

## Mission

The mission at Hunterdon Behavioral Health is to ensure that our community receives high-quality, comprehensive mental health and addiction services.

### How do we do that?

Our staff of clinical and professional providers is committed to making the most of the emotional and behavioral function of every patient who seeks our help.

For more information about Behavioral Health, contact your family physician for a referral, or call toll-free 1-866-HBH-2060 (1-866-484-2060).

You can also contact our 24-hour Crisis Hotline at 908-788-6400.

For more information please call 908-788-6401.

**We are here to help!**



Scan QR code for more information  
and full list of services.

Hunterdon Medical Center  
2100 Wescott Drive, 5th Floor  
Flemington, New Jersey 08822  
1-866-HBH-2060



Hunterdon Health



Hunterdon Health

# Adolescent Intensive Outpatient Program

Hunterdon Behavioral Health







## Adolescent Intensive Outpatient Services

This intensive after-school therapeutic program is for adolescents experiencing moderate to severe problems including: anxiety, depression, mood swings, drug or alcohol abuse, aggressiveness, conduct disturbance or academic problems.

### Population Served

- Ages 12 to 18 (up to 18 are eligible if still in school).
- Moderate to severe emotional disturbances including, but not limited to depression, bipolar disorder, suicidal threats, anxiety disorders, aggression, impulsivity, behavior disturbances, homicidal threats, school phobia, substance use, eating disorders and severe family conflicts.
- 

## Services Provided

- Individual Sessions (Available as needed)
- Group Therapy
- Multi-Family Group
- Family Therapy
- Psychiatric Evaluation
- Medication Management
- Case Management
- Crisis Intervention
- Information/ Referrals
- Psychoeducation/ Wellness and Expressive Therapy

## To access Services

Contact Hunterdon Behavioral Health's Access Center at 908-788-6401, prompt # 4 to make an appointment. maintained.

## Admission Criteria

- Your adolescent requires more structure than individual therapy or is transitioning from an acute care setting.
- Your adolescent is willing to participate in treatment and abide by program policies and rules.
- The family is willing to commit to participation in the intake assessment, weekly family sessions and the treatment plan process.
- Your adolescent has been diagnosed with a DSM - 5 Diagnosis.
- Your adolescent has a coexisting substance abuse issue, but not a primary diagnosis of dependence.

## SCHEDULE

### DURING SCHOOL YEAR

**Monday**  
**4:00 - 7:00 p.m.**

**Tuesday through Thursday**  
**3:00 - 6:00 p.m.**

### DURING SUMMER

**Tuesday through Thursday**  
**2:00 through 5:00 p.m.**