

## The Help You Need, When You Need It, Wherever You Are.

Long distances, hectic work schedules, and family obligations can make receiving addiction treatment a challenge. Our Telehealth Services allows you to receive the care you need in the privacy and comfort of your home, while you maintain your daily commitments. Whether you are new to sobriety, have experienced a setback, or need some extra support during difficult times, MountainSide Telehealth Services ensures that treatment and support are always within reach.

## Programs

### Outpatient Services

A combination of group therapy and one-on-one sessions with a licensed clinician helps you to overcome your addiction and maintain your sobriety.

#### Intensive Outpatient Program (IOP)

Seven-week, 24-session intensive program tailored to those in early recovery. Focuses on managing withdrawal symptoms, recognizing triggers, and gaining a better understanding of addiction.

#### Outpatient Program (OP)

Ten-week program designed to build on fundamental recovery skills. To address your specific needs, choose from and participate in the following clinical groups:

**Recovery Maintenance:** Recognize triggers, develop coping skills, and practice relapse prevention.

**Women in Recovery:** Address issues with self-esteem, body image, self-care and coping skills, communication, and stigma.

**Cognitive Behavioral Therapy for Co-Occurring Disorders:** Tackle fear and anxiety, sadness and depression, anger, guilt and shame, self-blame, and catastrophizing.

**Remembrance and Mourning:** Learn to accept the reality of your loss, work through the pain, and adjust to life without your loved one.

**Integrative Healing:** Deepen your understanding of the mind-body connection, become more in tune with yourself, and learn how to better connect with others.

### Recovery Coaching

Daily communications with a certified recovery coach help you address day-to-day life challenges and put into practice healthy sober living routines.

- Regular contact via texts, calls, and online meetings
- Assistance in building a sober support network
- Referrals to and coordination with other healthcare and wellness providers
- Updates and conversation facilitation with family

### Adolescent Services

Substance use disorder assessments, outpatient services, and recovery coaching help teens address their substance misuse as well as learn how to constructively deal with peer pressure and cope with stress.

## Additional Services

Psychiatric Services, Mental Health Counseling, Family Counseling, Medication-Assisted Treatment, Eye Movement Desensitization and Reprocessing Therapy, Virtual Support Groups and Events.

To learn more, call us at **800 762 5433** or visit us at [www.mountaininside.com](http://www.mountaininside.com)

