

## OUR MISSION

We seek to help our consumers build healthy and stress-free lives and safe communities through the delivery of effective and accessible behavioral and mental health care and related services. Our goal is to promote emotional and physical wellbeing for both individuals and families, through the provision of culturally and linguistically-sensitive outpatient diagnostic and treatment services utilizing Wellness and Recovery principles.

## ABOUT STRESS CARE

Stress Care is licensed by the State of New Jersey and is fully accredited by The Joint Commission.

Stress Care offers Mental Health and outpatient treatment services for adolescents and adults.

## ELIGIBILITY REQUIREMENTS

Dream Catchers is a program for adolescents aged 12 to 18 years of age.

For Mental Health IOP, adolescents must have a mental health diagnosis along with behavioral and emotional difficulties that are negatively impacting daily functioning at home, at school, and in social settings. For Substance IOP adolescents must display addictive behaviors or a substance abuse diagnosis that is impacting daily functioning,

Specialty areas include but are not limited to school avoidance, trauma, anxiety, depression and addiction (i.e. marijuana, alcohol, etc.)

## Stress Care of New Jersey

# Dream Catchers

### *Office Hours:*

***Monday - Friday: 9:00am -  
9:00pm***

Stress Care of New Jersey  
Phone (732) 679-4500  
Fax (732) 679-4549

4122 Route 516  
Matawan, NJ 07747  
Ext 8120

500 Park Avenue  
Manalapan, NJ 07726  
Ext 8220

**WE WILL HELP YOU CATCH  
YOUR DREAMS**

## Stress Care of New Jersey



## Adolescent Intensive Outpatient Program



**WE WILL HELP YOU CATCH  
YOUR DREAMS**

## **SUBSTANCE ADOLESCENT INTENSIVE OUTPATIENT PROGRAM**

Our program is aimed to help adolescents who suffer from substance use disorder or other addictions. Adolescents aged 12-18 years old to recover from substance use disorder and other addictive behaviors such as eating disorders, gambling, drinking or smoking and internet dependency, etc. Our goal is to help adolescents be able to cope with daily stressors and stay in school. We also aim to improve teens emotional stability, relationships, understand and overcome addiction, and be able to better function at school and home.

## **MENTAL HEALTH ADOLESCENT INTENSIVE OUTPATIENT SERVICES**

Our program is aimed to promote emotional and physical well-being for adolescents. All adolescents aged 12-18 years old must have a mental health diagnosis along with behavioral and emotional difficulties that are impacting daily functioning at home, school and social settings. Specialty areas include but are not limited to school avoidance, trauma, anxiety, and depression.

## **PROGRAM SCHEDULE**

3:30pm-4:00pm: "Check-In"  
4:00pm-5:00pm: "Process Group"  
5:00pm-5:15pm: "Break"  
5:15pm-6:15pm: "Psycho-Education/Skill Building Group"  
6:15pm-6:45pm: "Check out"

## **PROGRAM DETAILS**

The program provides a comprehensive treatment, including group therapy, individual therapy, family support, medication management, care coordination with school and other providers.

Dream Catchers runs on Mondays, Tuesdays, Thursdays, and Fridays from 3:30pm to 6:45pm.

Program works with a psychiatrist who provides medication monitoring on site.

Family participation is required in the weekly Family Night Events. Additionally, individual family sessions are offered to address family needs.

Average length of treatment is 12 weeks, but varies by individual circumstance.

Intake appointments are conducted upon entrance into program.

Program is run and supervised by NJ state licensed professional staff.



## **PAYMENT METHODS**

Stress Care of NJ accepts all major insurance carriers, as well as Medicaid and obtains the authorizations necessary for participation in the program. There may be other options available based on eligibility or financial situation, call for further details.

## **TRANSPORTATION**

Transportation may be provided throughout many locations in Monmouth and Middlesex Counties. Please call for further details to inquire.

## **AFTERCARE CLINIC SERVICES**

To promote continuity of care, clients can transition from IOP to Outpatient level of care within the same building upon meeting their treatment goals.

Applicable outpatient services include: Individual Therapy, Family Therapy, Medication Management, and Group Therapy.

Adolescent Groups offered in the Clinic  
1x per week

## **TO MAKE AN APPOINTMENT**

To schedule an intake appointment or inquire about the services, please call 732-679-4500, press 1 for Matawan or 2 for Manalapan.

## Stress Care of New Jersey

Stress Care is licensed by the State of New Jersey, Division of Mental Health and Addiction Services (DMHAS), certified by Medicare *for mental health and substance use outpatient treatment* and accredited by the Joint Commission (JHACO).

All prescribers and other professional 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 licensed prescribers who provide consumers' evaluations and medication monitoring on site.



## HOURS OF OPERATION:

Monday-Friday: 9am-9pm



All programs and services are covered by Medicare & other major insurances. We accept Medicaid for all services.

