



MIDDLE SCHOOL PROGRAM

Ages 10 -13

Depression, anxiety and even self-harm are becoming more common in preadolescence and can be attributed to significant life disruption. Introducing a mental health treatment plan early increases the chances of successful navigation during adolescence and long-term.

The developmentally specific curriculum of our Middle School Program addresses the unique psychosocial stressors of children ages 10-13 to help develop their self-esteem, communication skills, mindfulness and coping strategies.

Services Include:

- ✓ Partial Care program
- ✓ Intensive Outpatient Program
- ✓ “DBT-Light” Skills Training
- ✓ Psychiatric Evaluation
- ✓ Expressive Arts & Pet Therapy
- ✓ Life Skills Training
- ✓ Social Development
- ✓ Medication Monitoring

Summary of Services



	Branchburg Somerset County	Cherry Hill Camden County	Cranford Union County	Freehold Monmouth County	Lawrenceville Mercer County	Paramus Bergen County	Parsippany Morris County	Norwalk, CT Fairfield County
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Mental Health

Adult IOP/PHP	✓	✗	✓	✗	✓	✗	✓	✗
Adult Evening IOP	✓	✗					✓	
Adult Trauma-Enhanced IOP	✓		✓	✗	✓	✗		
Adult LGBTQ+ Track		✗			✓	✗		
Adolescent IOP/PHP	✓	✗	✓	✗	✓	✗	✓	✗
Middle School IOP/PHP	✓	✗	✓	✗	✓	✗	✓	✗
Adolescent LGBTQ+ Track		✗			✓	✗		

Co-Occurring

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

Substance Use

Adult PHP		✗				✗		
Adult Day IOP/PHP	✓	✗	✓			✗	✓	
Adult Evening IOP/PHP		✗	✓	✗	✓	✗	✓	
Adult OP	✓	✗	✓	✗	✓	✗	✓	
Adult LGBTQ+ Track		✗				✗		
Adolescent IOP/PHP		✗				✗		

Admissions

Monday-Friday 7:00 am to 11:00 pm
Saturday-Sunday 9:00 am to 5:00 pm



1-800-877-3628



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In-network with most commercial insurances

Locations

