

Contact / Referral Information:

Morris Office

1160 Parsippany Boulevard
Parsippany, NJ 07054
973-334-3496
Fax: 973-334-4920

Or email us at SURE@mhainspire.org

Hours of Operation

Monday through Friday
9 AM to 5 PM

Flexible evening and weekend hours
are available.

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.



www.MHainspire.org

Substance Use Recovery & Empowerment

Providing outpatient treatment services to individuals struggling with addiction and related mental health concerns.

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:

- 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)** consists of 9-19 hours of intensive, structured services each week to help individuals overcome addiction with minimal disruption in their lives. IOP consists primarily of group therapy, individual therapy, family counseling, and education about addiction-related and mental health concerns. IOP utilizes evidence-based practices as well as holistic approaches as a part of an integrative approach to addiction recovery.

The **Outpatient Program (OP)** consists of less than 9 hours of services each week for recovery. It is meant to minimize disruption in the lives of individuals who need ongoing support in their recovery from addiction. OP is tailored to individuals' needs, and can consist of group therapy, individual therapy, and/or family therapy. This level of care is ideal for individuals who are looking for a less intense form of treatment and continued support.

SCAN QR CODE
FOR RESOURCES

