

# Adolescent Outpatient Programs

## A Wide Range of Services Designed for Recovery

**Evaluation/Treatment Planning Services:** Comprehensive substance use and mental health evaluations – by trained evaluators under clinical supervision – to determine diagnosis and appropriate treatment. Written evaluations available upon request. Treatment planning services are provided by a multidisciplinary team and care is coordinated by addiction-trained staff following a wellness model.

**Psychiatric Evaluations/Medication Management:** Adolescents can receive comprehensive psychiatric evaluations and medication monitoring if needed. This service is provided by CarePlus psychiatrists and prescribers who are specialized in working with children and adolescents. These prescribers then work with program staff as a collaborative team to make sure the best overall care is provided.

**Early Intervention Program:** A 8-week program which provides education on the dangers of underage drinking, prescription drug and other drug use. The early intervention program is effective with youth who are beginning to experiment with alcohol and other drugs. The goal of the program is to provide education to assist in preventing the onset of more problematic substance use or dependent behaviors.

**Outpatient (OP) Level of Care:** Outpatient services are offered individually or within the context of a group based upon individual need and clinical recommendation. Outpatient Groups are held 1-2 times per week for a maximum of 5 hours per week. These may be combined with family and/or individual sessions.

**Intensive Outpatient (IOP) Level of Care:** IOP Services are offered 4 times per week for a maximum of 6 clinical contact hours. This LOC is all inclusive and offers group, individual, family, case conferencing, and psychiatry (medication management) services.

**Individual Psychotherapy:** The program provides individual therapy sessions to clients involved in group therapy or as a stand-alone service. Individual therapy allows the clinician to develop individualized treatment goals for each client and assist the individual in achieving those goals.

**Family Therapy:** This service allows the client's family to participate and become a part of the treatment process for the individual. The family therapy sessions are facilitated by a clinician with the family and the client present.

**Multifamily Therapy Group:** Provided weekly for clients and families to address and support each other, gain professional insight into the processes of addiction, and recovery and the role of the family. It is strongly recommended that families of clients in the program regularly attend to fully participate in the recovery process.

**Specialized Groups through CarePlus:** CarePlus offers a variety of specialized groups for adolescents that focus on particular topics (such as depression, wellness, and anxiety). These groups can be offered as a means to more fully address individual client needs.

**Urine Drug Screen Tests:** Urine drug screen tests are randomly and regularly provided to clients as a means to assess any continuing use of substances.

**Who Should Attend**  
*Adolescents up to 17 years of age, those struggling with substance use disorders and any co-occurring disorders.*

**How to Pay**  
*We participate in most major medical insurance plans, including Medicaid. We also offer a sliding scale fee based on annual income and ability to pay.*

**Location**  
*610 Valley Health Plaza  
Paramus, NJ 07514*



*Healthy minds, healthy bodies.™*

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**Children & Family Services** 17-07 Romaine Street, Fair Lawn, NJ 07410 | ph 201-797-2660

**For more information on the services offered by CarePlus, visit [www.CarePlusNJ.org](http://www.CarePlusNJ.org)**

*help is just a phone call away*