

## Contact / Referral Information:

### Morris Office

300 Littleton Road, Suite 300  
Parsippany, NJ 07054  
973-334-3496  
Fax: 973-334-4920

Or email us at [SURE@mhainspire.org](mailto:SURE@mhainspire.org)

### Hours of Operation

Monday, Tuesday & Thursday  
from 1:00 PM to 9:00 PM

Wednesday & Friday  
from 9:00 AM to 5:00 PM

Weekend hours offered by  
appointment only.

The mission of the Mental Health Association is to promote mental health, including the integration of physical healthcare, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders.

We, as a community organization, accomplish our mission through advocacy, education, prevention, early intervention, treatment, and service.



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[www.MHAinspire.org](http://www.MHAinspire.org)

# Substance Use Recovery & Empowerment

Providing outpatient treatment services to individuals diagnosed with a substance use disorder.

SUPPORT GROUPS

PROGRAMS

SERVICES



## Substance Use Recovery & Empowerment

The Substance Use Recovery and Empowerment (SURE) program provides individuals with support and assistance in developing a recovery management plan for substance use, process addictions and co-occurring disorder concerns. SURE takes into account physical, psycho-social and social resources so that the least intrusive level of care is utilized.

### Types of Services Offered:

- Intensive Outpatient Program Services
- Evidence-based Interventions
- Person-centered Substance Use Assessment/Evaluation
- Treatment Planning
- Co-occurring Services
- Individual & Group Counseling
- Psychiatric Evaluations
- Medication Monitoring
- Referral for Medication Assisted Treatment



### GOALS

The goal is to assist individuals diagnosed with a substance use disorder with achieving long term recovery while living a fulfilling and productive life.



### ADMISSION

SURE is open to anyone 18 and older. Individuals can either be referred to treatment or self- refer.



### SUPPORT GROUPS

- Substance Use Education & Prevention
- Relapse Prevention
- Identification of Triggers
- Coping Skills
- 12 Step Education
- Process Groups
- Stress and Anger Management
- Self-Care
- Future Planning

## Outpatient Treatment Programs

The **Intensive Outpatient Program (IOP)** is designed for individuals who need an intensive, structured treatment schedule to help them in overcoming addiction with minimal disruption in their lives. IOP utilizes evidence-based practices as well as holistic treatments as a part of our integrative approach to addiction recovery.

IOP meets three days a week for three hours each day for a total of nine hours each week, with an additional individual session weekly.

The **Outpatient Program (OP)** consists of one individual and group session weekly, with a gradual step down to once a month sessions until program completion. OP is meant to minimize disruption in the lives of individuals who are in need of ongoing support in their recovery from addiction.

