

Stress Care of New Jersey

Stress Care is licensed by The State of New Jersey for Outpatient behavioral health and addiction treatment. We are accredited by The Joint Commission and certified by Medicare and Medicaid.

All prescribers and other staff are licensed by the State of New Jersey and provide high quality behavioral health and addiction services in a caring and confidential setting.

All programs work with a multi-disciplinary team to provide consumers' evaluations and medication monitoring on site.

We deliver treatment for all consumers of all ages.

OUR MISSION

To build healthy, stress-free lives and safe communities through the delivery of effective and accessible integrated patient-centered care.



HOURS OF OPERATION:

Monday-Friday: 9am-9pm

Saturday: 9am-4pm

Programs and services are fully covered by Medicare, Medicaid, and all major insurances.

Our office is handicap accessible.

To obtain more information about our services and availability, Visit Online:

www.Stresscareclinic.com

or call 732-679-4500

Locations:

500 Park Avenue
Manalapan, NJ 07726

4122 Route 516
Matawan, NJ 07747

61 Veronica Avenue
Somerset, NJ 08873

111 W Water Street
Toms River, NJ 08753

Stress Care of New Jersey

Live

Relax

Enjoy



Tel: (732) 679-4500

www.stresscareclinic.com

OUTPATIENT SERVICES CLINIC

Stress Care provides diverse, culturally competent, and high quality mental health and addiction treatment for adolescents, adults and the elderly.

Services include

- Psychiatric evaluation
- Medication management
- Individual therapy
- Marriage counseling
- Family therapy
- Group therapy
- Addiction treatment services
- Child/ Adolescent counseling
- Grief counseling

BEHAVIORAL HEALTH HOME (BHH)

BHH works with you and your current support system, to provide assistance for your mental health and medical health care needs and improve your daily living skills and overall quality of life; with personalized coaching, so you can achieve your life goals. If you are in need of help with finances, housing services, finding medical treatment provider, or any social services, your BHH team will be here working with you to find a solution. To schedule an appointment, you may call 732-679-4500 ext. 239.

INTENSIVE OUTPATIENT PROGRAM (IOP)

IOP is comprehensive treatment to increase stabilization and healthy living.

Available schedules are:

9:30am-12:45pm Monday-Friday

5:30pm – 8:30pm Monday-Friday

3 days of attendance per week is required.

IOP is considered an intermediate level of care between PHP and outpatient services.

Services included

- Initial interview
- Psychiatric evaluation
- Weekly Individual Counseling
- Medication management/education
- Suboxone treatment if necessary
- Substance use screening/treatment if applicable
- Group and Individual counseling
- Family Support Group
- Case management services

PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP is comprehensive treatment for the stabilization of symptoms and prevention of hospitalization.

9:30am-3:30pm Monday-Friday

Free lunch provided on site daily

PHP is group therapy treatment with weekly individual and family counseling and weekly medication management by psychiatrist.

ADOLESCENT INTENSIVE OUTPATIENT PROGRAM (AIOP)

(Known as **Dream Catchers**)

AIOP offers a supportive and safe environment to explore issues unique to adolescents, **ages 12-18**, as they transition into young adulthood. AIOP provides professional services for those who experience mental health problems and substance use issues which significantly interfere at school, at home, or with peers.

Program operates 4 days per week.
Mondays, Tuesdays, Thursdays and Fridays

available from **3:30pm-6:45pm**.

Family Night Event is offered weekly for support and education concerning diagnosis and ways to effectively support their loved ones.

Services Included

- Psychiatric evaluation
- Medication management
- Individualized treatment planning
- Group therapy
- Individual counseling
- Family counseling
- Substance use screening/ treatment on site if applicable
- Case coordinated management services

TO MAKE AN APPOINTMENT

To schedule an intake appointment or inquire about the services, please call 732-679-4500.