

## Our Goal

To help adults achieve a healthy lifestyle through substance abuse treatment, education and support.

## NewBridge Snapshot

NewBridge Services, Inc., a nonprofit community organization founded in 1963, provides innovative mental health, substance abuse, housing, children's and senior services and education programs. Whether dealing with stress, grief, or substance abuse or in need of parenting, relationship or caregiving advice, NewBridge offers counseling programs, educational forums and life-enriching services to help people bring balance to their lives. For more information call toll-free (888) 746-9333 or visit [www.newbridge.org](http://www.newbridge.org).

Licensed by the NJ State Division of Mental Health Services and NJ State Division of Addictions and governed by a Board of Trustees, NewBridge employs more than 175 professionals, including adolescent specialists, addictions professionals, care managers, domestic violence professionals, nurses, nutritionists, play therapists, psychiatrists, psychologists and social workers.

### NewBridge Services, Inc.

Morris County: 973-316-9333

Passaic County: 973-728-3938

Toll-free: 888-746-9333



### Administrative Offices

21 Evans Place  
Pompton Plains, NJ 07444  
(973) 839-2520  
[www.newbridge.org](http://www.newbridge.org)

### Office Locations

Boonton ♦ Montville ♦ Pompton Lakes  
Pompton Plains ♦ Wayne ♦ West Milford

## NewBridge Intensive Outpatient Program



a comprehensive program for  
substance abuse recovery



## Our IOP Services

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NewBridge Intensive Outpatient Program welcomes adults who wish to achieve recovery from substance abuse in a supportive setting.

This comprehensive and structured 12-week program can include any or all of the following components, based on individual need:

- ♦ Assessments
- ♦ Individualized treatment ranging from 9 to 12 hours per week
- ♦ Education on addiction and recovery
- ♦ Individual therapy- focusing on issues that impact chemical dependency, including stress, relationships, etc.
- ♦ Group therapy- identifying strategies for maintaining a healthy lifestyle, creating a supportive external environment
- ♦ Family therapy- addressing family issues, providing education, awareness, support, and resources
- ♦ Case management
- ♦ Referrals
- ♦ Continuing care

## Our Staff

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NewBridge is proud of its experienced and caring clinical staff, who are dedicated to providing the best level of care for an individual's specific needs.

NewBridge staff maintain the highest credentials and the latest training, including licensure and/or certification by the NJ State Board of Marriage and Family Therapy Examiners and the American Society of Addiction Medicine. NewBridge has worked in conjunction with NJ University of Medicine and Dentistry on the most progressive research-based treatment of dually diagnosed individuals; and works with The Certification Board, Inc., a nonprofit consumer protection organization that oversees the CADC credentialing process.



**NewBridge IOP** will assist and motivate individuals to achieve abstinence, wellness and recovery by providing treatment, awareness and tools that promote a sober and healthy lifestyle.

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## Our Facilities

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NewBridge IOP is conveniently located in Wayne, NJ, near routes 80, 46, 23, and 287. Our private and professional offices ensure the comfort and discretion of clients receiving services.

## For More Information

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Call us toll-free at (888) 746-9333 or visit us at [www.newbridge.org](http://www.newbridge.org) to learn more.