

Family Wellness Outpatient Services

Mountainside Family Wellness Outpatient Services empowers families with knowledge and tools to rise above the impact of addiction and regain control of their lives. With the support and guidance of professional clinicians, families have a safe space to address the depression, trauma, and grief they experience from a loved one's struggle with addiction. Families also learn how to repair relationships, utilize healthy forms of communication, and practice self-care to better support the family's recovery as whole.

AVAILABLE VIRTUAL SERVICES

- Biopsychosocial Assessment
- Psychiatric Evaluation
- Psychiatric Medication Management
- Individual Therapy
- Group Therapy
- Family Therapy
- Crisis Sessions

10 WEEK FAMILY RECOVERY GROUP THERAPY

Led by a licensed family clinician

Schedule: Tuesdays, 6:30-8:00 PM ET

Topics:

- Healthy vs. Unhealthy Relationships
- Communication
- Self-Care
- Boundaries
- Family Roles
- Rebuilding Trust
- Identifying needs in a relationship
- Grieving a past relationship and relationship transitions
- Meaningful connection
- Wellness

ENROLLMENT

Open to Connecticut and New York residents who have loved ones struggling with substance abuse.

Participants do not need to have a loved one currently attending a Mountainside program.

For more information, to check insurance coverage, or to enroll, please contact our Admissions team at 860 824 1397 or admissions@mountainside.com

