New Jersey Drug Rehab Facility Announces Start Of Fall Recovery Sessions

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Garden Heights Recovery in Jersey City, NJ, has announced that they are starting their fall recovery sessions. These sessions will include teaching addiction recovery patients how to deal with the upcoming holiday season. With the Thanksgiving, Christmas and New Year celebrations just around the corner, people in recovery will encounter challenging situations when they are exposed to party situations. The sessions will teach them how to cope with temptation and be able to continue to abstain, which is essential to a continued sober life.

David Freeman, clinical director of the outpatient program at Garden Heights Recovery, says, ?Overcoming drug and alcohol abuse disorders is a lifelong journey of continued perseverance and dedication. While beginning the path of addiction recovery is no small feat, having the support and guidance of an outpatient treatment program can help secure long-term commitment to sobriety.?

He continues, ?Garden Heights Recovery is a Niznik Behavioral Health facility that provides comprehensive outpatient programs including intensive outpatient (IOP) and outpatient (OP) treatment. Evidence-based and client-centered, our programs cater to the specific needs of each client, including relapse prevention, education and employment support, and transportation assistance to group meetings and therapy sessions.?

Garden Heights Recovery offers both regular outpatient (OP) treatment programs and intensive outpatient (IOP) treatment programs. The IOP programs are for clients who want to undergo outpatient treatment after completing inpatient rehab. The continued structure and support will help ensure that they will be able to achieve a clean and sober future. They want to emphasize that they strive to empower their clients with positive coping methods and life management skills that will assist them in their long-term recovery journey.

Their community resources will also be available to all their clients to take care of their needs while they are transitioning to full independence. This includes provision of help with temporary federal financial assistance;

food assistance programs; social security benefits; and housing programs.

Meanwhile, their programs for outpatient rehab for prescription drugs, Jersey City, are designed to be adjustable to the level of care that is required by the client. In these outpatient programs, maintaining sobriety is the primary focus, while balancing their daily responsibilities in life. The program includes individual counseling, weekly group sessions, and outpatient care to help promote mindfulness and a focus on the kind of life that is free from drugs and alcohol.

The outpatient programs at Garden Heights Recovery are custom-fitted to each individual in order to meet each person?s needs. Clients can choose day or evening sessions in order to fit their schedule. Through these programs, they are able to foster a recovery focused community that recognizes the daily struggles of people who are maintaining their sobriety. Their group sessions will help the clients explore the various common obstacles that they encounter on the road to recovery, allowing them to learn from the experiences of their peers. These therapy sessions are clinically guided and supervised by experienced therapists and counselors. They are nonjudgmental and encourage people be honest in their communication.

David Freeman explains that what makes them different from other facilities is that clients are not merely a number. They get to know every one of their clients, including their personal story, and they strive to help them become their best self. Through their comprehensive behavioral health programs, they help their clients overcome the underlying factors that caused them to have an addiction and help them create a solid foundation for a future of sobriety.

The location of Garden Heights Recovery is strategic as it is easily accessible by public transportation so that they can readily help clients remain committed to sobriety. To help minimize the obstacles and problems that people might encounter as they transition to full independence, they offer supplementary assistance programs that help them secure employment, housing, and even continue their education.

Those who are looking for a facility for drug rehab in Jersey City, NJ, can visit the Garden Heights Recovery website or contact them on the phone or through email.

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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 CityDavid Freeman855-208-4908dfreeman@gardenheightsrecovery.com26 Journal Square Plaza Suite 1202 Jersey City, NJ 07306

Garden Heights Recovery- Alcohol & Drug Rehab Jersey City

Garden Heights Recover ywas 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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