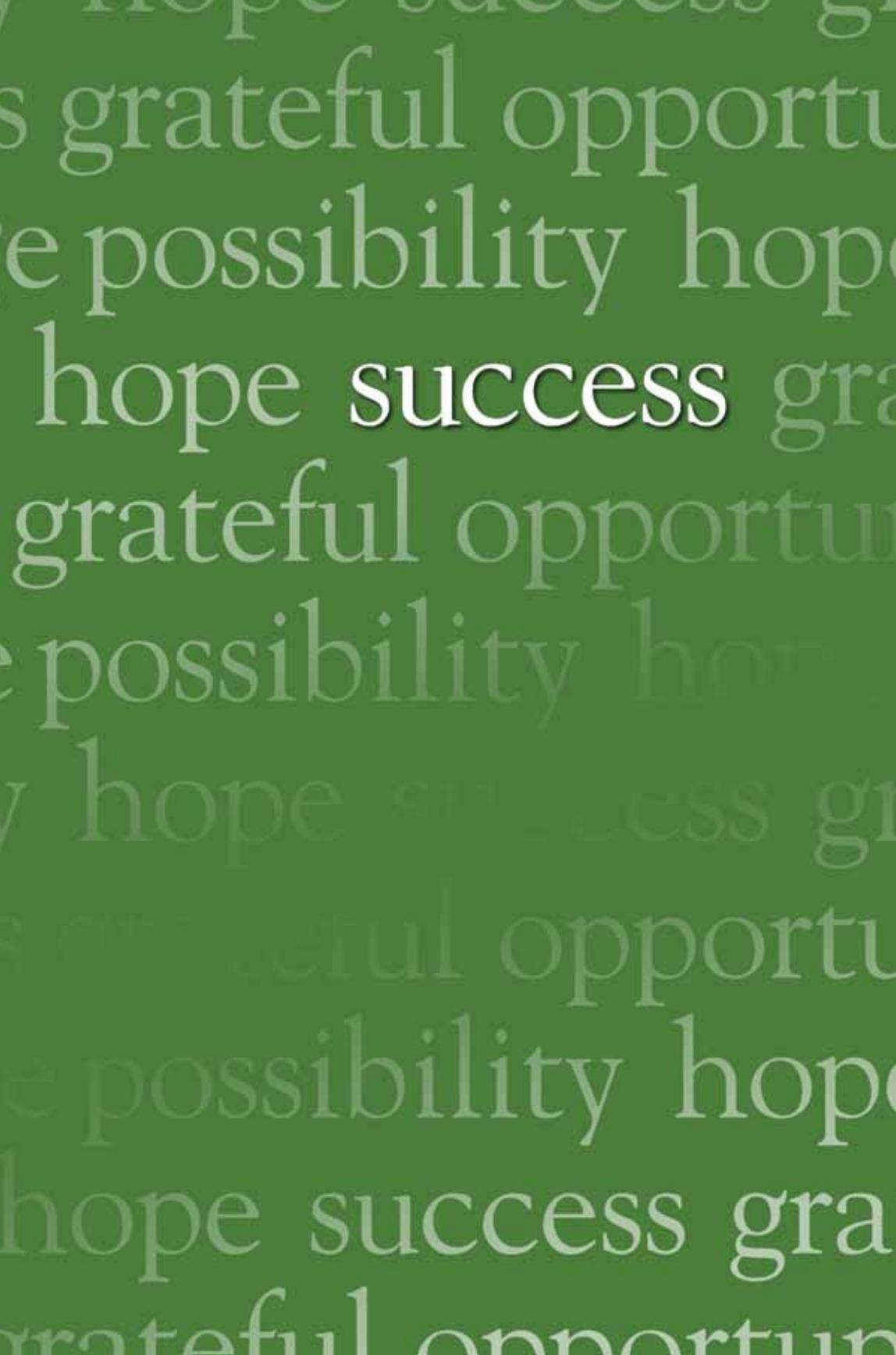
# ADULT PSYCHIATRIC & SUBSTANCE ABUSE OUTPATIENT SERVICES



PROVIDING UNPARALLELED CLINICAL CARE SINCE 1994

High Focus Centers is accredited by the Joint Commission and  
licensed by the NJ Department of Human Services

