



## Mental Health & Substance Use Treatment Programs

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*For Your Child or Teen*



## Are behavioral health issues negatively impacting your teen?

For over 25 years, teens, adults, and families have turned to High Focus Centers for a solution.

Our clinical team understands the unique challenges of adolescence and works to develop a personalized treatment experience designed to improve each individual's well-being.





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## Getting Started

During the initial assessment, our clinician will take the time to get to know you and your child and fully understand any factors that might be contributing to his or her mental health and/or substance use challenges.

Upon completion of this assessment, we will discuss our findings and recommend the appropriate course of treatment.



# Our Programs

Our adolescent programs are carefully designed to address the unique circumstances many teens face. Whether suffering with mental health, substance use, or co-occurring disorders, teens receive the guidance, support, and care they need to meet their personal and treatment goals and needs.



## Mental Health

### Partial Care Program

- Full day
- 5 days per week

### Intensive Outpatient Program

- After school
- 2-5 days per week

### Middle School Program

- Full day & after school
- 2-5 days per week



## Co-Occurring Disorders

### Intensive Outpatient Program

- After school
- 2-5 days per week



## Substance Use

### PATH Intensive Outpatient Program

- After school
- 3-4 days per week

### RISE Intensive Outpatient Program

- After school
- 2 days per week

### PEAK Program

- 1 group per week





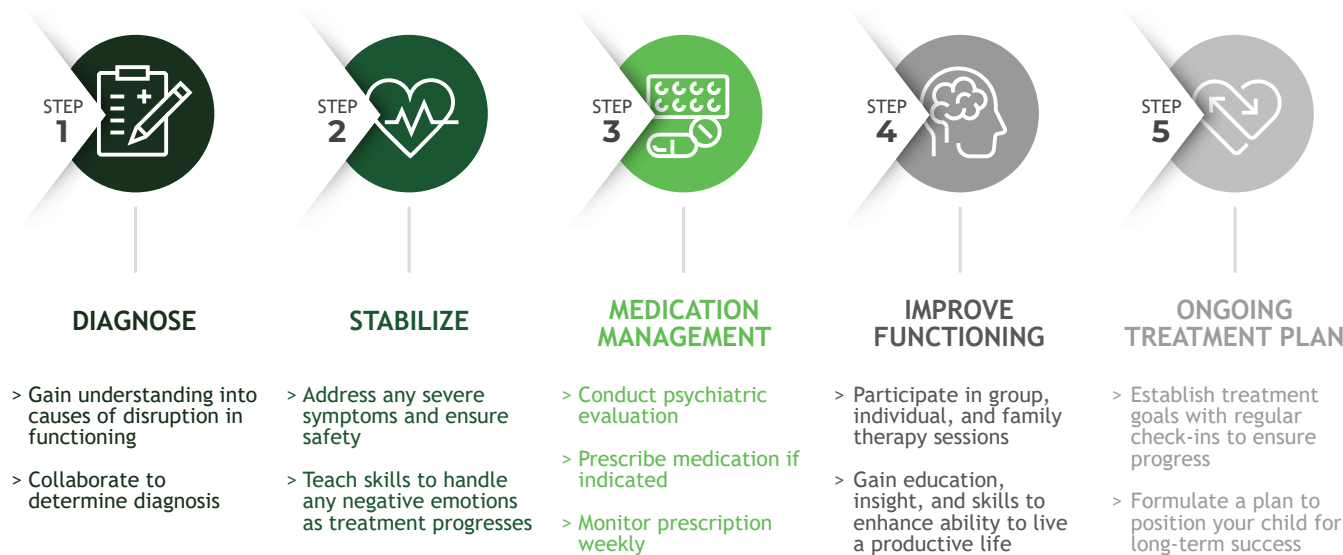
“

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

”

# Mental Health Programs

When declining mental health begins to disturb your teen’s daily functioning, the structure of our Adolescent Mental Health Programs adds stability by addressing severe symptoms through coping skills instruction. Psychotherapy allows each child to truly understand the root cause of the issue and discover and implement long-term solutions.



Coping Skills Training (DBT), Psychoeducation, Psychotherapy, and Medication Management are all core components of our Adolescent Mental Health Programs.



# 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:	Partial Care Program	Intensive Outpatient Program
Days Per Week	5	2-5
Groups Per Day	4	3
Weekly Individual Sessions	3	2
Approved School Component	2 hours/day	N/A
Transportation	Round-trip	From school to High Focus Centers

## Co-Occurring Disorders Program

Our Co-Occurring Disorders Program is specifically designed to treat adolescents diagnosed with substance use and mental health disorders.

Our fully integrated approach utilizes evidence-based components from mental health and substance use programs, and leverages the expertise of our staff in both areas. Each patient participates in individual and group therapy, weekly family therapy, and psychiatry sessions, where medication monitoring can be provided if necessary.

Co-Occurring services also include random drug screens to ensure compliance with prescribed medication and abstinence from alcohol and other substances.



