

Providing effective treatment to those suffering from addiction



Behavioral Health Care Accreditation from the Joint Commission on Accreditation of Healthcare Organizations The Gold Standard.



NATIONAL ASSOCIATION OF ADDICTION TREATMENT PROVIDERS



1395 Chews Landing Road  
Laurel Springs, NJ 08021  
800.253.0673  
victorybayrecovery.com  
info@victorybayrecovery.com

## TRACTION

### TRAUMA symptoms + ADDICTION education = TRACTION RECOVERY SYSTEM®

Victory Bay has implemented the powerful and intuitive Traction Recovery System® (TRS), a trauma focused clinical program. TRS provides the curriculum necessary to provide high-quality care to our clients and their families and helps build a solid foundation of sobriety and recovery.

TRS is a treatment approach that combines the latest information and data on trauma-informed care, neuroscience, somatic mindfulness and attachment theory with the incredibly useful and important aspects of 12-Steps along with traditional addiction modalities. By combining these latest addiction techniques with other traditional approaches, it is our belief that we offer better support and solutions to the addict that seeks the goal of long-term sobriety and healing.

Additionally, the client learns and experiences the information needed to address all aspects of recovery, including how family systems work, understanding the role the “connection to self and others” plays in addiction, fostering an intimate understanding of the addiction process.



### 12-Step Programs

We support attendance and participation in 12-step meetings such as AA and NA in addition to a client’s substance abuse treatment program at Victory Bay. Our hope is that their time spent attending 12-step meetings while in treatment at Victory Bay will become a positive routine and improve the client’s goal of maintaining sobriety once they finish the program end enter back into society.



### Co-Occurring Disorders

Clients who enter Victory Bay may have varying behavioral, emotional, and mental health issues which co-occur with their substance use disorders. To address these issues, our clinical team is experienced in treating the whole person, helping to address and heal the underlying causes of addiction.

*We may encounter many defeats  
but we must not be defeated*  
~Maya Angelou



If you or a loved one is suffering from substance use disorder, call now for a consultation.

### MISSION

Providing effective treatment to those suffering from alcoholism and addiction.

### TREATMENT

We provide the highest quality Outpatient Substance Use and Co-occurring services to the broadest spectrum of clients.

### FACILITY

State-of-the-art center that is warm and welcoming and offers a healthy environment for positive outcomes.

victorybayrecovery.com | 800.253.0673  
Laurel Springs, NJ

We accept most major health insurance plans and private pay clients.



## OUTPATIENT

Victory Bay Recovery Center is an Outpatient Behavioral Health facility that specializes in substance abuse treatment. We utilize a proprietary, cutting-edge treatment program known as the **Traction Recovery System®**, which is a novel blend of the medical model of chemical dependency treatment and the 12-step based recovery process, which also integrates the latest research from the fields of neuroscience, behavioral health, and substance use.



### Treatment Methods

- DBT - Dialectical Behavioral Therapy
- SE - Somatic Experiencing
- CBT - Cognitive Behavioral Therapy
- ACT - Acceptance and Commitment Therapy
- EMDR - Eye movement desensitization and reprocessing

### Program Highlights

- Trauma
- Grief & Loss
- Attachment
- Family of Origin
- Shame reduction
- Codependency

## SERVICES

- Available 24/7
- Private consultations
- Level of care guidance
- Sober living placement
  - Assessments
- Intervention planning
- Insurance pre-qualification
  - Case Management
- Family Support Program
  - Travel arrangements
  - Partial Care (PC)
- Intensive Outpatient (IOP)
  - Outpatient (OP)

### Family Program

At Victory Bay, we recognize the vital importance of the family in the treatment process, as it is often the lynchpin upon which sobriety is gained and maintained. We offer a comprehensive family program, including weekly contact from our clinicians which starts upon the day of admission, and twice monthly family meetings to offer education, support and an open forum for the families of our clientele.

### Amenities

- Specialty Therapeutic Workshops
- Gym access
- Nutritionists
- Yoga

## CONTINUUM OF CARE

Victory Bay's Outpatient Treatment provides freedom and flexibility which allows our clients to maintain a regular commitment to family, work, and other pursuits.

### Partial Care (PC)

This is the highest level of care at Victory Bay. Partial Care is a comprehensive program for early stage recovery that is more intense than IOP or OP, yet less restrictive than a Residential program. The therapeutic care is provided during the day and evening and averages 6-8 weeks.

Partial Care is a 5 day (M-F), 20-25 hours per week treatment program comprised of multiple groups daily and at least one individual session during the week. Victory Bay provides a broad spectrum of groups to treat clients holistically. These sessions are comprised of therapeutic process groups, 12-Step Model Groups, Life Skills, Psychoeducation, Art Therapy, Yoga, Mindfulness, Nutrition and Healthy Living and wellness.

### Intensive Outpatient (IOP)

Intensive Outpatient is the next level of care we offer. This level requires 9-15 hours of treatment weekly, encompassing 3-5 group sessions and one individual session, and ranges from 6-12 weeks in length.

Clients are placed at this level of care at intake if they meet the requirements for IOP as opposed to Partial Care. Additionally, if they have attended Partial Care at another program, they may enter our IOP. The major focus of our IOP is Relapse Prevention. Programs can be scheduled around work or school to accommodate client's daily schedules and include day and night groups.

### Outpatient (OP)

Outpatient is our final level of care and requires 4-6 hours of treatment per week, comprised of 2 groups and one individual session, often in the evening. Typically, Outpatient rehab is a minimum of 4 weeks.

Outpatient treatment is attained once the client has completed the IOP level of care. Outpatient treatment helps an individual identify support systems they can utilize once they have successfully completed Victory Bay's program. It also prepares them for stepping back into society.

## PROGRAMS

### Comprehensive Treatment Offerings

- Male and Female, 18+
- Gender specific
- Short-term and Long-term care
- Group Therapy
- Individual Therapy
- Art Therapy
- Mindfulness Meditation
- Family and Couples Counseling
- Community Skills Groups
- Life Skills Training
- Relationship Management Groups
- Psychotherapy
- 12-Step Model
- Co-Occurring Disorders
- Vivitrol



MOST INSURANCE ACCEPTED



# RECOVERY