Transportation is available.

*Our office is handicap accessible.*

To obtain more information about our services and availability

Email us at:

**[www.stresscareclinic.com](http://www.stresscareclinic.com)**

Call us at:

**732-679-4500**

Visit us at:

**Matawan Office**

4122 Route 516

Matawan, NJ 07747

Ext. 1

**Manalapan Office**

500 Park Ave

Manalapan, NJ 07726

Ext. 2

## Stress Care of New Jersey

### *Intensive Outpatient Program (IOP)*



**Tel: (732) 679-4500**

**Fax: (732) 679-4549**

**[www.stresscareclinic.com](http://www.stresscareclinic.com)**

## OUR MISSION

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

## OUR VISION

Our vision is to promote emotional and physical well-being for both individuals and families, through the provision of culturally and linguistically-sensitive outpatient diagnostic and treatment services.

### Services include

- \* Initial interview
- \* Psychiatric evaluation
- \* Medication management
- \* Individual therapy
- \* Couples therapy
- \* Family therapy
- \* Group therapy
- \* Addiction treatment services
- \* Family support group
- \* Case management services

## INTENSIVE OUTPATIENT PROGRAM (IOP)

*FOR MENTAL HEALTH AND/OR  
SUBSTANCE USE TREATMENT*

IOP allows consumers to stabilize their mental health symptoms and addiction treatment to help return to independent daily functioning. The setting, which combines group, individual and family therapy provides flexibility in addressing any presenting problems. Individuals struggling with issues such as depression, anxiety, addiction, trauma and anger management will learn skills to manage their symptoms, reengage in the community and achieve personal goals. Participation in the program allows consumers to improve relationships, resolve personal conflicts and learn how to cope with stressful situations.

Available schedules are:

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

or

**5:30pm-8:45pm Monday-Friday**

where three days of attendance per week is your choice.

**Family support group is offered weekly.**  
The format of the group is to provide education and support.

IOP allows consumers to get treatment while maintaining their daily schedule.

## TOPICS INCLUDE:

- \* Problem solving and coping skills
- \* Identifying and managing symptoms
- \* Identifying triggers
- \* Anger and stress management
- \* Improving relationship and resolving interpersonal conflicts
- \* Learning how to manage life's stressful situations
- \* Coping with grief and trauma
- \* Overcoming addictions
- \* Developing a reliable support system
- \* Relapse prevention and maintenance
- \* Dealing with work related stress
- \* Wellness and recovery

Promote your personal and professional growth and learn how to enjoy your own life.



## Our Consumers

Discover and

Gain...

*Wellness*

*Hope*

*Personal*

*Responsibility*

*Education*

*Self-advocacy*

*Support*



## HOURS OF OPERATION:

Monday-Friday: 9am-9pm



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## Stress Care of

New Jersey

*Partial*

*Hospitalization*

*Program*

*(PHP)*



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All programs work with licensed prescribers who provide consumers' evaluations and medication monitoring on site.

## PARTIAL HOSPITALIZATION PROGRAM (PHP) ADULTS ONLY *FOR MENTAL HEALTH AND/OR SUBSTANCE USE TREATMENT*

### PROGRAM DETAILS

**Program operates 9:30AM – 3:30 PM.**

**5 days of attendance per week is expected to maximize treatment outcomes.**

Monday through Friday. Free lunch is provided on site daily.

Our program can help consumers make a smooth transition following inpatient care or can help consumers when standard outpatient therapy is not enough. Our program works with a licensed prescriber, who provides weekly medication monitoring on site, as well as medication counseling and education.

Consumers are assigned to individual counselors to provide weekly individual therapy sessions, individual family sessions as needed, and ongoing case management services. Clinicians develop individualized treatment plans with the consumers to meet their immediate needs and stabilize their symptoms.

Average length of treatment is 4-6 weeks, but varies by medical necessity and individual needs.

**Family support group is offered weekly.**

The format of the group is to provide education and support to the families, working together toward family unity.

Initial evaluation is conducted upon entrance into program. Drug testing is provided on

## TOPICS INCLUDED

- \* Coping Skills
- \* Grief and Loss
- \* Overcoming Negative Thoughts
- \* Identifying and Managing Symptoms of Illness
- \* Assertive Communication
- \* Emotion Regulation
- \* Wellness and Recovery
- \* Family Issues/Relationships
- \* External and Internal Triggers
- \* Prevocational Skills Training
- \* Health and Wellness Training
- \* Relapse Prevention Training
- \* Discover Steps of Recovery
- \* Coping with Social Urges and How to Say No
- \* Medication Management weekly or as needed
- \* Addiction Recovery for Substance Use Treatment
- \* Suboxone Treatment for Substance Use Treatment only