**HIGH  
FOCUS  
CENTERS**



hope **success** grateful opportunity possibility hope

# HIGH FOCUS CENTERS

## Who We Are

Throughout our 20-year history, programs at High Focus Centers have employed evidence-based modalities to deliver highly effective treatment. The strength of programming can be attributed to the broad experience of the clinical staff, the structure of the programs, and our individualized treatment to address each patient's unique challenges.

We provide a wide range of outpatient offerings for adults, adolescents, and families struggling with mental health, substance use and eating disorders.

Our mission is to provide the best possible care for our patients.





# ADULT SERVICES

High Focus Centers offers a full spectrum of behavioral health treatment services, assuring that each patient has access to programming that is right for him or her.

## Level of Care Assessment

- An experienced clinician will conduct a comprehensive bio-psychosocial assessment, and then recommend a course of treatment.

## Substance Abuse

- Partial Care Program: 5 days per week, 5 hours per day.
- Day Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day.
- Evening Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day.
- Fortitude & Focus Outpatient Group: 1 evening per week for 1 hour.
- Alumni Program: 2 hour ongoing monthly meetings post-graduation.

## Co-Occurring

- Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day.
- Partial Care Program: 5 days per week, 5.5 hours per day.

## Psychiatric

- Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day.
- Partial Care Program: 5 days per week, 5.5 hours per day.
- Trauma Intensive Outpatient Program: 3 days per week, 3 hours per day.
- Seeds of Hope Eating Disorders Services: Offered within both Partial Care and Intensive Outpatient treatment structure.
- Psychological Testing: Full battery of tests completed by licensed psychologist.

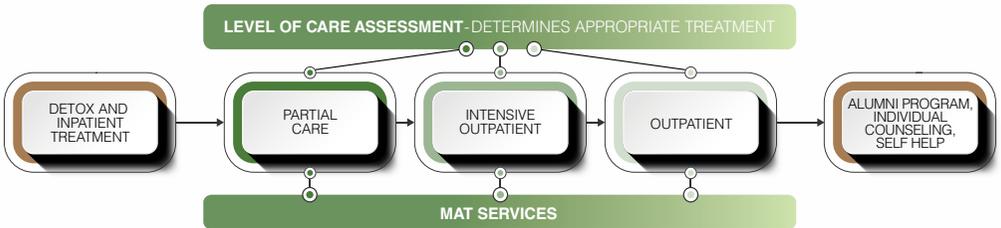
## Referrals to Other Levels of Care

- If our clinical staff recommends a level of care not offered at High Focus Centers, we will help facilitate a referral to the optimal treatment setting. Our team has long-standing relationships and expert knowledge about other resources in the community and can help find the right fit for each individual in need of services.

# ADULT SUBSTANCE ABUSE SERVICES

The Substance Abuse Program at High Focus Centers offers innovative and evidence-based treatment services to individuals who are seeking a return to a normal and productive life free from addiction.

Our philosophy hinges on the idea that effective addiction treatment must involve an integrative approach, where a combination of different treatment models and tools are utilized. Since every addiction is different, every path to sobriety involves a customized plan based on what will work best for each individual patient.



## Partial Care Program

For patients who are chemically dependent and need additional structure and support in their path to recovery may begin treatment in our Partial Care Program, which meets every day, Monday through Friday.

## Intensive Outpatient Program (IOP)

Offered during day and evening hours, two to five days a week. Each day consists of individual, group, and family therapy for three hours per day, as well as a comprehensive family program, a Saturday relapse prevention program, and psychiatric evaluations and follow-up sessions, as needed.

## Fortitude & Focus Outpatient Group

A weekly substance abuse group for adults who are seeking additional support finding the strength and resilience needed to move forward in their recovery.

