

MISSION STATEMENT

*"It is not what is wrong with you,
it is just Adolescence"*

Between childhood and adulthood there is the winding steep passage named Adolescence. It is full of bumps, sharp turns and rough patches when you are asked all the hard questions, ones you don't have answers for and it can make you anxious, often depressed and even angry and irritable.

Take a breath. Feel your feet on the ground and get some balance. You are not broken or crazy. Adolescence is a path that is supposed to challenge us. It is part of the human experience. It is designed to provide us with a time to consider who we are and the type of life we want to have. There are no shortcuts from childhood to adulthood, no softer nor easier path. We all go through this challenging passage. While we felt alone at times on this path, we are all connected through this shared experience and are here to support your growing into your possible.

We believe in the symmetry that young people keep old people seeing the possible, and old people keep young people alive to make it happen.

*"If Adolescence was easy so many adults
wouldn't be so old"*— Larry Thompson

*"Practicing (therapeutic yoga) has
helped me relieve stress and anger...
my mind is quieter now"*

*"I was lost before
I came here, and
now I'm starting
to find myself"*

*"I wouldn't hesitate
to refer anyone to
this place"*



Integrated Care Concepts & Consultation
INTEGRATED CONSULTATION

(732)-389-0697 ext. 889
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IOP/PHP PROGRAM

*Growing
into
your
possible*



INTEGRATED CARE CONCEPTS & CONSULTATION AND INTEGRATED CONSULTING

The Integrated Adolescence IOP/PHP

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

We are innovating the mental health treatment of teenagers who are experiencing anxiety, depression or who are 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 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.

Don't hesitate to start the healing journey today!

Call or email for more information and to schedule an interview.

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We Accept Most Insurance!