



Integrated Care Concepts & Consultation

## **INTEGRATED ADOLESCENCE**

### **IOP/PHP PROGRAM**



*Growing into your possible*



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## INTEGRATED ADOLESCENCE

### IOP/PHP PROGRAM

The IOP/PHP program is a new offering from the premier Mind Body practice that has been providing a comprehensive Integrated Mental Health treatment model for fourteen years at four locations in New Jersey.

We are innovating the mental health treatment of teenagers experiencing anxiety, depression and those recovering from trauma. Our program provides two levels of care depending on the need of the adolescent and their family. Intensive Out-Patient (IOP) or Partial Hospitalization Programming (PHP).

**An Application to Join:** The composition and capacity of the respective programs are foundational forces in the effectiveness of treatment. The teens (High School Age) enrolled in the programs will be assessed for appropriateness of not only their presenting concerns but also their prospective impact on the group functioning. Maintaining a group with members who have similarly aligned concerns enhances outcomes.

**Small Group Size:** The total number of teens per program track will be capped at 10 teens to ensure a high staff to client ratio. Relationships drive outcomes, in keeping groups small everyone gets the attention they need.

**We provide a sanctuary for youth** – a safe and secure place where youth can share the challenges and joys of their journey and create a community.

**Mind/Body Skills Training:** The goal is to help the adolescent develop a toolbox of approaches and skills to support them throughout their recovery and their entire lives. Over the course of their involvement in the program, the adolescent and their family will be able to create their personalized Mindfulness Toolbox® including:

- Therapeutic yoga
- Meditation
- Breath work
- Eco therapy
- Art therapy
- Aromatherapy
- Emotional freedom technique
- iRest yoga
- DBT

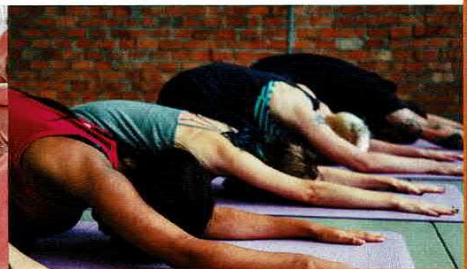
**Family Centered** – The parents and the family are a core feature of the program. Active and consistent involvement by parents and caregivers is a requirement for the adolescent to be enrolled in programming.

#### Program Includes:

- Biopsychosocial evaluation
- Family Care Planning
- Psychiatric evaluations
- Follow up psychiatric appointments if indicated
- Individual, group and family sessions
- Life skills development

Program days are Tuesday through Saturday. Saturday programming is a blend of on site activities and experiential outings. Tuesday – Friday 2pm-7pm, Saturday – 11-2pm.

**Transportation** from youth's school to our Eatontown center is provided at a nominal fee.



**We Accept Most Insurance!**