



Out-Patient Counseling Services

Program Description & Treatment Philosophy

The Center for Prevention & Counseling (CFPC) is licensed by the State of New Jersey to provide a full continuum of outpatient substance abuse counseling, including Early Intervention and Outpatient services. We are also licensed to provide Intensive Outpatient (IOP) services. We also provide counseling services for individuals experiencing mental health issues as well as those suffering from co-occurring substance abuse and mental health disorders. Our dedicated, professionally licensed and certified staff is committed to helping each client and his/her family to heal from the devastation of addiction and co-occurring disorders using holistic treatment, focusing on the mind, body and spirit. We are dedicated to treating each person with absolute dignity, fostering therapeutic relationships and creating hope with limitless potential. We offer a safe environment where our clients can obtain and sustain sobriety and stability, offering a continuum of care with evolving services to meet the needs of each unique individual who enters our door. Our counselors meet clients at their stage of change to enable the educational and therapeutic experience to be meaningful and productive. A variety of "best practice" treatment modalities are utilized, including 12-Step Recovery, Motivational Interviewing, Cognitive Behavioral Therapy, Brief Treatment for Marijuana Dependence for Adults, Cannabis Youth Treatment program, DiClemente's Model for Change and family counseling. Our philosophy stems from the premise that every family and individual has strengths and capabilities that can be developed to help them sustain a drug-free, emotionally stable and healthy lifestyle. All clients are treated with courtesy, consideration, respect and with the recognition of their dignity, individuality and right to privacy. Our counselors act in compliance with mandatory ethical standards and are aware and sensitive to issues of diversity. Sliding scale fees are available on an individual basis based on client income, ability to pay and counselor request. In addition, funded services exist for those meeting specific eligibility requirements. Program requirements include attainment of treatment plan goals, cooperation with discharge planning, consistent attendance and payment for services.

Assessment Process

A comprehensive assessment is conducted upon initiation of services to ensure effective treatment planning for all clients. Clients are assessed for the presence of substance abuse, mental health issues and co-occurring disorders. The instruments used to complete this process may include NJ-SAMS, LOCI, ASI, MAPP, MAST, and the Mental Health Screening Form. Upon completion of the initial assessment, a treatment plan is developed in collaboration with the client and counselor. If a higher level of care is warranted or additional referrals are necessary, the staff facilitates the referral and/or transfer process for clients.

Early Intervention Services

The purpose of CFPC's Early Intervention Program is to educate clients and their families about the disease concept of addiction and how it affects the vocational, spiritual, social, mental, physical, sexual and emotional areas of one's life. Through individual and/or group sessions, clients learn how their choices to use or not use chemicals affect not only themselves, but all members of their family. Materials are presented using a variety of teaching methods to take into consideration individual learning styles. At this level of care, clients are seen one hour per week for four to eight weeks. They receive education on the following topics: disease concept of addiction, pharmacology of addiction, addiction's effect on the family, symptoms of alcoholism, stages of denial, life skills (such as coping, decision-making and goal-setting), and relapse prevention. Other topics may be introduced based on each client's individual needs. This level of care can also be used to facilitate in-depth, comprehensive substance abuse assessments.

Outpatient Level of Care

At this level of care, clients meet with their counselor or in a group setting one hour per week. The length of stay in treatment varies, depending upon each person's progress toward meeting his/her treatment goals. Case management services are provided for all clients in need. With our highly credentialed staff holding mental health and substance abuse licenses, we are able to offer assistance to those who are addicted to alcohol and other drugs as well as those with co-occurring disorders. Our clinical staff works diligently to integrate services for all clients, and strives to coordinate services with professionals and family members involved in the client's care. Treatment techniques may include motivational interviewing, education, emotional and behavioral therapy (see Program Description & Treatment Philosophy for more information), clinical case management, substance use monitoring, and family treatment.

Intensive Outpatient Program

CFPC is licensed as an Intensive Outpatient Program (IOP) for substance abusers. When available, participants meet in a group setting three times per week for three hours each time. In addition, clients are seen for an individual counseling session once each week. Included in the group process are didactic sessions and the viewing of pertinent films and videos. The availability of IOP is dependent upon funding.