

Perhaps it is difficult to step away from life commitments to get help. Or you may simply need additional recovery support after having completed a residential program. Whatever the reason, Mountainside Outpatient Services can be a convenient addiction treatment solution for you.

You are ready to have an addiction-free life, but you need treatment to be close to home. In our outpatient program, you can maintain your family and professional or academic responsibilities without sacrificing your own health. Working with our professional team, you can make your health and well-being a top priority.

Through counseling and education, you understand more about the underlying causes of your addiction and the challenges that lie ahead. As you learn relapse prevention techniques, you are able to immediately apply them to everyday situations. You build—in real time—the foundation for a sustainable recovery.



Options for Care

Intensive Outpatient Program (IOP)

In IOP, you immediately learn practical skills needed to protect your sobriety during the early stages of recovery. With our clinicians' help, you work through post-acute withdrawal symptoms and recognize how these symptoms jeopardize recovery efforts. You focus on identifying triggers and high-risk situations as well as understanding the disease of addiction.

Outpatient Program (OP)

Strengthen your recovery skills in OP and begin to repair the damage that addiction has caused in your life. You learn to rebuild trust, develop positive relationships, and deepen your sense of self to better manage your emotions and cravings. Our clinicians work with you to establish longer term goals, learn and practice relapse prevention, and create a sober support network.

Individual Therapy (IT)

With private counseling in IT, you work through your unique recovery issues. You develop a more positive outlook on your life as you gain a greater ability to manage any anxiety, epression, or negative feelings you may have. IT can be particularly well-suited for those that have been in long-term recovery but experience sudden crises, such as divorce, death in family, or loss of a job.



Core Services

Counseling: You and your clinician collaborate to develop treatment goals and plans to achieve them. By making better choices and focusing on solutions rather than problems, you are able to steadily stay on your recovery path. You become able to analyze your thoughts, feelings, and behaviors to gain a clearer understanding of yourself, especially the strengths you possess to achieve your recovery goals.

Education: Learning about the nature of addiction helps you understand how it has affected your life and empowers you to maintain your sobriety. Through our specially developed curriculum, you study techniques that help you avoid becoming overwhelmed by adversity. You also acquire an array of recovery tools, including constructive communication and relapse prevention skills.

Wellness: To further improve your overall well-being, our team helps you make the connection between mind, body, and spirit. Self-care is vital to your health, and so, you explore holistic therapies, such as breathing exercises and meditation, to help you better manage stress. You also practice mindfulness skills to stay in the present and recognize your ability to control your actions.



Supplementary Services

Psychiatric Services: An initial consultation with our psychiatric team helps you understand your current mental health and uncover any possible co-occurring disorders. If you take medication to address mental health issues like anxiety or depression, our psychiatric team can also provide medication management in conjunction with your addiction treatment.

Family Counseling: During your active addiction, you may have damaged relationships with loved ones. Through family and couples counseling, you learn how to communicate more effectively and reestablish trust. As you begin to heal, repairing those broken bonds can facilitate recovery and provide you with a vital support network.

Eye Movement Desensitization Reprocessing (EMDR): An evidence-based psychotherapy, EMDR stimulates your brain's natural ability to process traumatic life events. EMDR helps you release negative beliefs that hold you back and helps adjust your views to be a healthier perspective. It is highly beneficial to those who have been diagnosed with post-traumatic stress disorder (PTSD).

Medication-Assisted Treatment (MAT): If you suffer from opioid addiction or alcoholism, then our MAT program, paired with clinical therapy, may be right for you. Medications help stabilize brain chemistry to reduce cravings and withdrawal symptoms, allowing you to better focus on maintaining sobriety and avoiding possible relapse.



Program Overview

	IOP	OP	IT
Group Counseling	24 sessions	10 sessions	N/A
Individual Counseling	3 sessions	1 session/month to 1 session/week depending on individual needs	As needed
Length of Program	7 weeks	10 weeks	As needed

We offer day and evening appointments so that your treatment works with your schedule.



all while remaining in your community and maintaining your personal commitments. You learn basic recovery skills and have the ability to immediately integrate them into your day-to-day schedule. The quick, real-world practice enables you to test, refine, and master positive habits that become your foundation for a long-term, sustainable recovery.

Mountainside Outpatient Services helps you achieve a happy, healthy life free from addiction—

Contact Us

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WEB mountainside.com/outpatient-services

LOCATIONS Canaan, CT | Wilton, CT | Chappaqua, NY | Huntington, NY

New York City, NY | Ramsey, NJ | Massachusetts (telehealth only)

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