

Young Adult Program

Transitioning from adolescence to young adulthood can cause stress related to living at home or alone, attending college, searching for a job, entering the workforce, leaving old friends, and forming new relationships. These struggles can lead to substance abuse and co-occurring mental health problems that negatively impact a young adult's ability to function independently.

Princeton House Behavioral Health's Young Adult Program offers a continuum of inpatient and outpatient treatment services to meet the unique needs of young men and women between the ages of 18 and mid-20s. Our program is one of only a few in New Jersey to provide medical detoxification and inpatient addiction recovery services specifically for young adults. This age group is at the center of our nation's current epidemic of addiction to opiate prescription pain relief medications and heroin.



**Princeton House
Behavioral Health**
Princeton HealthCare System

Redefining Care

princetonhouse.org

Inpatient
800.242.2550

Princeton
905 HERRONTOWN RD.
PRINCETON, NJ 08540

Outpatient
888.437.1610

Princeton
741 MT. LUCAS RD.
PRINCETON, NJ 08540

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

North Brunswick
1460 LIVINGSTON AVE
BUILDING 100
NORTH BRUNSWICK, NJ 08902

Moorestown
351 NEW ALBANY RD.
MOORESTOWN, NJ 08057

A wide variety of insurance plans are accepted. Medicaid and Medicare are also accepted for most programs.

Transportation may be available for partial outpatient programs. Please check with the individual site regarding pick-up 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.

Young Adult Program



**Princeton House
Behavioral Health**
Princeton HealthCare System

PRINCETON | HAMILTON | NORTH BRUNSWICK | MOORESTOWN

Inpatient | Partial Hospital | Intensive Outpatient



Inpatient Program

PRINCETON

800.242.2550

Young adults in our new inpatient program participate in personalized treatment that focuses on age-appropriate topics, such as finding and keeping a job, completing college, making new friends, and forming lasting relationships. Patients interact specifically with their peers, who, like themselves, are seeking to put addiction behind them as they learn to assert their independence, transition into adulthood, and prevent future relapse. Young adults tend to have better treatment outcomes in programs tailored to their unique needs because their life experiences and stressors are significantly different from those of adults outside their age group. Our inpatient program is for young adults ages 18 through the mid-20s, including those who are 18 and currently in high school.

Our inpatient program offers intensive, short-term medical detoxification and addiction recovery services for young adults who are chemically dependent and require treatment within a 24-hour inpatient setting. The program also serves individuals with mental health problems co-occurring with a primary addiction.



Outpatient Program

PRINCETON

HAMILTON

NORTH BRUNSWICK

MOORESTOWN

888.437.1610

Young adults in our outpatient program attend either a Partial Hospital Program (PHP) five days per week or an Intensive Outpatient Program (IOP) three half-days per week. Individuals receiving these services are impacted primarily by mental health and some substance abuse issues that have negatively affected their sense of well-being and overall functioning. We work closely and collaboratively with patients' schools, colleges, and universities.

Within our outpatient program, young adults learn to:

- build self-esteem and self-confidence
- develop healthy, adaptive coping skills in response to triggers
- create life goals
- foster independence
- maintain medication therapy
- watch for warning signs and symptoms
- seek connections to mental health/social supports
- interact positively with family

The Young Adult Program features:

- A curriculum that focuses on age-appropriate topics for young men and women between the ages of 18 and mid-20s
- Individualized personal assessment to avoid future relapse
- Groups specializing in topics such as school, work, relationships, substance abuse, and other issues facing young adults today
- Collaboration with schools, colleges, and universities

Treatment modalities

- Group therapy that includes coping and life-skills training and creative arts therapy
- Individual sessions
- Family involvement, including individual and multi-family educational groups
- Medication monitoring by psychiatrists, advanced practice nurses, and registered nurses (RNs)
- Referrals for post-hospitalization treatment and continuing care