



Recovery Program

THE SEABROOK WAY Our integrative model of substance and mental health treatment is based on specific customized program tracks in a warm and comfortable facility. For adults 18 and over.



DETOX | INPATIENT | PARTIAL HOSPITALIZATION PROGRAM (PHP)
OUTPATIENT | WELLNESS CENTER

WITHDRAWAL MANAGEMENT

- Medication Assisted Treatment (MAT)
- Medically managed detox
- Opiate addiction accredited

RESIDENTIAL TREATMENT

- Age/Gender specific
- Short-term residential
- Trauma-focused therapy
- Short-term residential

OUTPATIENT SERVICES

Partial Hospitalization (PHP) Partial Care

- Up to four 6-hour counseling group sessions per week
- One individual session per week
- Outpatient care

Intensive Outpatient (IOP)

- Live at home
- Up to four 3-hour counseling group sessions per week
- One individual session per week

Outpatient

- One individual session per week

SPECIALTY PROGRAMS

- LGBTQ
- Christian Recovery
- Grief/Loss Support Group
- Chronic Pain Group
- Mindfulness/Meditation
- Anger Management Group
- Sleep Disorder Program
- Family Matrix Program

HOLISTIC TREATMENT

- Ropes course
- Yoga, Pilates
- Hydro Massage Bed
- Acupuncture
- Reiki
- Drumming
- Salt Room
- Zero gravity chair
- Light Box



Kelly Efchak



Improving the lives we touch for almost 50 years. (800) 761-7575 seabrook.org



IN-NETWORK INSURANCE PROVIDERS

- Aetna
- Allied Trades
- AmeriHealth
- AmeriHealth Administrators / Health Now
- Beacon
- Bright Health
- Carpenters of NJ
- Cigna
- Compsych
- Concern & Concern Plus
- Federal PPO (R Prefix)
- Geisinger
- Horizon BCBS of NJ
- Humana
- Out of State BCBS (Except for BCBS of DE HMO & Premiera BCBS)
- IE Schaeffer
- Independence BCBS Personal Choice
- Magellan
- Meritain
- Mental Health Consultants
- Managed Health Network (MHN)
- Mines & Associates
- Optum
- Penn Behavioral Health
- Quest Behavioral Health
- 1199 SEIU Benefit Fund Plans
- Total Care Network
- Tristate H&W
- UBH
- UFCW Health & Welfare Fund
- UHC
- Workforce Assistance

Recovery is possible with one call

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Director of Business Development

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Locations throughout New Jersey

Most insurances accepted

Confidential

24/7 Access

No obligation

Navigate treatment options

Ask questions

Seabrook can help. Call today!

