

Blake Recovery Center's Treatment Philosophy

We believe that recovery involves personal recognition of the need for change and exists on a continuum of improved health and wellness.

We are dedicated to providing an individualized, consumer directed approach to the recovery process that is focused on the physical, emotional, spiritual and family needs of each client.

Take the Tour!

Visit CarrierClinic.org for an inside look of the new Blake Recovery Center.



Click to Connect

Hackensack Meridian *Health* Carrier Clinic's *Connections Educational Series* offers brief but fully informative video overviews of addiction issues—how to recognize them and how to treat them.



Go to the Carrier Clinic YouTube page at www.Youtube.com/user/CarrierClinicNJ and click on the playlist option for the Connections Educational Series.

Topics Include:

- *Chemically Dependent? You Need to Find Out*
- *What It Means to Be Codependent*
- *Prescription Painkiller Addiction: More Common Than You Think*
- *Addiction Life Coaching*
- *Addiction Recovery Options*
- *Understanding Your Health Insurance*
- *Trauma and Addiction*
- *Heroin Addiction and Treatment*
- *In Addiction Recovery, a Relapse Can Be a Learning Opportunity*
- *Online Gambling Addiction and Treatment*

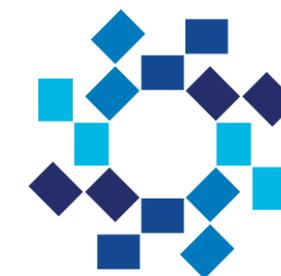


Visit CarrierClinic.org or call 1(800)933-3579 for more information.

As a not-for-profit health care provider, Hackensack Meridian *Health* Carrier Clinic is the regional leader in providing innovative and accessible health care programs and services to individuals, families, and communities.



Your journey to recovery starts here.



Hackensack
Meridian *Health*
Blake Recovery Center

At the **Blake Recovery Center** at Hackensack Meridian *Health* Carrier Clinic, our goal is to meet the rehabilitative needs of the drug and alcohol dependent person and his/her family members in a secure, compassionate environment, providing the opportunity for a life free from the destruction of chemical dependency.

Our freestanding, New Jersey-licensed residential alcohol and substance abuse treatment program provides a medically-monitored detoxification as well as residential and rehabilitation care (ASAM Level 3.7) for individuals suffering from drug and alcohol dependency.



Our program utilizes a 'back to basics' holistic approach to counseling, educating and physically reconditioning the dependent individual. Our unique Joint Commission accredited rehabilitation program provides exposure to the full spectrum of care to ensure a successful recovery.



The Blake Recovery Center Detoxification program aims to:

- safely achieve a medically-monitored withdrawal from dependent substances*
- assess and enhance the stage of change readiness
- provide an introduction to the recovery process foster acceptance of further treatment



Goals of the Blake Recovery Center Residential Rehabilitation program:

- to initiate or continue abstinence
- to identify and treat emotional/behavioral conditions that may complicate recovery
- to develop specific coping skills for relapse prevention
- to strengthen the recovery environment
- to link further treatment and resources with comprehensive discharge planning services

* Detoxification from heroin and other opiates is performed in a caring and supportive environment by using state-of-the-art treatments including Buprenorphine and other medications.

Why choose Blake Recovery Center

The Blake Recovery Center utilizes a proven approach to recovery that includes enhanced, individualized treatment plans, which are specific to the medical, emotional and social needs of each patient, as well as group and individual therapy, family intervention and medical stabilization.

Structured programming uses cognitive behavioral therapy techniques to develop coping skills in problem solving, anger and mood management, assertiveness training and creating a recovery environment.

Blake Recovery Center's approach to providing quality care

Blake Recovery Center's residential rehab program is administered by addiction counselors, registered nurses, medical physicians and group counselors. Specialized, 24/7 medical care, paired with cutting-edge techniques, define Blake Recovery Center's distinctiveness and success.

Evaluation and treatment of co-existing psychiatric conditions are integrated throughout the program. For those needing a higher level of co-occurring treatment, we can coordinate transfer to our intensive outpatient program (IOP) or our adult psychiatric and addiction program.



Blake Recovery Center's treatment includes:

- Mindfulness
- Grief/Loss Therapy
- Equine-Assisted Therapy
- Motivational Interviewing
- Expanded Family Programming
- Art/Music Therapy
- Cognitive Behavioral Therapy
- Trauma-Focused Therapy
- Problem-Solving Therapy
- Community Reintegration



The family

In keeping with our belief in the 'family recovery' model, we provide our **Free Weekend Codependency Program**, which consists of six separate sessions of educational and therapeutic codependency programming for family members and significant others.



These sessions, which are open to the community as well, are held on Saturday or Sunday each week. Attendance of the Weekend Codependency Program is mandatory to visit a loved one at Blake Recovery Center.

For family members of Blake Recovery Center clients, this free programming is supplemented with individualized family counseling and aftercare services.

We assist with involvement in Al-Anon, Nar-Anon, Parent's Support Group of NJ, and other codependency support groups. Based on family needs, other resources can be suggested.

Bright Futures for Kids helps children in families affected by substance abuse. This free educational and counseling program, for four- to twelve-year-olds, is led by a trained clinician. This program runs weekly on Sundays.

See our full offering of free community support programs at CarrierClinic.org.

Insurance information

Upon your arrival, you will visit the Access Center at Hackensack Meridian Health Carrier Clinic to begin your admission process with our caring staff who are available to make you feel comfortable, answer your questions and go over insurance options. We are extremely knowledgeable when it comes to working with insurance companies to help expedite your need for care.

Admissions information

- Admissions are accepted through Hackensack Meridian Health Carrier Clinic's Access Center, open 24 hours, 7 days per week.
- Treatment is covered by most insurance plans.
- To make a referral or to schedule an initial evaluation, call 1(800)933-3579.

