

# Integrated Adolescence

## PHP/IOP Program for Teens

**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.**

**Partial Hospitalization Program is Monday through Friday 9:00 am to 3:00 pm.  
Academic support is available for PHP clients.**

**Intensive Outpatient Program is Monday through Thursday 3:00 to 6:00 pm.**



### Mind/Body Skills Training

**Our goal is to help your adolescent develop a toolbox of approaches and skills to support them throughout their recovery and their entire lives.**

- iRest Yoga
- Emotional Freedom Technique
- Dialectical Behavior Therapy
- Breathwork
- Art Therapy

- Therapeutic Yoga
- Meditation
- Aromatherapy
- Ecotherapy

**Now in-network with Blue Cross Blue Shield, Optum and its subsidiaries United Health Care, United Behavioral Health and Oxford.**



**BlueCross.  
BlueShield.**

**Optum**

[www.https://integratedcareconcepts.com/service/the-integrated-adolescence-program/](https://integratedcareconcepts.com/service/the-integrated-adolescence-program/)



Integrated Care Concepts & Consultation  
**INTEGRATED ADOLESCENCE**

**To help your teen today, please call  
Raphaella Rodrigues at  
732-389-0697 ext. 810**

**Located at:**  
**1 Radar Way  
Tinton Falls, NJ 07724**