



The Evergreen Substance Abuse Treatment Program at Bergen Regional Medical Center provides comprehensive substance abuse treatment to more than 15,000 people annually. Evergreen's full range of services includes Inpatient Detoxification, Residential Treatment, Partial Hospital Programming and Intensive Outpatient Programming.

Evergreen is designed to meet the needs of persons over the age of 18 who are suffering from the disease of addiction to drugs and/or alcohol. The Bergen Regional Medical Center Access Center will assess your needs and direct your admission to the level of care that will provide the most appropriate treatment for you.

**A family support group meets on Thursdays in BRMC's auditorium from 6 p.m. – 7:30 p.m. to help family members understand substance use disorders and to learn effective ways to deal and cope with their loved one's addiction and recovery.**



EVERGREEN  
SUBSTANCE ABUSE TREATMENT  
800.730.2762

Located at 230 East Ridgewood Avenue in Paramus, NJ, Bergen Regional Medical Center provides a comprehensive set of quality services including Long Term Care, Behavioral Health Care, Ambulatory and Acute Care. The Medical Center is a designated safety net facility for the State of New Jersey and is dedicated to providing care for vulnerable populations. BRMC also provides services for those eligible for health insurance or Medicaid under the Affordable Care Act.

Bergen Regional is both the largest hospital and the largest licensed nursing home in New Jersey. The hospital houses one of the most comprehensive mental health services program in the state, which provides psychiatric and substance abuse treatments along the continuum of outpatient and inpatient settings. In addition, Bergen Regional has a full service emergency department, state of the art operating suites, and more than 20 ambulatory medical specialty clinics.

Conveniently located near all major highways and accessible by NJ Transit.



MEDICAL CENTER

BERGEN REGIONAL MEDICAL CENTER, L.P.  
230 E. RIDGEWOOD AVE.  
PARAMUS, NJ 07652  
201.967.4000  
[www.bergenregional.com](http://www.bergenregional.com)

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MEDICAL CENTER

# Evergreen Substance Abuse Treatment Program

at  
Bergen Regional Medical Center



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**Evergreen Substance Abuse  
Treatment Program**  
at  
Bergen Regional Medical Center

**Medical Detoxification  
Residential Treatment  
Partial Hospital Program  
Intensive Outpatient Program  
Teen T.H.R.I.V.E**

Evergreen is the collective name for addiction treatment services at Bergen Regional Medical Center. The Evergreen Program provides a full range of medical and mental health services including:

- Certified counselors
- Assistance in directing you to the right level of continuing care
- Patient driven programming that provides individual and group therapies and psycho-education within a 12-Step framework
- Access Center assessments and placement
- Admissions to treatment 7 days per week

**Call for an assessment – 1.800.730.2762**



EVERGREEN  
SUBSTANCE ABUSE TREATMENT

**Medical Detoxification**

Inpatient treatment is often necessary for a safe and successful medical withdrawal from alcohol, heroin, benzodiazepines and prescription pain medication. Detoxification is often the vital first step of the rehabilitative process. Patients requiring detoxification can do so in a safe environment staffed with trained, competent, and caring professionals. The time period for detoxification ranges from 4–8 days. To accommodate patients in need of detox who have ambulating issues or other medical comorbidities, Bergen Regional has expanded its detox program to accommodate higher acuity patients.

**Residential Treatment**

Patients who require more intensive treatment will find the structure and programming in our 24 hour a day inpatient programs to be “...just what the doctor ordered...” BRMC residential inpatient programs have a history of providing effective treatment.

**Partial Hospital Program (PHP)**

Patients who require more intensive outpatient treatment, which includes daily medical/psychiatric and nursing attention, are best treated in the PHP, which meets daily Monday - Friday, five hours a day. The goal of outpatient treatment is to provide support, structure and therapy that will allow you to remain on your journey toward self-mastery while living at home and in your community.

Research has verified three essential elements that support recovery for a loved one and his or her commitment to abstinence:

- Aggressive intervention
- Family participation
- Sustained community support - involvement with a 12-Step Recovery Program.

**Intensive Outpatient Program (IOP)**

Not every chemically-dependent patient requires inpatient or residential treatment. Many have been successfully launched into recovery through an effective outpatient treatment program. The Evergreen IOP Program creates an ideal opportunity for you to begin the road to recovery within your own community and family.

The IOP offers day and evening tracks in which you meet for a minimum of 3 hours per day 3 times per week. The treatment team, which includes you, your counselors, and a psychiatrist, when needed, will meet to develop an individualized treatment plan to help therapeutically address your specific needs and to provide an appropriate set of interventions.

**Teen T.H.R.I.V.E.**

The Evergreen program also offers substance abuse treatment for adolescents. Known as Teen T.H.R.I.V.E., the program encompasses multiple levels of care beginning with Early Intervention, Intensive Outpatient as well as an Aftercare component. Teen T.H.R.I.V.E. is also co-occurring licensed by the Division of Mental Health and Addiction Services.

Teen T.H.R.I.V.E. is committed to family involvement; as well as maintaining consistent collaborative communication between all community agencies and treatment in order to foster a positive recovery process.

