



ADDICTION TREATMENT

INTENSIVE OUTPATIENT &
OUTPATIENT SERVICES



RETREAT & RECOVERY
AT RAMAPO VALLEY™



Hackensack Meridian
Carrier Behavioral Health™



WELCOME

Welcome to the newest facility in the Hackensack Meridian *Health*/Carrier Clinic network of health care services.

Retreat & Recovery At Ramapo Valley™, located in Mahwah, N.J., believes in providing comprehensive clinical care designed to meet the specific needs of each individual. Grounded in evidence-based practice, wellness, and integrative medicine, our holistic care model provides every aspect of support and intervention necessary to address the whole person: mind, body, and spirit.

Our qualified and compassionate care team is here to support you on this journey of recovery and wellness. The serene, historic setting at Retreat & Recovery At Ramapo Valley provides a safe and nurturing space that fosters an environment for healing and personal growth. We welcome you to join us in taking those next steps toward recovery.

Our completely renovated Carriage House outpatient treatment center combines a picturesque historical landmark structure with modern comforts and amenities.

ABOUT US

Retreat & Recovery At Ramapo Valley in Mahwah, N.J. is a division of Carrier Clinic and the Blake Recovery Center, a nationally recognized leader in medically based substance use treatment and care located on the campus of Carrier Clinic in Somerset County (Belle Mead, N.J.).

Blake Recovery Center has been providing addiction recovery care for more than 40 years to residents of New Jersey and the greater metropolitan area. And the programs and treatment plans at Retreat & Recovery At Ramapo Valley are based on the proven success of that life-changing care.

We are also part of Hackensack Meridian *Health*, the largest and most comprehensive health network in New Jersey. Our hospitals are among the top-ranked in the region, we are innovators in developing breakthrough treatments, and we are dedicated to providing life-enhancing care and treatment for substance use disorders and mental health conditions.

Retreat & Recovery At Ramapo Valley is a new name that captures the unique and scenic surroundings, but our hospitals and physicians have been caring for New Jersey for more than 100 years.





We provide a broad range of outpatient treatment services at our newly renovated Carriage House. We work collaboratively to provide a smooth transition from any inpatient facility at which you may have started your recovery journey, or you can even start your journey from home by making a phone call to our facility for screening.

Our facility will be expanding to include comprehensive inpatient detox and rehabilitation services.

SERVICES OFFERED

Intensive Outpatient Program (IOP)

- The Intensive Outpatient Program is offered Monday through Thursday and is comprised of both group and individual therapy as well as case management services. This level of care provides 9-12 hours of clinical care each week, depending on clinical need.

Outpatient Program (OP)

- The Outpatient Program is offered Monday through Thursday and is comprised of both group and individual therapy as well as case management services. This level of care provides up to 8 hours of care each week, depending on clinical need.

Family Programs

Retreat & Recovery At Ramapo Valley provides care not only to the individual engaged in treatment but to the individual's family members as well. We understand the complexity and pervasive nature of addiction and therefore offer family services to provide the most optimal outcome possible.

- The Family Program is offered once per month in a group setting. Our clinical team guides a psychoeducational discussion for family members and loved ones to increase insight and awareness surrounding substance use disorders. Topics include, but are not limited to, boundary setting, communication, recovery planning, neurobiology of addiction, family systems, and support networks.
- Individual Family Therapy is offered based on the identified needs of each person and their family. These services are offered Monday through Friday in between the hours of 10 a.m. and 8 p.m.

Co-Occurring Services

- At Retreat & Recovery At Ramapo Valley we understand the challenges of successfully managing the behaviors and symptoms associated with not only a substance use disorder, but also a co-occurring mental health disorder. Our holistic care model is designed to simultaneously address BOTH the substance use and mental health disorder. The interconnectedness of these two areas

requires a tactful integration of care to guide you in establishing the awareness and skills necessary to build a strong foundation of mental wellness. Our licensed professionals are here to support you and to provide the care you deserve to begin the journey to long-term recovery.

