MENTAL HEALTH & SUBSTANCE USE
ADOLESCENT OUTPATIENT SERVICES

High Focus Centers is Joint Commission Accredited and
Has Been Providing Unparalleled Clinical Care Since 1994
hope
HIGH FOCUS CENTERS
A Commitment to Adolescents and Families

Throughout our 25-year history, programs at High Focus Centers have employed evidence-based modalities to deliver highly effective treatment. Our expert staff understands the unique challenges of adolescence and shapes an individualized treatment experience to fit the needs of each teen. Family members are always included and made to feel comfortable with our plan for their loved one.

Our Mission is to provide the best possible care for our patients and families.
ADOLESCENT SERVICES

Adolescent programming at High Focus Centers has been carefully designed to address the unique circumstances many teens face. Whether suffering from a mental health, substance use, or co-occurring disorder, teens are provided relief as they attend treatment tracks that fit their individual needs.

LEVEL OF CARE ASSESSMENT

An experienced clinician will conduct a comprehensive bio psychosocial assessment to determine the optimal course of treatment.

**Mental Health**
- Intensive Outpatient Program: after school, 2 - 5 days per week
- Partial Care Program: full day, 5 days per week
- Middle School Program: full day & after school, 2 - 5 days per week

**Co-Occurring**
- Intensive Outpatient Program: after school, 2 - 5 days per week

**Substance Use**
- P.E.A.K. Program (Promoting Education, Awareness, & Knowledge): 1 day per week, 2 hours.
- R.I.S.E. Intensive Outpatient Program (Risk Intervention & Substance Education): after school, 2 days per week
- P.A.T.H. Intensive Outpatient Program (Providing Addiction Treatment & Hope): after school, 3 - 4 days per week,

If structured outpatient is not the appropriate level of care, High Focus Centers has long-standing relationships and expert knowledge of other resources in the community. If necessary, we can facilitate transfers to a treatment setting that best fit the patient’s individual needs.

HIGH FOCUS CAN HELP. CALL 800-877-FOCUS.
ADOLESCENT MENTAL HEALTH SERVICES

High Focus Centers provides highly structured, specialized treatment programs for adolescents who are struggling with a mental health disorder and seek to change the course of their life and begin to reach their full potential.

Partial Care & Intensive Outpatient Programs
The program curriculum includes a variety of group therapies, individual counseling, family therapy, psychiatric evaluation and medication monitoring. Recommended intensity of treatment will vary based on the outcome of the initial assessment. Programs are individualized and consist of:

<table>
<thead>
<tr>
<th>Days per Week</th>
<th>Partial Care Program</th>
<th>Intensive Outpatient Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups per Day</td>
<td>5</td>
<td>2-5</td>
</tr>
<tr>
<td>Weekly Individual Sessions</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Approved school component</td>
<td>2 hours/day</td>
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</tr>
<tr>
<td>Transportation</td>
<td>2-way</td>
<td>From school to High Focus</td>
</tr>
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</table>

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CO-OCCURRING DISORDERS

Intensive Outpatient Program for adolescents with both substance use and mental health disorders.

The unique challenges of adolescence become even more complex when a teen begins to struggle with psychiatric symptoms while also using alcohol and/or drugs.

The Co-Occurring IOP at High Focus Centers employs a multidisciplinary team which addresses the needs of each client from both perspectives, using a combination of evidence-based protocols from both our adolescent mental health and our substance use programs. Each patient participates in both individual and group therapy, weekly family therapy, and psychiatry sessions, where medication monitoring can be provided if necessary. Random drug screens are administered to closely monitor abstinence and compliance with medication.

PSYCHOLOGICAL TESTING

For those experiencing difficulty with functioning in their academic, professional, and personal lives.

Psychological Testing at High Focus Centers includes an interview with the individual as well as family members. A number of evaluation tools can be utilized, including screening instruments, intelligence and achievement tests, and projective tests. These help to give an understanding of how a person's brain is functioning, and how he or she processes information and views the world. Psychological testing can aid in the diagnoses of conditions like Attention deficit hyperactivity disorder (ADHD), Learning disabilities (LD), Autism Spectrum Disorders.

Types of tests offered include:

- Intelligence tests
- Achievement tests
- Comparison of IQ vs achievement to determine processing/LD potential
- Specific tests for memory, non-verbal IQ, non-verbal memory, attention, focus, adaptive learning
- Personality factors including facets of behavior and interpersonal skills
- Projective tests which investigate who the individual sees and interprets
- Stimuli and events presented to them

A battery of tests can be scheduled and completed in a timely fashion, and can be customized to meet the specific needs of the individual.

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MIDDLE SCHOOL PROGRAM

Partial Care and Intensive Outpatient Programs (IOP) for ages 10-13

Mental Health challenges can often begin during a teenager’s middle school years. Depression, anxiety, and even self-harm are becoming more common in preadolescence, and can cause significant disruption in a teen’s life. If interventions are introduced early, these youth will have better success in navigating the ongoing challenges that they may face during adolescence and even long-term.

The Middle School Mental Health Program at High Focus Centers addresses the unique needs of the preadolescent population. A multidisciplinary team works with each child and his or her family to address various psychosocial stressors and develop effective coping strategies. Therapy groups focus on teaching these coping skills as well as communication skills, self-esteem building, and mindfulness skills, all while keeping in mind the child’s level of maturity and social development. Experiential therapy is a core component, with art therapy and pet therapy also incorporated into the curriculum. Psychiatric evaluation is provided along with medication monitoring if necessary.

“This was a growing experience for my daughter and I. For dark moments, coming here was a bright light.”

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**ADOLESCENT SUBSTANCE USE SERVICES**

No two adolescents are alike. At High Focus Centers, the treatment plan is customized to fit the needs of the individual, optimizing chances of a successful recovery.

**Substance Use Intensive Outpatient Programs**
- Transportation to the facility is provided for adolescents at no additional cost.
- Random drug/alcohol screens.
- Weekly individual therapy sessions.
- Weekly multi-family group therapy program.
- Psychiatric evaluations and follow-up sessions are provided, as needed.

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**P.E.A.K: Promoting Education Awareness & Knowledge**
1 Group/Week
Early Intervention and Prevention group for higher risk youth

**R.I.S.E: Risk Intervention & Substance Education**
2 Day/Week Intensive Outpatient
Less intensive treatment for teens whose substance use is causing continued conflict and distress

**P.A.T.H: Providing Addiction Treatment & Hope**
3-4 Day/Week Intensive Outpatient
Traditional high intensity program for teens whose substance use has led to significant consequences

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FAMILY SERVICES
Engaging the family is an essential part of treatment, and we encourage as much participation as possible. During individual family sessions or in our weekly multi-family group, loved ones are invited to share in the treatment experience.

“Our approach is rooted in the belief that strengthening the family unit and providing tools for parents and adolescents is a core part of every patient’s road to wellness.”

EDUCATIONAL COMPONENT
An adolescent’s mental health is always the top priority; however we also understand the importance of not falling behind in school. Patients in our full-day programs spend 2 hours each day with state-certified educational providers, who communicate regularly with school districts regarding assignments and grades.

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.
# HIGH FOCUS CENTERS

## Services by Location

<table>
<thead>
<tr>
<th></th>
<th>Branchburg</th>
<th>Cherry Hill</th>
<th>Cranford</th>
<th>Freehold</th>
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<th>Paramus</th>
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## Mental Health

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HIGH FOCUS CAN HELP.
CALL 800-877-FOCUS

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

Fairfield County Area
17 High Street
Norwalk, CT 06851
203-803-4170
Fax: 833-470-0750

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