

# OUR PROGRAMS



At Relevance Recovery, we believe the key to successful recovery is a combination of individualized treatment, integrative medicine, and long term relapse prevention. Our program offers a unique, holistic, multidisciplinary, and integrative approach.

## PARTIAL CARE

- 5 Days a Week
- Weekly Visits with Medical Team
- Weekly Massage Therapy
- Individual Case Management
- Family Therapy

## INTENSIVE OUTPATIENT

- 3-5 Days a Week
- Weekly Visits with Medical Team
- Weekly Massage Therapy
- Individual Case Management
- Family Therapy

## OUTPATIENT

- Traditional One on One Therapy
- Groups 1 Day a Week (Optional)
- Individual Sessions as Needed
- Medication & MAT Services

- Flexible programs offered for both Mental Health & Substance Abuse tracks.
- Master's level clinicians trained in PTSD/Trauma, DBT, Addictions, and more.
- Bio-psychosocial and Psychiatric evaluation completed within three days of admittance.
- Medical Doctor to provide a full physical history and assessment of all clients.
- Weekly individual counseling and group counseling 3-5 times per week.
- Massage therapy, spiritual advisor, equine therapy as desired.
- Family involvement and wrap around care.
- Supportive housing options available.
- Treatment options for First Responders & PTSD
- Case management services to assist with disability paperwork, FMLA, etc.

*All clinical treatment recommendations are made on a case by case basis, and are determined by the clinical team upon intake, as well as on an ongoing basis throughout treatment.*

# ADOLESCENT PROGRAM



## After-School Intensive Outpatient Program

- 3-Days a Week
- 3:30 - 6:30pm
- 8-12 Week Curriculum

The Relevance Adolescent Intensive Outpatient Program (IOP) is an after-school treatment program offering structured therapeutic activities for youth. This program offers a comprehensive range of services to address the individual needs of teens. IOP is available three days per week and is provided to the extent required by each youth according to their individual treatment plan. Our programs aim to help youth/children struggling with various issues such as anxiety, depression, defiance, anger, bipolar and more. Additionally, there is a separate and distinct treatment track specifically for those struggling with substance use disorders.

The curriculum is DBT based and operates off of a strict DBT workbook, that will be followed throughout treatment.

The workbook topics are as follows:

- Boundaries and Relationships
- Emotion Regulation/Mindfulness
- PTSD/ Trauma Skills
- Anxiety Management/ Anger Management
- Goal Setting
- Self Care
- Communication and Accountability
- Life Skills



SCAN TO LEARN MORE



# OUR STORY

*Changing Lives Since 2012*



Daniel Regan, as his colleagues call him, 'The Recovery Gandhi', has transformed the system of mental health and substance abuse treatment.

When the traditional system failed him, Daniel fought hard with the support of his mother, Lynn, to create a continuum of care that would be financially accessible to anyone who needed help.

Daniel believes strongly in extended aftercare, peer & clinical support, integrative therapies, individualized care, inspiring with passion, and providing people with multiple pathways and opportunities to find recovery.

At HealingUS, we believe in the 'infection' of addiction and mental health issues. We recognize that these issues stem from one or multiple root causes which imbalance one's life resulting in a need to relieve the suffering. These root causes are chemical imbalances, unresolved trauma, a belief system or perspective that is working against you, and the inability to cope with current conditions.

These causes are the reason addiction and mental health issues take hold of someone's life, however, it is usually a symptom of a deeper root cause. We believe that these root causes are treatable and manageable with the right care.



 [WWW.RELEVANCERECOVERY.COM](http://WWW.RELEVANCERECOVERY.COM)

 61 W. MAIN ST. FREEHOLD, NJ

**732-702-2242**

*We're here for you, 24/7*

# AFTERCARE

*Proudly partnered with CFC Loud N Clear Foundation 501c3*

*When you come out of rehab where do you go?  
What do you do in this new sober lifestyle to have fun?  
How do you rebuild your life, heal your relationships, and start new?*

**CFC was founded to answer these questions.**

CFC's addiction recovery nonprofit is committed to helping individuals and families struggling with addiction find, maintain, and strengthen their recovery through peer-based support programs and an all-encompassing recovery community.

Using a multiple pathways approach and strong accountability system, CFC's programs are designed to rebuild lives from the ground up and inspire each member to achieve long term recovery.

