

**seabrook**<sup>®</sup>  
the heart of recovery

**Seabrook is a renowned, non-profit, CARF-accredited alcohol and drug addiction and co-occurring disorder treatment provider.**

Founded in 1974 by Jerry and Peg Diehl to help families recover from the ravages of alcoholism and drug addiction, Seabrook has grown to include several locations providing a variety of evidence-based treatment options.

Our multi-disciplined medical team oversees all treatment programs, and is board-certified in addiction medicine, addiction psychiatry, and family practice, along with other specialties.

**At its heart, Seabrook is, and will remain, a labor of love.**

Much of our staff is in recovery, offering a personal connection with every patient. It is a special thing, to be helped by people who know exactly what early recovery feels like, and to be reminded every day that recovery is possible.



800.761.7575  
**seabrook.org**

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# seabrook®

is

## life, restored

### SERVICES:

- Withdrawal Management (Alcohol and Opiate Detox)
- Men's Residential Treatment
- Women's Residential Treatment
- Partial Hospitalization (PHP) Treatment / Partial Care
- Intensive Outpatient (IOP) Treatment
- Men's Extended Care
- Women's Extended Care
- Medication Assisted Treatment (MAT)
- Family Matrix Program
- Holistic Treatment Options

# seabrook®



### LOCATIONS:

133 Polk Ln.  
Bridgeton, NJ 08302  
856.455.7575  
F: 856.453.1022

1930 Marlton Pike East (Route 70),  
Suite O-77  
Cherry Hill, NJ 08003  
856.663.0010  
F: 856.375.2000

2111 New Road, Suite 101  
Northfield, NJ 08225  
609.415.0999  
F: 609.241.6699

101 Madison Ave., Suite 205  
Morristown, NJ 07960  
973.946.8200  
F: 973.795.2229

21 White St.  
Shrewsbury, NJ 07702  
732.889.3900  
F: 732.414.7970



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## Extended Care Treatment

### WOMEN'S EXTENDED CARE MEN'S EXTENDED CARE

Women's and Men's Extended Care Treatment programs offer people with alcohol and drug addictions and co-occurring disorders an opportunity to really secure the tools they need to grow into a healthy, secure recovery.

Extended Care is recommended for people who have been through multiple treatments, licensed professionals, executives, and those who have problems with relapse. Minimum stay is 90 days, but 6 to 12 months is recommended.

This program is available to men and women who have completed a 30-day detox and primary treatment program. Treatment includes individual and group therapy, physical, emotional, and spiritual wellness programs, and a variety of holistic therapies.



## Medication Assisted Treatment (MAT)

Seabrook prides itself on remaining on the leading edge of addiction treatment. Opiate addiction often requires a non-traditional, medication-based approach. Our Buprenorphine MAT program is overseen by a medical team that is board certified in addiction medicine, addiction psychiatry, family practice, and other specialties. MAT can be completed on an inpatient or outpatient basis.





## Withdrawal Management (Alcohol and Opiate Detox)

Individualized care begins with an assessment of need. People who require withdrawal management are cared for in our medically-monitored main campus facility. Seabrook physicians, nurses, and therapists make the detox process as comfortable as possible, including holistic therapies like acupuncture and massage.



## Inpatient Treatment

### MEN'S RESIDENTIAL TREATMENT AND WOMEN'S RESIDENTIAL TREATMENT

Seabrook provides gender-specific, inpatient treatment for the physical, emotional, and spiritual illness that is addiction. Our structured, 30-day program includes individual and group therapy, along with individualized treatment options based on need.



## Outpatient Services

Outpatient treatment can be a critical building block following inpatient or extended treatment. For others, it is the entry point to recovery. Care managers work with each patient to design a treatment plan specific to their needs.

### PARTIAL HOSPITALIZATION (PHP) TREATMENT / PARTIAL CARE

Four days a week for five hours a day. This includes individual and group counseling and one meal per day.

### INTENSIVE OUTPATIENT (IOP)

Four days a week with four 3-hour group sessions, one individual counseling session, and monthly family/ outside provider contacts.

### INDIVIDUAL & FAMILY COUNSELING

One 1-hour session with a therapist each week.

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