

Young Adult Program



Transitioning from adolescence to young adulthood can cause stress related to living at home or alone, attending college, searching for a job, entering the workforce, leaving old friends, and forming new relationships. These

struggles can hinder a young adult's ability to function independently which can trigger problems with substance abuse and/or mental health problems.

Princeton House Behavioral Health's Young Adult Program offers partial hospital and intensive outpatient treatment services to meet the unique needs of young men and women between the ages of 18 and mid-20s. This age group is at the center of our nation's current epidemic of addiction to opiate prescription pain relief medications and heroin. Our program addresses both the mental health and substance abuse issues of young adults.

This program is covered by most insurance plans, including Medicaid and TRICARE.

Transportation may be available for partial hospital and intensive outpatient programs. Please check with the individual site regarding pick-up coverage and availability.

Licensed by The State of New Jersey.

Penn Medicine Princeton Medical Center and the clinical units of Penn Medicine Princeton Health are accredited by The Joint Commission.



Penn Medicine
Princeton House Behavioral Health

Young Adult Program



princetonhouse.org

Outpatient
888.437.1610

Princeton

741 Mt. Lucas Rd.
Princeton, NJ 08540

Hamilton

300 Clocktower Dr., Suite 101
Hamilton, NJ 08690
(Intersection of Yardville-Hamilton Sq.
and Kuser Roads)

North Brunswick

1460 Livingston Ave., Building 100
North Brunswick, NJ 08902

Moorestown

351 New Albany Rd.
Moorestown, NJ 08057

Eatontown

615 Hope Rd.
Victoria Plaza, Building B1
Eatontown, NJ 07724



Penn Medicine
Princeton House Behavioral Health



EQUITABLE CARE FOR ALL

At Penn Medicine Princeton Health all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.

Penn Medicine Princeton Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490.

请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。

Princeton
Hamilton
North Brunswick
Moorestown
Eatontown

Partial Hospital
Intensive Outpatient



Why a Young Adult Program?

Young adults tend to have better treatment outcomes in programs tailored to their unique needs because their life experiences and stressors are significantly different from those of adults outside their age group. Princeton House's Young Adult Program is structured around group therapy. Family involvement is important.

Patients interact specifically with their peers, who, like themselves, are seeking to learn new ways to manage their mental health and put addiction behind them as they learn to assert their independence, transition into adulthood, and prevent future relapse.

Young adults in our outpatient program attend either a Partial Hospital Program (PHP) five days per week or an Intensive Outpatient Program (IOP) three half-days per week. Individuals receiving these services are impacted primarily by mental health and some substance abuse issues that have negatively affected their sense of well-being and overall functioning. We work closely and collaboratively with patients' schools, colleges, and universities.

OUTPATIENT

*Princeton
Hamilton
North Brunswick
Moorestown
Eatontown*

Within our outpatient program, young adults learn to:

- build self-esteem and self-confidence
- develop healthy, adaptive coping skills in response to triggers
- create life goals
- foster independence
- maintain medication therapy
- watch for warning signs and symptoms
- seek connections to mental health/social supports
- interact positively with family

The Young Adult Program features:

- A curriculum that focuses on age-appropriate topics for young men and women between the ages of 18 and mid-20s
- Individualized personal assessment and treatment plan to avoid future relapse
- Groups specializing in topics such as school, work, relationships, substance abuse, and other issues facing young adults today
- Collaboration with schools, colleges, and universities

Treatment modalities

- Group therapy that includes coping and life-skills training and creative arts therapy
- Family involvement, including individual- and multi-family educational groups
- Medication monitoring by psychiatrists, advanced practice nurses, and registered nurses (RNs)
- Random drug screens and laboratory testing are used as therapeutic tools in monitoring sobriety
- Referrals for post-hospitalization treatment and continuing care