**The majority of Relevance clients who discharge to CFC remain in the HealingUS Continuum of Care for 18 months and find long term recovery.**



## Programs Include -

- Peer Support & Peer Case Management
- Daily Recovery Support Groups
- Sober Social Activities
- Volunteer Activities
- Recovery Retreats
- Career & Employment Assistance
- Family Support Groups
- A Sober Community
- & So Much More.

**LEARN MORE**  
[HealingUS.org](http://HealingUS.org)

# LGBTQ+



*You Are Relevant*

*Specialized, compassionate addiction and mental health treatment for the LGBTQIA+ Community.*

We believe that anyone seeking help should feel safe, supported, and comfortable at all stages of their treatment. At Relevance Recovery, our providers understand the social, emotional, and personal challenges you may encounter as you begin recovery. We are here to provide the support and guidance you need.

Studies show that 30% of LGBTQIA+ youth under age eighteen have the symptoms of at least one substance use disorder. Many who identify as LGBTQIA+ experience higher stress levels, discrimination, and other challenges specific to community members. Our adult and adolescent programs are designed to address these needs and offer an all-inclusive community.

At Relevance, you can expect compassionate, skilled, and evidence-based treatment programs that protect and focus on your psychological and spiritual well-being.

# FIRST RESPONDERS



*Specialized, compassionate addiction and mental health treatment for First Responders.*

First Responders are some of the first to step on the scene of the most dangerous, emotionally challenging, and demanding situations. They are the first to interact with those needing life support, immediate care, and urgent medical assistance. They also witness the aftermath of a crime, disaster, and loss of life.

The significant benefit of attending a first responder geared program is participating in treatment with others who are part of the same profession and share many of the same struggles.

Relevance's *First Responder Program* utilizes therapeutic techniques such as DBT, CBT, and other modalities to address PTSD symptoms and teach coping mechanisms. Many first responders make poor patients. They are used to being the person who helps, not the person being helped. Let us help you. You are relevant, and we are here for you.

# HOUSING

*Partnered with B Houses - Monmouth & Ocean County, NJ*

B House Sober Living was created to serve the community by providing an exceptional sober living environment above industry standards for individuals making a transition from addiction to recovery.

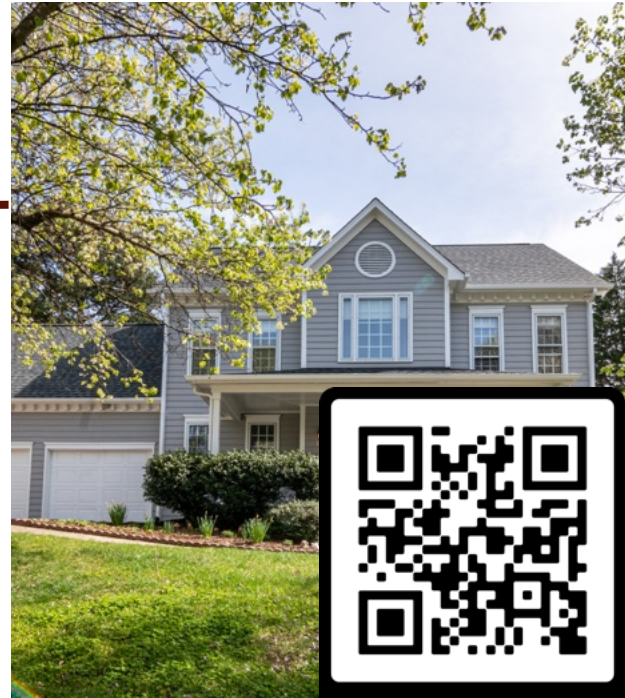
Housing available for men and women in Monmouth and Ocean County, New Jersey.

We encourage and assist residents to become and remain financially self-sufficient through gainful employment.

- Career & Education Program
- Accountability Monitoring
- Multiple Pathway Meetings
- Life Skills Programs
- Sober Social Community

We provide safe, sober and affordable housing for men and women desiring to stop using drugs and alcohol and make a transition from addiction to recovery.

- Security cameras and key pad entry
- Weekly Laboratory Drug Testing
- Recovery Coaches on call
- Peer Leadership & Support



**SCAN TO APPLY & LEARN MORE**

**SCAN ME**