



# VALLEY SPRING RECOVERY CENTER


**Empower Your Journey, Embrace Your Potential**

Valley Spring  
Recovery Center  
830 Broadway Norwood, NJ 07648



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## Welcome **Message**

*"Within the depths of self-discovery lies the key to unlocking our true potential and inner strength."*

**- Brian Cellary -**  
*CEO-Founder*

### Welcome to Valley Spring

We are delighted to share our commitment to health, wellness, and personal growth. At Valley Spring, we believe in empowering individuals to achieve their fullest potential and lead fulfilling lives. Our comprehensive range of services and programs are designed with your well-being in mind, ensuring that you receive the care and support you deserve.

Whether you are seeking treatment for substance use, mental health concerns, or are interested in our wellness and educational programs, rest assured that you are in capable hands. Your journey with us is not just a destination but a transformational experience that fosters personal growth, resilience, and renewed hope.



VALLEY SPRING



## About **Valley Spring**

Valley Spring Recovery Center is a cutting-edge provider of substance use and mental health outpatient services, offering personalized care and innovative treatment approaches. We combine compassion, empowerment, accountability, collaboration, and innovation to guide individuals on their journey to lasting recovery. Our highly qualified team, integrated care programs, and collaborative approach set us apart, ensuring comprehensive and coordinated treatment that addresses the unique needs of each individual. We are dedicated to helping our patients build fulfilling and meaningful lives free from the chains of substance use and mental health challenges.



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**"Inspiring a future where innovation and purpose converge, paving the way for endless possibilities and lasting impact."**



## Vision & Mission

### Vision

At Valley Spring, we passionately envision a world where individuals triumph over their struggles with substance use and mental health challenges, embracing lives of fulfillment and purpose. As visionary leaders, we believe in empowering our patients, instilling in them the confidence and tools necessary to take control of their own recovery journey. Our unwavering commitment is to revolutionize the landscape of treatment by challenging conventional approaches and offering truly innovative, personalized care that caters to the distinct needs of each individual.

### Mission

Our Mission - To guide individuals towards lasting recovery through personalized, innovative treatment approaches, integrated care, and community collaboration. Our mission is fueled by a profound belief in the limitless potential of each individual. We are driven by the aspiration to uplift lives, restore hope, and illuminate the path to enduring wellness. Together, with our patients, we forge ahead on this transformative journey, transcending the boundaries of what is possible and embracing the remarkable beauty of life in recovery.

# Integrated Care Programs

At Valley Spring Recovery Center, we understand that addiction and mental health challenges do not exist in silos. That's why Valley Spring takes a team-based approach to integrated care.

Our collective expertise includes addiction science, clinical therapy, psychiatry, and wellness practices. By uniting this knowledge, we create customized treatment plans tailored to each patient's needs.

## Substance Use Treatment

We offer outpatient rehabilitation including partial care, intensive outpatient, individual and group counseling, medication-assisted treatment, and working professionals

## Mental Health Services

Our licensed therapists and psychiatrists provide counseling, medication management, and dual diagnosis support for conditions like depression, trauma, and anxiety.

## Family Support

Our services provide support and education to help families play a constructive role in their loved one's recovery journey. We aim to build empathy, strengthen relationships, and provide families with tools for effective support.

## Wellness Initiatives

We incorporate holistic practices like meditation, nutrition counseling, physical fitness, and art therapy to support overall wellbeing.

## Alumni Program

The Alumni Program allows our graduates to make lifelong friendships with others committed to sobriety. Because the difficult road of recovery is easier when you don't have to walk it alone.

## Virtual Services

We utilize telehealth to increase access to our treatment services across New Jersey and New York. Providing instant access for those in remote areas or with mobility challenges to receive quality care from anywhere.

## Valley Virtual Services

Proudly Serving  
New Jersey & New York



# Innovative Treatment

At Valley Spring, we adopt an innovative approach to recovery by seamlessly integrating care across various disciplines. Our patient-centric philosophy focuses on addressing core issues, and our collaborative treatment plans are purposefully designed to provide personalized pathways to long-lasting wellness.



## Levels Of Care

### Partial Care (PC,PHP)

Now widely considered the clinical foundation of evidence-based treatment practices. Commonly utilized as a step-down phase from higher-level medical care, such as emergency rooms, medical detox, or inpatient rehab.

- 5 days per week
- 6 hours per day
- Average Length of Stay: 35 Days

### Intensive Outpatient (IOP)

Our Intensive outpatient program is an effective way to receive treatment for patients that do not require medical supervision that is provided during residential inpatient drug and alcohol rehab.

- 3-5 days per week
- 3-5 hours per day
- Average Length of Stay: 75 Days

### Outpatient (OP)

Our patients receive the necessary clinical care with specialists on hand to assess their progress and assist with medication management while still attending school, working, and spending time at home.



## Evidence-Based Modalities

### Cognitive Behavioral Therapy (CBT)

- Focuses on addressing unhealthy thought and behavior patterns that contribute to addiction

### Twelve-Step Facilitation

- Integrates principles of 12-step programs into treatment to promote engagement.

### Dialectical Behavior Therapy (DBT)

- