

Preferred Behavioral Health

.....of New Jersey

The RIPTIDE Program

(Reaching Individual Potential through Increasing Drug and Alcohol Education)

Program Overview

Riptide is an Adolescent Intensive Outpatient Program created to address substance use and abuse issues. It is designed to promote healthy lifestyles.

A Closer Look

When arriving at the program, youth is provided an education, time to complete schoolwork provided by their school districts, assistance with work, and an ability to develop study skills. Staff members act as liaisons with the school district in order to foster open communication, cooperation and coordination of the educational process.

Substance abuse education is an important component of the program as well. The mission is to provide education about the disease of chemical dependency, promote a chemical free lifestyle, and to encourage involvement in the twelve-step program. Youth discuss and study a variety of topics as well, pertinent to promote a healthy lifestyle such as: anger management, values clarification, health and nutrition, goal setting, decision making, problem solving, coping skills, communication, personal safety, and individual responsibility.

Riptide develops a treatment plan based on the individual needs of each youth. A comprehensive assessment is conducted before beginning the program, outlining the clinical needs of the adolescent. Through the following clinical services, participants and their families are encouraged to work toward the personal goals set forth in a treatment plan.

- ◆ Comprehensive Evaluation
- ◆ Individual Therapy, Group Therapy, & Family Therapy
- ◆ Academic Education
- ◆ Crisis Intervention
- ◆ Relapse Prevention & Support Services

Parent Groups

A monthly parent group is provided in which all parents get together with a therapist to discuss different topics and family issues.

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A Typical Day

9:00-10:30 School

10:30-11:00 Lunch

11:00-12:00 Group Topics:
Coping Skills
Substance Abuse
Anger Management
Life Skills
Problem Solving

12:10-1:10 Group Topics:
Coping Skills
Substance Abuse
Anger Management
Life Skills
Problem Solving

1:20-2:20 Group Topics:
Coping Skills
Substance Abuse
Anger Management
Life Skills
Problem Solving

2:20 Check-out/Transport

Program Schedule

Program Hours are
Monday, Tuesday, Thursday
9:00-2:20
Friday
9:00-12:30

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How to Get Started

Referrals are accepted from:

DCP&P, EAP's, Insurance Companies, Parole, Probation, Psychologists, SACS, Schools, Self-Referrals, Substance Abuse Programs, Treatment Agencies, Social Service Agencies, etc.

Riptide is located at:

**591 Lakehurst Rd.
Toms River, NJ 08755**

Contact Information:

**Phone: 732-367-1710
Fax: 732-367-7422**