

The Rutgers University Behavioral Health Care Adult Acute Partial Hospital Program offers daily group-based recovery oriented treatment, support and case management services for people coping with the challenges of mental illness which may also include addiction or substance use.

Our mission is to provide quality person-centered evidence-based services designed to assist individuals with pursuing greater life satisfaction, enhanced functioning and personal goal attainment.



For immediate admission to the
Adult Acute Partial Hospital Program,
please call 1-800-969-5300.

Locations

183 South Orange Avenue
Newark, NJ 07103
973-972-5479

4326 Route 1 North
Monmouth Junction, NJ 08852
732-235-5910

Hours of Operation

Monday through Friday
9:00 a.m. to 3:30 p.m.

We provide a free lunch

Transportation may be available

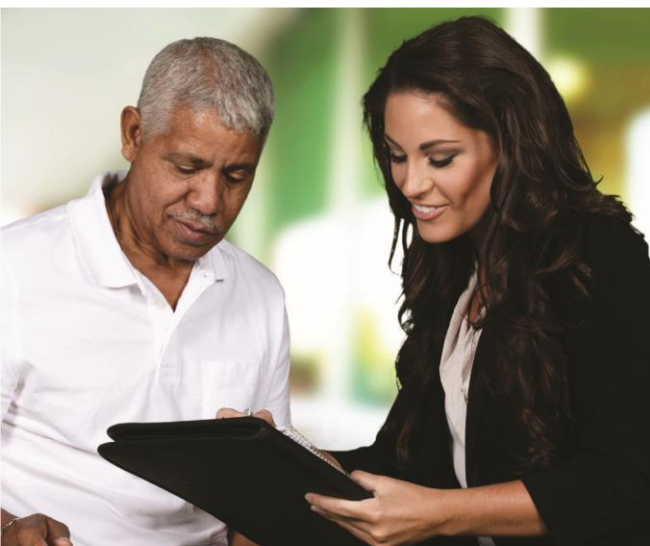


Adult Acute Partial Hospital Program

Serving all of Essex and
Middlesex County

A Team of Caring Professionals

Our clinical team includes psychiatrists, advanced practice nurses, licensed clinicians, case managers and nursing professionals. Using a multidisciplinary approach enables us to see and treat the whole individual and coordinate care with their external medical providers. A wide variety of therapeutic and holistic interventions are offered.



"I learn so much in the groups, including different skills to help me deal with my illness."

"I don't feel so alone or helpless anymore. The staff helped me see that I can get through this."

— Adult Acute Partial Hospital individuals

1. Evidence-Based Interventions

APH services include Dialectical Behavioral Therapy (DBT) informed treatment, Cognitive Behavioral Therapy (CBT), Illness Management & Recovery (IMR), and the development of a personalized Wellness and Recovery Action Plan (WRAP). If indicated, individuals are offered trauma-informed services and addiction/substance use (Co-Occurring) services.

2. Individualized Treatment

Each individual works with a multidisciplinary clinical team to develop an individualized treatment plan. Medication management and case management services are key to the recovery plan.

3. Group and Individual Therapy

Each participant will be guided and supported in developing a broad set of critical life skills that are based on the principles of DBT. Our clinical services emphasize empowerment and promote autonomy, self-reliance and wellness.

4. A Holistic Approach

Individuals have an opportunity to thrive in a well-rounded therapeutic environment where skilled clinicians utilize a variety of modalities which may include art, music, movement and mindfulness.

5. Care Coordination

The treatment team will help facilitate a smooth transition to the individual's next provider.



Why Choose Us?

The Adult Acute Partial Hospital Program provides individualized treatments, which include:

- Dialectical Behavioral Therapy (DBT) Skill Building
- Cognitive Behavioral Therapy (CBT)
- Mindfulness Training
- Weekly Individual Sessions
- Medication Management & Counseling
- Case Management / Linkage to Community Resources
- Coping / Social / Relationship Skill Building
- Trauma Informed Services
- Co-Occurring Services
- Education and Support for Family
- Coordination with Medical Providers

Admission to the Program

We accept and welcome referrals from multiple sources including screening centers, emergency rooms, hospitals, clinics, and private practices. We accept Medicaid and most commercial insurances.

For immediate admission contact:
1-800-969-5300