



Redefining Care

Princeton House Behavioral Health (PHBH), a unit of Princeton HealthCare System, offers a full continuum of innovative behavioral healthcare treatments and programs.

Senior Link includes partial hospital and intensive outpatient programs for seniors 65 and older who are suffering from major anxiety, depression, and other mood disorders. Through participating in active treatment, participants are able to improve their ability to function and enjoy life.

Our multidisciplinary team of board certified psychiatrists and other treatment professionals provides comprehensive, compassionate care for Senior Link patients and their families.

**Outpatient Admissions**

**888.437.1610**

Fax 609.683.6840

OUTPATIENT ADMISSIONS  
PHONE NUMBER:

**888.437.1610**

**princetonhouse.org**

## Senior Link Locations

### Princeton

741 MT. LUCAS RD.  
PRINCETON, NJ 08540

### Hamilton

300 CLOCKTOWER DR., STE. 101  
HAMILTON, NJ 08690  
(Intersection of Yardville-Hamilton Sq.  
and Kuser Roads)

### North Brunswick

1460 LIVINGSTON AVE., BLDG. 100  
NORTH BRUNSWICK, NJ 08902

### Moorestown

351 NEW ALBANY RD.  
MOORESTOWN, NJ 08057

Most insurance plans accepted, Medicaid and Medicare accepted for most programs.

Transportation may be available for Partial Hospital Programs. Please check with individual sites regarding pick-up coverage and availability.

Licensed by The State of New Jersey.

University Medical Center of Princeton and the clinical units of Princeton HealthCare System are accredited by The Joint Commission.

# Senior Link



**Princeton House  
Behavioral Health**  
Princeton HealthCare System

PRINCETON | HAMILTON | NORTH BRUNSWICK | MOORESTOWN

Partial Hospital | Intensive Outpatient



# Senior Link Programs:

## Partial Hospital Program (PHP)

PRINCETON, HAMILTON, NORTH BRUNSWICK, MOORESTOWN

Senior Link, a structured therapeutic program, is available five days a week, six hours a day. It is designed to meet each patient's individual needs, helping them to improve daily functioning. This unique program has proven to be an effective alternative to, or "step down" from, inpatient treatment. A complimentary lunch is provided. Partial hospital programs are psychiatric treatment programs. We do not offer adult medical day care.

## Intensive Outpatient Program (IOP)

PRINCETON, HAMILTON, NORTH BRUNSWICK, MOORESTOWN

For patients who need treatment at a higher level than traditional outpatient therapy, the Senior Link IOP offers a process of stabilization four to five times per week for three hours per day. Patients receive intensive therapy to reinforce their coping skills during stressful situations. This process supports our patients' return to functioning in their daily lives.

## Based on individual needs, each patient's care may include:

- Individualized length of stay
- Comprehensive evaluation by board certified psychiatrist and licensed therapists
- Individualized treatment plan, sensitive to biological, psychological, and social issues specific to older adults
- Close medical management and supervision by psychiatrists and a treatment team who specialize in the treatment of older adults
- Collaboration with family members, primary care physicians, and other agencies
- Integrative evidence-based group therapy treatment, including motivational enhancement, emotion regulation training, and cognitive behavioral approaches
- Art therapy, offering an experiential approach to self-understanding, awareness, and personal expression



## Our treatment team consists of clinicians who are:

- Experts in geriatrics
- Sensitive to the older adult's needs and perspective
- Dedicated to individualized care and collaboration with the patient
- Professionals in a wide range of disciplines (board certified psychiatrists, licensed psychologists, licensed clinical social workers, licensed certified addiction counselors, registered nurses, dietitians, and allied clinical therapists)

## Another treatment option within the continuum is:

### • **Inpatient Adult Psychiatry Services, Princeton**

Seniors needing inpatient stabilization are treated on our psychiatric unit for adults. State-of-the-art care is provided in a supportive environment when depression, anxiety, addiction, or other behavioral disturbances diminish quality of life. On an inpatient basis, medical detoxification is also available. A team of board certified psychiatrists, nurses, and mental health specialists are dedicated to helping each and every patient.

Door-to-door transportation may be provided to all Senior Link program members, free of charge, within a defined area.