

# ABOUT US

The Counseling Center is an outpatient treatment center offering an Intensive Outpatient Program (IOP) to help people recover from substance abuse and cope with mental illness.

Programs at The Counseling Center provide evidence-based methods that combine substance abuse treatment with principles of the 12-steps.

Treatment is individualized and designed to teach the necessary skills to live a clean, sober and productive life.

“When the past calls, let it go to voicemail. Believe me; it has nothing new to say.”



## LOCATIONS

Clark, NJ  
Cherry Hill, NJ  
Freehold, NJ  
Fair Lawn, NJ  
Middlesex, NJ  
Millbury, MA  
Monmouth Junction, NJ  
Roxbury, NJ  
Toms River, NJ  
West Caldwell, NJ  
Yorktown Heights, NY

To schedule an appointment  
or clinical assessment, please call:

Kristin Calderon  
646-400-2294

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# CLINICAL EVALUATIONS & DRUG SCREENING

**Biopsychosocial Assessment:** The Counseling Center conducts an assessment to develop an individualized treatment plan that meets the specific needs and goals of the client. In some cases, additional referrals are made for appropriate ancillary services.

**Urinalysis:** All clients participating in one of our programs will be given random urine screens over the course of their treatment. Results of this test are used for ongoing treatment recommendations and used to assist our staff in making the most appropriate treatment plan.

Upon completion of the IOP, clients work with their therapist to develop a comprehensive discharge plan to address their ongoing treatment needs.

## SERVICES OFFERED

- Day & Evening Programs
- Mental Health Counseling
- Clinical Assessments
- Family Counseling
- Weekly Family Night
- Family Interventions



### WEEKLY FAMILY NIGHT

Our weekly family nights are candid, open discussions on how to interact, engage, support, and communicate with loved ones in recovery.

“Recovery is about progression, not perfection.”

## INTENSIVE OUTPATIENT PROGRAM

The Counseling Center's IOP is for individuals who are struggling with remaining abstinent from drugs and alcohol. Clients are assigned an individual therapist whom they meet with weekly during the course of their treatment.

Our flexible programs allow clients to attend either day or evening sessions, to participate in treatment with minimal interruption to their work and family life. The focus of the IOP is to provide our clients with the skills necessary to live a sober and productive life in a non-restrictive setting.

### PROGRAM & TREATMENT FOCUSES:

- Post-acute Withdrawal Syndrome (PAWS)
- Relapse Prevention Skills
- Craving Management
- Addiction Education
- Progression of the Disease of Addiction
- Spirituality
- Life Transitions
- Co-occurring Disorders
- Depression/Anxiety
- Anger/Stress Management
- Self-discovery
- Co-dependency
- 12 Step Recovery
- Compulsive Behaviors