



## **Garden Heights Recovery in Jersey City, New Jersey Offers Intensive Outpatient Addiction Care**

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Garden Heights Recovery in Jersey City, New Jersey offers intensive outpatient addiction care for those who are struggling to overcome drug and alcohol abuse disorders. Addiction is a serious condition that takes a lifelong journey of continued perseverance and dedication. A proper outpatient treatment program can help secure long term commitment to sobriety.

This rehab facility, located in 26 Journal Square Plaza, Suite 1202 Jersey City, NJ 07306, is staffed by licensed, compassionate, and experienced addiction recovery specialists who want to help people regain control of their lives.

Garden Heights Recovery, a Niznik Behavioral Health facility, provides comprehensive outpatient programs. This includes Intensive Outpatient or IOP, and Outpatient treatment (OP). It uses an evidence-based and client-centered approach that is geared towards the specific needs of each client. It involves relapse prevention, education, and employment support. Garden Heights even offers transportation assistance to group meetings and therapy sessions.

Garden Heights was founded by addiction recovery professionals who want to bridge the gap between addiction and sobriety?where a patient is, and where they want to be. The company understands that the journey towards recovery does not end after discharge from inpatient care. This is why IOP and OP treatments are focused on helping patients maintain their hard-earned sobriety.

Those who are interested in learning more about Garden Heights Recovery can call 855-208-4908.

Garden Heights serves communities across New Jersey and the United States. Its intensive outpatient approach is trauma-informed. It offers supplemental support programs that help clients gain the skills and tools they need for lifelong sobriety.

Addiction experts can help clients deal with emotional trauma or mental health issues using cognitive-behavioral therapy (CBT). This helps patients address the root cause of their addictive behavior. They learn to deal with the underlying causes of their addiction. They are empowered with positive coping mechanisms that allow them to heal and grow.

This New Jersey addiction facility also teaches life management skills and other tools for staying dedicated to the recovery journey.

The Garden Heights team of therapists, counselors, case managers, and staff members is committed to supporting you throughout your continued recovery. They know that overcoming an addiction is a personal journey that continues each day?and they can equip patients with the skills and knowledge to do just that.

Just like some of the best rehab facilities in the country, Garden Heights takes the time to learn each person?s story, ensuring that their treatment regimen caters to their unique needs. Addiction is not a choice, and addiction affects everyone in different ways. That is why the best intensive outpatient treatments out there take a personalized approach.

Dedicating yourself to sobriety is the best way to move on from this disease. For clients entering outpatient treatment after completing inpatient rehab, the continued structure and support helps secure a clean and sober future. Garden Heights Recovery also has community resources available to all clients to ensure that all their needs are provided before they move into full independence. These resources include temporary federal financial assistance, food assistance programs, social security benefits, housing programs, etc.

It all begins with the first step.

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For more information about Garden Heights Recovery- Alcohol & Drug Rehab Jersey City, contact the company here: Garden Heights Recovery- Alcohol & Drug Rehab Jersey City David Freeman 855-208-4908 dfreeman@gardenheightsrecovery.com 26 Journal Square Plaza Suite 1202 Jersey City, NJ 07306

## **Garden Heights Recovery- Alcohol & Drug Rehab Jersey City**

*Garden Heights Recovery was founded by addiction recovery professionals dedicated to helping those in need to overcome substance abuse. We serve communities across New Jersey and the United States for drug, alcohol & RX addiction.*

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