- In addition, our on-site Medical Director is available to help identify and manage co-occurring medical and psychiatric disorders through close collaboration and partnership with renown Carrier Clinic psychiatrists and mental health professionals. Together they will work with you to establish an appropriate and safe medication plan to augment and enhance treatment of your underlying substance use disorder.

Medication-Assisted Treatment (MAT)

- Retreat & Recovery At Ramapo Valley provides Medication-Assisted treatment when clinically appropriate for the individual. Under the guidance of our addiction certified Medical Director, our interdisciplinary team provides the education and clinical support needed to effectively provide this level of treatment.
- Medication-Assisted Treatment (MAT) is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of a substance use disorder (SAMHSA, 2020).
 - Buprenorphine – opioid that blocks other narcotics, Blocks other narcotics, mitigates withdrawal severity, and significantly reduces relapse and mortality rates in those diagnosed with severe opioid use disorder. It can be given daily or by monthly injection, depending on the formulation and insurance coverage.
 - Naltrexone – Non-addictive opioid that blocks the effects of other narcotics; daily pill or monthly injection.
 - Multiple FDA approved medications available for improved outcomes for those in treatment for alcohol use disorder.

TREATMENT MODALITIES

Retreat & Recovery At Ramapo Valley uses a combination of traditional and modern evidence-based practices, leading to our clinically excellent care model. Our treatment modalities include:

- Motivational Interviewing
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Acceptance & Commitment Therapy
- Experiential Therapy
- Mindfulness



ABOUT OUR CARE TEAM AND PHILOSOPHY

Our Care Team includes diverse professionals from a wide range of disciplines, each bringing a unique understanding of addiction and mental health, as well as overall wellness and well-being. Together, we support you and/or your loved ones on the path to an improved quality of life and new possibilities.

We believe recovery is truly a collaborative process, and we are passionate about helping individuals and their families to heal body, mind and spirit with an integrative approach to treatment and wellness. Our team includes physicians, master's level clinicians, licensed providers, credentialed substances use counselors, and recovery specialists. We also have community partnerships to assist in developing the skills and tools that are the essential to long-term success. These include family coaches, spiritual companions, holistic practitioners, and other resources to make return to a fulfilling and full life possible.

We select our team for compassion, commitment and expertise to provide the level of exceptional care and resources you would expect from our nationally ranked hospitals and care centers, while creating a personal plan, experience and relationships driven by restoring purpose and meaning to every life, every day.



ABOUT BLAKE RECOVERY CENTER

Located on the scenic 130-acre campus of Carrier Clinic at the foot of the Sourland Mountains in Somerset county, the Blake Recovery Center offers world-class treatment less than an hour from Retreat & Recovery At Ramapo Valley.

Newsweek magazine ranks Blake Recovery Center as the #1 addiction treatment center in New Jersey, and we have been a nationally recognized leader in addiction treatment for over 40 years.

Services available at Blake Recovery Center include:

- Detoxification Services
- Short-Term Inpatient Treatment
- Residential Treatment
- Medication-Assisted Treatment
- Family Services
- Intensive Outpatient Services
- Referral Services
- Introduction to Self-Support Fellowships

Our comprehensive, medically monitored detoxification services are here to support you in a comfortable and safe withdrawal management plan. Following completion of detoxification (ASAM Level 3.7), our short-term inpatient and residential treatment services (ASAM Level 3.5) are available to continue to guide you in learning various skills to promote a long-term sustainable recovery. From your initial admission through completion of treatment, our compassionate care team is here to guide you and coordinate an aftercare plan that works for you.



Blake Recovery Center



Please call our admissions service advisor for insurance verification.

PARKING AND LOCATION INFORMATION

Due to currently limited availability of on-site parking, off-site parking is required. Please call **833-734-0171** for more information. We look forward to meeting your needs and providing care.

1071 Ramapo Valley Road
Mahwah, NJ 07430

Please call **833-734-0171** or visit us at **CarrierClinic.org/RRRV**

