



Penn Medicine
Princeton House Behavioral Health

Men's Trauma Program

princetonhouse.org/men

Outpatient

888.437.1610, option 2

FAX 609.683.6840

Princeton

Men's Program and Adult Services

741 Mt. Lucas Road
Princeton 08540

Eatontown

615 Hope Road
Victoria Plaza, Building 1B
Eatontown, NJ 07724

Moorestown

351 New Albany Road
Moorestown, NJ 08057

North Brunswick

1460 Livingston Avenue, Building 100
North Brunswick, NJ 08902



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EQUITABLE CARE FOR ALL

At Penn Medicine Princeton Health all patients, without exception, have the right to high-quality, unbiased, patient-centered health care, regardless of sexual orientation or gender identity or expression.

*Princeton
Eatontown
Moorestown
North Brunswick*

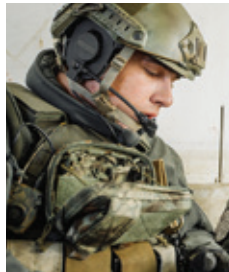
*Partial Hospital
Intensive Outpatient*



Why a Men's-Only Program?

While it can be very difficult for anyone to vocalize a past trauma, men tend to be more socially hesitant to disclose the need for help. It's critical to establish an environment of emotional safety without the fear of criticism.

It's not unusual for men with underlying trauma to present with anxiety or substance abuse of any kind. In addition, sleep deprivation can be a significant indicator of past trauma or post-traumatic stress disorder (PTSD). These presentations often translate into functional deficiencies that interfere with work and family life and prevent men from connecting with others.



The Princeton House Men's Trauma Program provides validation to men with PTSD that their symptoms are real and that they are not alone.

Treatment at Princeton House is accepted by most insurance plans, including Medicare, Medicaid, and TRICARE. Transportation may be available for partial hospital programs. Check with the admissions clinician regarding pick-up coverage and areas served.

OUTPATIENT*

Princeton
Eatontown
Moorestown
North Brunswick

Men's Trauma Program

The Princeton House Men's Trauma Program offers partial hospital and intensive outpatient programs for those who identify as men

who have experienced traumatic events that are currently impacting their sense of well-being and overall functioning. One of the first of its kind nationally, the Men's Trauma Program provides a safe, caring environment. Men can share their experiences, learn from each other, and learn skills to recover from post-traumatic stress.

Program Goals:

- Understand the relationship between trauma and psychiatric symptoms
- Establish and maintain safety
- Facilitate healthy ways of managing emotion
- Avoid the pitfalls of substance use
- Learn coping and relationship-building skills
- Understand how behaviors that were once useful for survival may no longer be helpful
- Build self-esteem and self-confidence through self-empowerment



Outpatient Programs include:

- Full-day partial hospital program: five days per week, six hours per day.
- Intensive outpatient program: three days per week, three hours per day.

Patients can expect to spend one to two weeks in partial hospital, and transition down to intensive outpatient program for six to eight weeks. The Men's Trauma Program is offered at Princeton House outpatient sites located in Princeton, Eatontown, Moorestown, and North Brunswick*. Transportation may be available.

**Locations subject to change.*