

We Work With Most Major Insurance

Interested in entering the after-school outpatient program at Relevance Behavioral Health? Your health insurance plan may cover all, or at least some, of your teen's treatment at our facility!

To save time on your initial phone call with one of our admissions counselors, you're invited to verify your insurance benefits with our free secure admissions form available on our website.



Humana

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RELEVANCE

Adolescent & Teen
Mental Health & Substance Abuse
Treatment



You Are Relevant.

Admissions ☎ 1-866-912-2965

🔍 www.relevancerecovery.com

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61 W. Main Street
Freehold, NJ 07728
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After-School Program



The Relevance Intensive Outpatient Program (IOP) is an afterschool treatment program offering structured therapeutic activities for youth. Our program offers a comprehensive range of services to address the individual needs of youth.

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 tract specifically for those youth struggling with substance use disorders.

Our multidisciplinary approach allows us to reach these adolescents more thoroughly, leading to widespread change in areas such as self-esteem, behavioral issues and family dynamics. Utilizing a multidisciplinary approach, including Trauma Focused CBT (Cognitive Behavior Therapy), DBT (Dialectical Behavior Therapy), and other theoretical approaches, we are able to provide an evidenced based treatment for youth/children who struggle with many symptoms of mental illness, particularly self-harm, and suicidality as well as emotional dysregulation and difficulty tolerating crisis.

We are Relevance.

Relevance is rooted in an authentic, multiple pathway philosophy – attached to an award winning **outpatient mental health treatment program for teens & adolescents** – that ensures long term, affordable care for all clients. We treat the core issues that lead to mental illness and provide healing to **teens and adolescents from 13-18**.

Trusted By Many

Relevance believes that recovery is not a ‘one size fits all’ solution. Our staff of Master’s Level Clinicians utilize the best evidence based practices to create an individualized recovery plan for each client. Our state of the art facilities, program modalities, and therapeutic treatments are fully accredited and offer comfort and safety to clients of all demographic backgrounds.



Program Highlights:

-  Accredited & Licensed
-  Trauma-Focused
-  Recreational Therapies
-  Centrally Located
-  Family Support
-  Alumni Program