

Our Levels of Care

Partial Hospitalization Program (PHP):

Our Partial Hospitalization Program is a comprehensive 6 hours per day, 5 days per week program that is highly structured to help individuals struggling with a variety of mental health, substance use, and/or eating disorder concerns.

Intensive Outpatient Program (IOP):

Our Intensive Outpatient Program is a less frequent but still highly structured program that runs for 3 hours per day, 3 days per week.

Medication Management:

This is vital in symptom maintenance and ongoing recovery. At GenPsych, we offer medication management to provide you with this essential level of care.

SERVICES OFFERED	PHP	IOP
5 days per week/6 hours per day	☑	
3 days per week/3 hours per day		☑
Weekly Individual Therapy	☑	☑
Group Therapy	☑	☑
Medication Management Weekly	☑	
Medication Management Bi-Weekly		☑
Family Session Bi-Weekly	☑	
Family Session Monthly		☑
Educational component for youth and teens	☑	☑
Track specific treatment	☑	☑

New Jersey Locations

Avenel

1030 St. Georges Avenue, Avenel, NJ, 07001

Brick

940 Cedar Bridge Avenue, Brick, NJ 08723

Bridgewater

380 Foothill Road, Bridgewater, NJ, 08807

Livingston

5 Regent Street, Livingston, NJ, 07039

Princeton

932 State Road, Princeton, NJ 08540

Rochelle Park

218 Route 17 North, Rochelle Park, NJ, 07662

Wayne

1501 Hamburg Turnpike, Wayne, NJ, 07470



SILVERGATE PREP is a clinical agency approved through the New Jersey Department of Education that works in conjunction with your child's school district to provide education while they are attending the GenPsych Adolescent Program (GAP).

Helping People Improve Their
Mental Health Since 2005



GENPSYCH

Mental Health of the Future

SCAN HERE



For Consultation Call Us

855-436-7792

www.GenPsych.com

@genpsychpc

GenPsych Adolescent Program (GAP)

The GenPsych Adolescent Program (GAP) provides an accepting and encouraging environment for children (8-12) and teens (13-18) to receive the mental health care they need. Our comprehensive 6-8 week treatment program equips adolescents and youth with the confidence and skills necessary to reach their full potential.

Our team of adolescent therapists, psychiatrists, Advanced Practice Nurses (APN's), NJ certified teachers, art and music therapists, and more work together with your child to help them improve mentally, emotionally, behaviorally, and socially at home and in school.

At GAP, we offer a wide range of supportive and creative therapies, which include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Art and Music Therapy
- Yoga and Play Therapy
- Wellness and Mindfulness Therapy
- Anger Management
- Family Therapy
- Academic Services

To prevent disruption of academic needs, patients enrolled in our day programs are offered an education component through Silvergate Prep. This service prevents our patients from falling behind in their school work and provides them with academic structure and support. Patients learn in a therapeutic environment while receiving assistance with time management and assignment completion, leading to a reduction in stress when they are ready to return to school.



ADULT SUBSTANCE USE DISORDER (SUD) PROGRAM

SUBSTANCE USE DISORDER AND DUAL DIAGNOSIS

For those in recovery, staying clean and sober can be an everyday challenge. GenPsych's Adult Substance Use Disorder (SUD) and Dual Diagnosis Program provides individuals with the tools and support they need to live substance-free. Clients receive medication management, individual and group therapy.



THE EATING DISORDERS PROGRAM

The Eating Disorders Program at GenPsych is designed to help adults and adolescents (13+) all genders, struggling with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, ARFID, and eating disorders not otherwise specified. Our services include daily meal planning and supervision, as well as daily vitals and weight monitoring with a Registered Dietitian. We provide interventions to decrease eating disorder behaviors, normalize eating patterns, improve coping skills, and stabilize mood.



ADULT MENTAL HEALTH PROGRAMS DBT TRACK

Dialectical Behavior Therapy (DBT) focuses on emotion regulation, mindfulness, distress tolerance, and interpersonal effectiveness. This track supports those experiencing issues such as: personality disorders, suicide ideation, self-harm, destructive behaviors, and those who have difficulty coping with stressors and/or triggers build a life worth living while creating balance and skill acquisition, leading to lasting change.

OCD TRACK

In our programs, we focus on the evidence-based therapies used to successfully treat Obsessive Compulsive Disorder (OCD) and anxiety. Our team of Exposure and Response Prevention (ERP) trained clinicians will work with each client individually to develop an exposure hierarchy and goals to guide them in progressing through their therapy. Our primary goal is to help people learn strategies to reduce symptoms and support themselves for the rest of their life – all while being able to participate in family, school, or work activities.