## Alumni Program

The ultimate goal of our treatment program is to help individuals find lifelong recovery from their substance use disorder. Our alumni program provides extra layers of support to help keep those in recovery committed to sobriety. The program includes peer-led meetings, alumni events, and ongoing outreach by High Focus alumni staff.

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# FEATURES OF OUR COMPREHENSIVE MODEL



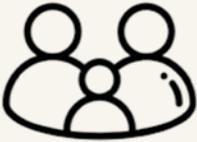
## Patient Empowerment

Offering choices to our patients builds trust as well as reinforces their accountability for their own recovery.



## Recovery Skills Curriculum

Patients learn to use tools to manage urges and handle situations which have led to substance use or self-medication.



## Family Involvement

A weekly family night includes education, structured therapeutic activities and multi-family therapy.



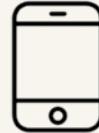
## Evidence Based Therapy

High Focus Centers utilizes a variety of treatment models and such as DBT, CBT, and Motivational Interviewing.



## Holistic Services

The mind-body connection is undeniable, and services such as yoga for recovery and expressive art therapy help highlight this link.



## Technology Applications

Our online recovery app provides 24/7 real-time communication between clinician and patient, allowing us to provide additional layers of support.



## Full Continuum of Care

With three levels of care, we are able to match patients with the program offering the most appropriate amount of support.



## Medication Assisted Treatment

When appropriate, medication assisted treatment (M.A.T.) can be offered along with our treatment programs to manage symptoms of opioid withdrawal.

# ADULT PSYCHIATRIC SERVICES

Our adult psychiatric programs focus on the relief of acute mental health symptoms, determination of proper medication, and focused therapeutic interventions to provide both insight into illness and skills to overcome current emotional challenges.

## Partial Care Program

During the most acute phases of psychiatric illness, a highly structured treatment plan is often necessary. The Partial Care Program at High Focus Centers offers a comprehensive, integrated approach that gives patients the best chance of symptom remission and a return to previous healthy functioning. Treatment includes individual therapy, group therapy, family counseling, psychiatric evaluation, ongoing medication management, and nursing services.

The highly individualized program consists of:

- 5 days per week schedule, 5 group sessions per day.
- Dialectical Behavior Therapy (DBT) skills group every day.
- 3 individual sessions every week (1 with therapist, 1 with psychiatrist, 1 family session).
- 2-way transportation (if necessary).

## Intensive Outpatient Program (IOP)

Some patients who are experiencing less severe symptoms may be able to attend school or slowly transition back to work while attending treatment. The IOP at High Focus Centers allows those who are higher functioning to get the help they need while still engaging in structured programming. It also provides a step-down in the continuum for patients who have completed the Partial Care Program.

IOP treatment includes:

- 2 - 5 days per week schedule, 3 group sessions per day.
- Daily Dialectical Behavior Therapy (DBT) skills group.
- 2 individual sessions every week (1 with psychiatrist, 1 individual or family session).

*The holistic component of the program includes yoga, mindfulness meditation, art therapy, and pet therapy.*



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# SPECIALTY SERVICES

## Co-Occurring Disorders

Many individuals experience both mental illness and substance use disorders together. Once properly diagnosed, these patients face unique challenges which must be addressed with a truly integrated treatment approach that can focus on these issues simultaneously. Dually diagnosed patients are successfully treated in specialized daily groups designed specifically for their needs, while psychiatrists with an expertise in addiction medicine drive treatment.

*Available at all locations*

## Eating Disorders

Our Seeds of Hope Eating Disorders track helps patients address harmful behavioral and emotional tendencies by healing their relationships with food, their bodies, and themselves. Our approach is comprehensive, multifaceted, and hands-on. Patients find empowerment through learning effective skills and strategies that help address their disordered eating and improve overall daily functioning. Seeds of Hope is being offered within a full or half day treatment structure.