# Tween Program



## Services Include:

- DBT-Informed Skills Training
- Developmentally Specific Curriculum
- Expressive Arts & Pet Therapy

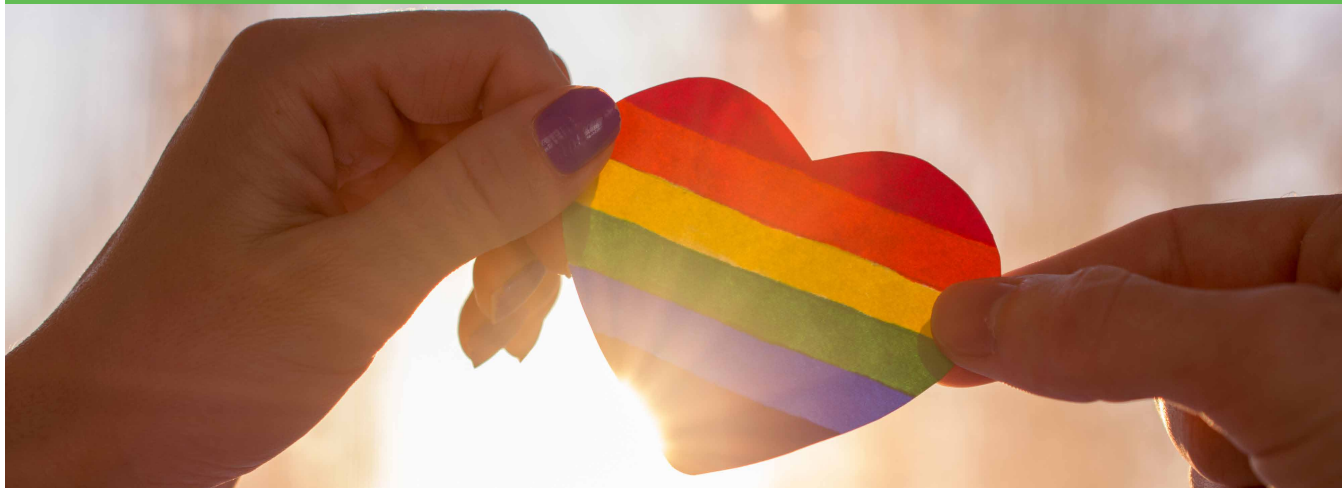
Struggles with mental health can often begin during a teenager's middle school years. Depression, anxiety, and even self-harm are becoming more common in preadolescence, and can cause a significant life disruption.

Introducing a treatment plan early on increases their chances of successfully navigating these challenges during adolescence and even long-term.

Our Tween Program addresses the unique needs of the preadolescent population. It includes Partial Care and Intensive Outpatient Programs for ages 10-13. Our 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 strategies, self-esteem building, and mindfulness, all while keeping the child's level of maturity and social development in mind.

## LGBTQ+ Track



### Treatment with Pride

Teens who identify as being part of the LGBTQ+ Community suffer from behavioral health issues at alarmingly high rates. Providing treatment that is in full alignment with their unique needs has become essential.

Our innovative, new LGBTQ+ Track focuses on the development of strategies to embrace identity, empower oneself, and find acceptance.

#### Themes

- |                              |                          |
|------------------------------|--------------------------|
| ✓ Identifying Authentic Self | ✓ Healthy Relationships  |
| ✓ Finding Community          | ✓ Trauma                 |
| ✓ Advocacy & Empowerment     | ✓ Physical Health & Care |

Within the context of this LGBTQ+ affirming environment, the inclusive track provides symptom stabilization, lifelong recovery-based skills, and medication management.

# Substance Use Programs

No two adolescents are alike. At High Focus Centers, our adolescent substance use treatment plan is customized to optimize the chances of a successful recovery by addressing the unique needs of each individual. Our initial assessment helps us determine the necessary program intensity and frequency. Family participation is a core element of the treatment process, and random drug and alcohol screenings add accountability.



## **PATH IOP Program**

*(Providing Addiction Treatment & Hope)*

Our PATH IOP Program is a traditional high intensity program for teens whose substance use has led to significant consequences.

- Intensive Outpatient Program
- After school
- 3-4 days per week



## **RISE IOP Program**

*(Risk Intervention & Substance Education)*

Our RISE IOP Program is less intensive treatment for teens whose substance use is causing continued conflict and distress.

- Intensive Outpatient Program
- After school
- 2 days per week



## **PEAK Program**

*(Promoting Education, Awareness, & Knowledge)*

Our PEAK Program is an early intervention and prevention group for higher risk youth.

- 1 group per week





## 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.



## 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

We work to remove any potential barriers to treatment access, 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 locations are discussed prior to admission.

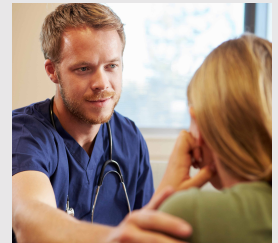
Availability is subject to change.



## ADMISSIONS

Our admissions team provides a comforting initial experience with a focus on the removal of any barriers that may affect access to appropriate treatment.

Our call center operates Monday through Friday from 7:00 am to 11:00 pm and from 9:00 am to 5:00 pm on Saturday and Sunday.









**We can help. Call us today!**  
**(800) 877-FOCUS (3628)**



Locations in NJ & CT



[highfocuscenters.com](http://highfocuscenters.com)



High Focus Centers is Joint Commission  
accredited and has been providing  
innovative clinical care since 1994.

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