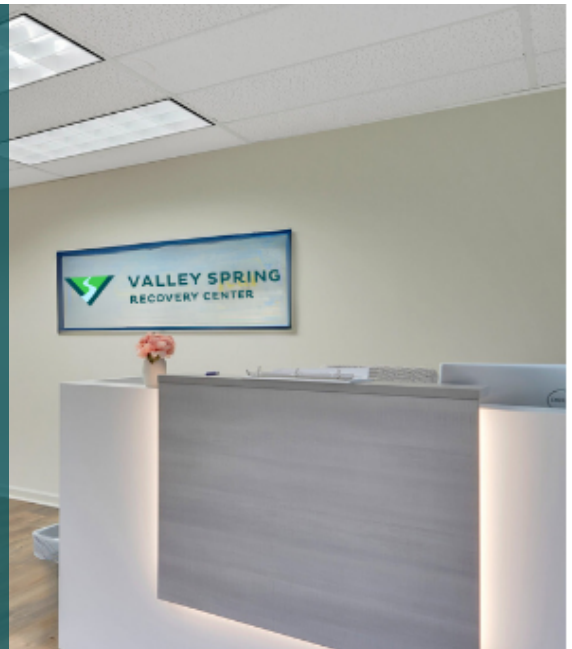




VALLEY SPRING RECOVERY CENTER

Comprehensive, recovery-focused mental health and substance abuse services in Northern New Jersey. Providing a range of outpatient programs in Bergen County, both Medicaid and non-Medicaid, Adult 18+.



LEVELS OF CARE

Partial Care

- 5 Days a week from 9am-3pm

Intensive Outpatient

- 9am -12pm - Adult Group
- 6pm-9pm - Professionals Group

Outpatient

- Weekly Group
- Individual Session

Supportive Community Housing Options

- Up to 6 months
- 24/7 supervision & transportation



SERVICES

- Evidence-Based Treatment
- Holistic Treatment
- Telehealth Services
- Trauma informed
- Life Skills
- Relapse Prevention
- Family Healing
- Community Education



APPROACH

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Medication-Assisted Treatment (MAT)
- Twelve-Step Facilitation
- Family Behavior Therapy
- Trauma-Informed Therapies
- Group Sessions
- Individual Sessions



MEDICAL DIRECTOR_ DR. MICHAEL OLLA

Dr. Michael Olla is a renowned medical professional licensed in both New York and New Jersey, specializing in psychiatry and addiction treatment. Currently serving as the Medical Director at Valley Spring Recovery, he oversees clinical operations, editorial staff for the website and is committed to providing the highest standards of patient care. With a focus on holistic healing and evidence-based practices, Dr. Olla has become a leading figure in the field of psychiatric medicine. His dedication to patient well-being and contributions to research make him a standout authority in mental health and recovery.



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