



Seashore  
Family Service of NJ  
*Comprehensive Services for Families*



## Welcome to Seashore Family Services of New Jersey

### SUBSTANCE ABUSE PROGRAMS

*Seashore Family Services of New Jersey (SFSNJ) offers a higher standard of care for men and women suffering from the disease of alcoholism and/or drug addiction.*

**W**e can help: we have successfully treated thousands of chemically dependent individuals to resolve their alcohol and drugs issues helping them and their families to get their lives back.

A leader in Substance Abuse Treatment: SFSNJ is an outstanding provider serving our communities since 1972. Our staff of highly trained addictions counselors is also comprised of experienced social workers, professional counselors and family therapists licensed by the State of New Jersey in their respective disciplines. Our staff has created a safe and confidential environment providing the adequate therapeutic environment for the progress of our clients.

SFSNJ can help you find long-term recovery from the disease of drug addiction and alcoholism, gambling and other addictive diseases that afflict your life and those of your loved ones.

SFSNJ is licensed by the New Jersey Department of Health and is an accredited institution by the Commission of Accreditation of Rehabilitation Facilities, (CARF) as an outpatient provider for adults, adolescent, and children in the areas of:



- Alcohol & Other Drugs
- Integrated Alcohol and Other Drug / Mental Health

The CARF accreditation assures that we always maintain and deliver the highest quality international standards of care. We are committed to continuously improving our process with an on-going evaluation of our services and our staff.

We are also a licensed facility by the New Jersey Division of Addiction Services (DAS) to perform outpatient counseling and intensive counseling services. We currently receive

grants and contracts from the DAS to perform a variety of substance abuse services inclusive of co-occurring substance abuse treatment for adults, adolescents, special populations, Drug Court, intoxicated drivers, and more. These services are provided at our Brick and Toms River office sites.

Since 1972, SFSNJ has been delivering therapy and substance abuse counseling services to individuals and families in Ocean and Southern Monmouth Counties. Our clients range from children to the geriatric population. Our facilities are accessible via public transportation and are handicap accessible. Referrals to our programs come from a variety of sources including: DYFS, other programs, school systems, municipal and county courts, attorneys, insurance companies, employers, county probation offices, parole and self-referrals. We provide alcohol and drug counseling services to individuals with diverse backgrounds and co-occurring disorders.



**S**ubstance Abuse Services: Substance abuse services are a combination of weekly individual and/or group sessions with a Masters degree and /or licensed or certified substance abuse counselor. Random laboratory drug tests are administered to the abuser in order to monitor their progress.

Determination of services is based on an individual assessment completed prior to a client entering treatment. All clients are evaluated utilizing the Addiction Severity Index, a nationally recognized assessment tool required by the DAS. Following assessment, clients are placed into the appropriate treatment level according to the American Society of Addiction Medicine (ASAM) placement criteria (see below).

In situations where a client presents symptoms associated with mental illness as a secondary diagnosis, the primary counselor and the Clinical Director will determine if it is feasible to counsel the client without psychiatric intervention. If psychiatric intervention is necessary, referral is provided to our psychiatrist to determine appropriate treatment services.

Family counseling is provided to assist in managing family conflicts, develop communications strategies, and cope with substance abuse within the family unit. The family substance abuse counseling services focus on the family treatment needs and a trained counselor provides for all individual family sessions that include individual sessions for each adult family member and their children based on specific needs.

Substance abuse services provided by SFSNJ include:

• *Outpatient Counseling: ASAM Level I: Outpatient Substance Abuse Services*

Minimal participation requirements:

- Assessment/Intake appointment
- Laboratory drug test
- Psychiatric assessment (if clinically necessary)
- Individual counseling sessions
- Group session (one hour session delivered once each week)
- Family session (if clinically appropriate)

• *Intensive Outpatient Counseling: ASAM Level III: Intensive Outpatient Substance Abuse Services*

Minimal participation requirements:

- Assessment/Intake appointment
- Laboratory drug test
- Psychiatric assessment (if clinically necessary)
- Individual counseling sessions (minimum of one per week)
- Group session (three one hour sessions three times per week)
- Family session (if clinically appropriate)

All individual and assessment sessions are by appointment arranged through a SFSNJ secretary and/or counselors. Group sessions are conveniently provided during the day and evening hours.

**Referral Procedures and Other Agency Involvement:**

SFSNJ provides referrals to various sources including: inpatient programs; other substance abuse programs; adult education; psychiatric; medical services, etc. Clients are referred to our affiliates for psychiatric consultations or treatments.

**Length of Program:** Our services are based on individual needs and the program length depends on the desired results.

Family counseling sessions would be provided as clinically appropriate. The treatment plan interventions will be determined during the assessment interview and case management interventions.

**Discharge Criteria:** SFSNJ discharged criteria are based on individualized assessment but a minimum participation of four months is required for all clients.

**Client Population:** SFSNJ provides services to all family and individuals who request services. Individuals whose primary diagnosis is mental-health-related can participate in outpatient counseling services.

**Staff Qualifications:** You can be assured that the counselor assigned to you is a trained professional in the addiction field. Our staff is comprised of licensed and certified professionals in the areas of counseling, social work, and alcohol/drug counseling, some with an average of over 20 years experience in social services and drug counseling. Our trainees have been carefully selected to provide services within the international standards of our accreditation and the licensing standards on the State. Some of our staff have dual licenses and/or certifications.

**Locations:** Counseling and Referral Services are provided at both SFSNJ locations at:

**Brick, NJ**  
270 Chambers Bridge Rd. Suite 10  
Brick, NJ 08723  
Telephone: 732-920-2700

**Toms River**  
226 Main Street, Toms River, NJ  
Telephone: 732-244-1600

www.sfsnj.org  
info@sfsnj.org



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