

Guardian Recovery - Montville Adolescent Center Highlights Role of Addiction Specialists in Family-Centered Teen Care

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Guardian Recovery - Montville Adolescent Center has outlined its specialized approach to adolescent addiction and mental health treatment, emphasizing the role of family involvement throughout the recovery process. The New Jersey-based center provides care designed specifically for teenagers facing substance use and co-occurring mental health challenges, along with structured support for the parents and guardians who navigate treatment alongside them.

For nearly two decades, the center has delivered services tailored to the developmental needs of young people. Its teen addiction treatment program spans multiple levels of care, including medical detoxification, residential inpatient, partial hospitalization, intensive outpatient services, and a dedicated alumni and aftercare program. Treatment addresses a range of substances, among them alcohol, marijuana, oxycodone, fentanyl, opioids, stimulants, benzodiazepines, and synthetic drugs.

Beyond substance use, the center treats mental health conditions such as anxiety, depression, and trauma through partial hospitalization and intensive outpatient options. For teens managing both substance use and a mental health disorder, dual diagnosis treatment addresses both conditions at the same time rather than in isolation.

The Guardian Recovery - Montville Adolescent Center addiction specialists apply a combination of evidence-based therapies, including dialectical behavioral therapy, cognitive behavioral therapy, motivational interviewing, and eye-movement desensitization and reprocessing. Individual, group, and family therapy sessions are complemented by recreational therapy and virtual counseling for clients who cannot attend in person.

"Adolescent recovery works best when the entire family is part of the process," said Joshua Scott of Guardian Recovery - Montville Adolescent Center. "Teenagers do not go through treatment in a vacuum. The structure at home, the understanding of parents, and the involvement of siblings all shape how a young person heals. That is why family therapy and parent support are central to the care provided here."

The emphasis on family participation reflects a broader understanding within adolescent treatment that sustained recovery depends on the environment a teen returns to after formal care concludes. The center structures its programs so that caregivers receive education about addiction, mental health, and the specific tools that support long-term progress.

"Each young person arrives with a different story, and the treatment plan reflects that," Scott said. "The goal is to give teens and their families a clear path forward and the skills to maintain progress once treatment ends."

The center also assists families with admissions and insurance questions, working with a range of insurance providers and offering online insurance verification to help clarify coverage before treatment begins.

Guardian Recovery is a New Jersey-based treatment organization focused on addiction and mental health recovery for adolescents. For close to twenty years, the organization has provided a continuum of services spanning detoxification, residential care, outpatient programming, dual diagnosis treatment, virtual counseling, and aftercare. Its programs combine clinical therapies with family involvement in an effort to support young people as they work toward lasting recovery.

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For more information about Guardian Recovery - Montville Adolescent Center, contact the company here:Guardian Recovery - Montville Adolescent CenterJoshua Scott(973)

836-5119info@guardianadolescent.comGuardian Recovery - Montville Adolescent Center53 Indian Ln ETowaco, NJ 07082, United States

Guardian Recovery - Montville Adolescent Center

Guardian Recovery ? Montville Adolescent Center provides specialized mental health treatment and therapy for teens in Morris County, New Jersey.

Website: https://www.guardianadolescent.com/

Email: info@guardianadolescent.com

Phone: (973) 836-5119