Our Levels of Care

Partial Hospitalization Program (PHP):
Our Partial Hospitalization Program is a comprehensive 6 hours per day, 5 days per week program that is highly structured to help individuals struggling with a variety of mental health and/or substance use concerns.

Intensive Outpatient Program (IOP):
Our Intensive Outpatient Program is a less frequent but still highly structured program that runs for 3 hours per day, 3 days per week.

Outpatient Medication Management:
This is vital in symptom maintenance and ongoing recovery. At GenPysch, we offer medication management to provide you with this essential level of care.

SERVICES OFFERED	PHP	IOP
5 days per week/6 hours per day	✓	
3 days per week/3 hours per day		✓
Individual Therapy	✓	✓
Group Therapy	✓	✓
Medication Management	✓	✓
CBT & DBT Skill Training	✓	✓
Family Therapy	✓	✓
Emotional Regulation & Coping Skills Development	✓	✓
Relapse Prevention & Wellness Planning	✓	✓
Track specific treatment	✓	✓



GenPsych is a New Jersey–based mental health treatment provider offering comprehensive, evidence-based care for children, adolescents, and adults (ages 7 and older). We deliver a full continuum of services, including Intensive Outpatient (IOP), Partial Hospitalization (PHP), and medication management, led by multidisciplinary clinical teams.

Our mission is to provide accessible, compassionate treatment that supports your long-term stability, recovery, and overall well-being.

New Jersey Locations

Avenel
1030 St. Georges Avenue, Avenel, NJ, 07001

Brick
940 Cedar Bridge Avenue, Brick, NJ 08723

Bridgewater
380 Foothill Road, Bridgewater, NJ, 08807

Hamilton
3525 Quakerbridge Road, Hamilton, NJ 08619

Livingston
5 Regent Street, Livingston, NJ, 07039

Rochelle Park
218 Route 17 North, Rochelle Park, NJ, 07662

Wayne
1501 Hamburg Turnpike, Wayne, NJ, 07470

Helping People Improve Their Mental Health Since 2005

GENPSYCH
Mental Health of the Future

SCAN HERE

For Consultation Call Us
855-436-7792
www.GenPsych.com

@genpsychpc

CHILDREN'S PROGRAM

The Youth Program at GenPsych serves children (age: 7-12) and is an outpatient program offering Partial Care and Intensive Outpatient treatment. Our program aims to help children struggling with various concerns related to mood, anxiety, and interpersonal conflict.

We offer:

- Coping with Anxiety
- Dialectical Behavior Therapy (DBT)
- Music Therapy
- Play & Art Therapy
- Communication
- Recreation
- Self-Esteem
- Relaxation
- Cognitive Behavioral Therapy (CBT)
- Family Therapy
- Academic Services

GENPSYCH ADOLESCENT PROGRAM (GAP)

GenPsych Adolescent Program serves teens (age: 13-17) struggling with mental health symptoms at home, school, and family. We provide structured and safe environments for an adolescent to learn new skills and process difficult emotions via evidence-based treatment like Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Exposure Response Prevention (ERP), and Wellness Recovery Action Planning (WRAP).

✅ Transportation Is Available for Eligible Clients.



SUBSTANCE USE DISORDER (SUD) PROGRAM

For those in recovery, staying clean and sober can be an everyday challenge. GenPsych's Adult Substance Use Disorder (SUD) and Dual Diagnosis Program provides individuals with the tools and support they need to live substance-free. Clients receive medication management, individual, and group therapy at our Brick, Bridgewater, Livingston, and Rochelle Park locations.

DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical Behavior Therapy (DBT) focuses on emotion regulation, mindfulness, distress tolerance, and interpersonal effectiveness for children and adults. This track supports children and adults experiencing issues such as: personality disorders, suicide ideation, self-harm, destructive behaviors, and those who have difficulty coping with stressors and/or triggers build a life worth living while creating balance and skill acquisition, leading to lasting change.



SILVERGATE PREP

To prevent disruption of academic needs, patients enrolled in our day programs are offered an education component through **SILVERGATE PREP.**

Silvergate Prep is a clinical agency approved through the New Jersey Department of Education (NJDOE) that works in conjunction with your child's school district to provide education while they are attending the GenPsych Adolescent Program (GAP).

This service prevents our patients from falling behind in their school work and provides them with academic structure and support. Patients learn in a therapeutic environment while receiving assistance.



ADULT MENTAL HEALTH PROGRAMS

Using a group modality, we provide a structured and safe environment for every client to learn new skills and process difficult emotions. These groups focus on creative ways to present effective and evidence-based treatments like Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Exposure Response Prevention (ERP), and Wellness Recovery Action Planning (WRAP).



MEDICATION-ASSISTED TREATMENT (MAT)

Medication-Assisted Treatment (MAT) combines FDA-approved medications with psychotherapy and comprehensive clinical support to address both the physical and emotional aspects of substance use recovery. Licensed by the New Jersey Department of Mental Health and Addiction Services (NJ-DMHAS), GenPsych's MAT offers personalized treatment plans, medication management, individual and group therapy, and coordinated care through an integrated team of psychiatrists, nurses, addiction specialists, and clinicians. MAT helps reduce cravings, manage withdrawal, prevent relapse, and build sustainable coping strategies, with flexible appointment scheduling and ongoing support designed to fit each client's needs and promote long-term recovery.

For more Information, Call Us

855-436-7792

www.GenPsych.com