*Available in Parsippany*

## Trauma & PTSD

In many cases, presence of mental illness can be traced back to a traumatic experience earlier in life. After first addressing serious symptoms to ensure safety, the best course of action is often a structured treatment plan to address the struggles that are common in victims of trauma. Our Trauma Program uses a DBT-informed approach integrated with the Seeking Safety model. Patients are given the education and skill set to safely process past, present, and future challenges and deal with them more effectively.

*Available in Freehold & Paramus*

## Psychological Testing

Testing is often recommended for those experiencing difficulty in their academic, professional, or personal lives. Our formal psychological battery may include a number of evaluation tools, all administered to gain insight into how a person's brain is functioning, and how he or she processes information and views the world. Results often aid in the diagnoses of conditions like ADHD, Learning Disabilities, and Autism Spectrum Disorders. Our tests are flexible based on need and can be set up quickly.

*Available at all locations*

## FAMILY PROGRAMS

The needs of the family are always addressed at High Focus Centers and are often a critical factor in successful treatment. Our Family Programs include psycho-education, support, and multi-family therapy. These programs, particularly within our psychiatric programs, are augmented by individual family sessions throughout the course of treatment. All family services are provided at no charge because we know that they are a critical component to the successful treatment of many patients. Our goal is to provide as much family participation as possible.

## TRANSPORTATION

High Focus Centers works to remove any potential barriers to access to treatment, including transportation. Treatment sites may provide one-way or round-trip transportation from a patient's home or school to our facilities. Special arrangements and drop-off points can be discussed prior to admission. There is never an additional cost for any of the transportation services offered.

## ADMISSIONS

The culture of our intake team is to create a comforting initial experience and to assist in removing any barriers to accessing appropriate treatment. **The call center is open from 7am to 11pm during the week and 9am to 5pm on weekends.** For those looking to schedule an appointment, our goal is to set up an assessment within 24–48 hours. If there is a need for a resource outside of High Focus Centers, a local Community Liaison will assist in understanding needs and finding an appropriate referral.



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# HIGH FOCUS CENTERS

## Services by Location

Branchburg	Cherry Hill	Cranford	Freehold	Lawrenceville	Paramus	Parsippany
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### Mental Health

Adolescent IOP/PHP	✓	✓	✓	✓	✓	✓	✓
Middle School IOP/PHP	✓		✓	✓	✓	✓	✓
Adult IOP/PHP	✓	✓	✓	✓	✓	✓	✓
Adult Evening IOP	✓						✓
Trauma IOP				✓		✓	
Eating Disorders IOP/PHP							✓

### Co-Occurring

Adolescent IOP/PHP	✓	✓	✓	✓	✓	✓	✓
Adult IOP/PHP	✓	✓	✓	✓	✓	✓	✓

### Substance Abuse

Adult PHP		✓				✓	
Adult Day IOP	✓	✓	✓		✓	✓	✓
Adult Evening IOP		✓	✓	✓	✓	✓	✓
Adolescent IOP	✓		✓			✓	✓*
Outpatient	✓	✓	✓	✓	✓	✓	✓

\* Parsippany location offers PEAK program only.



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**Bergen County Area**

40 Eisenhower Drive  
Paramus, NJ 07652  
201-291-0055  
Fax: 201-291-0888

**Camden County**

53 Haddonfield Road  
Suite 330  
Cherry Hill, NJ 08002  
856-306-8086  
Fax: 856-306-8087

**Mercer County**

15 Princess Road  
Lawrenceville, NJ 08648  
609-349-7626  
Fax: 609-349-7627

**Monmouth County Area**

6 Paragon Way  
Freehold, NJ 07728  
732-303-9900  
Fax: 732-303-9901

**Morris County Area**

1259 Route 46 East  
Parsippany, NJ 07054  
973-299-9919  
Fax: 973-299-9916

**Somerset County Area**

3322 Route 22 #14  
Branchburg, NJ 08876  
732-474-7447  
Fax: 732-474-7437

**Union County Area**

16 Commerce Drive  
Cranford, NJ 07016  
908-272-2474  
Fax: 908-272-8996



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