

VOLUNTEERS OF AMERICA DELAWARE VALLEY

VOADV is a non-profit social service agency that has been providing essential services to vulnerable individuals and communities since 1896.

We serve more than 13,000 individuals throughout Southern New Jersey, Philadelphia, and Delaware yearly and operate more than 40 high quality, outcome-driven assistance programs.

Nationally, Volunteers of America is one of the largest and most comprehensive human services agencies in the nation. With affiliates across 46 states, VOA collectively serves more than one million people each year nationally.



Volunteers of America®
DELAWARE VALLEY



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Camden, NJ 08104



856-583-2220



voadv.org

Addiction Treatment Program

**Standard/Intensive
Outpatient Services**



**Volunteers
of America®**

DELAWARE VALLEY

WHAT IS THE ATP – OP/IOP PROGRAM?

ATP is a CARF- accredited, DMHAS licensed ambulatory* care facility for substance use disorder treatment under the New Jersey Department of Human Services. The program is licensed to provide both Standard Outpatient and Intensive Outpatient substance use disorder treatment to adult men and women. ATP also provides specialized therapy services to individuals who present with co-occurring mental health disorders, which includes trauma-informed care. ATP Outpatient offers assessment services, individual counseling, group counseling, and case management services.

**Ambulatory - is care setting such as outpatient services where individuals can walk in and out, rather than staying overnight as with a residential setting.*



WHAT DOES THE PROGRAM PROVIDE?

The outpatient program provides access to a wide variety of treatment models and therapeutic approaches for individuals with addictions and mental health disorders in order to help meet their unique needs. Individuals engaged in this type of treatment have been assessed to engage in substance abuse and remain living in their community. We offer flexible scheduling in the morning and/or evening to accommodate work, school, or family responsibilities. Our program also provides services to Spanish speaking persons through groups and individual counseling sessions conducted in Spanish, helping to meet the needs of individuals with language barriers.

HOURS

Intensive Outpatient AM:
Mondays, Tuesdays, & Thursdays
(10:00am-1:00pm)

Intensive Outpatient PM:
Mondays, Tuesdays, & Thursdays
(6:00pm-9:00pm)

Standard Outpatient AM:
Tuesdays & Thursdays (10:00am-11:30am)

Standard Outpatient PM:
Tuesdays & Thursdays (6:00pm-7:30pm)

(Options are explored at intake to best secure funding for services. Medicaid is accepted and sliding fee scale is available for uninsured persons. Referrals from Parole, Probation, IDRC, Recovery Court, SAI/BHI, DCP&P as well as self-referrals are all welcome)

TREATMENT MODEL

The program provides structured therapy through a set number of hours per week of individual and group therapy. Utilizing psychoeducation, individuals will learn about the factors that contribute to their condition and how to manage them. Evidenced based approaches such as Motivational Interviewing (MI); Cognitive Behavioral Therapy (CBT), Rational Emotive Behavioral Therapy (REBT), Dialectical Behavioral Therapy (DBT), Interpersonal Therapy (IPT), and Solution Focused Therapy (SFT) are used to help persons receive individualized, person-centered care. Relapse prevention planning will help individuals learn strategies to identify triggers, manage cravings, and develop healthy coping mechanisms.

PROGRAM GOALS

The goal is to help individuals build a sense of community and mutual support in a therapeutic setting through Group & Individual therapy. Our skilled and compassionate professionals help people overcome alcoholism, drug addiction, chemical dependency, abuse of prescription drugs and improve their mental health. Outpatient counseling can assist individuals in gaining insight into the nature of addiction and help them build motivation for change. In this supportive environment, individuals can gain the skills needed to achieve abstinence and maintain long-term recovery from addiction and mental health issues.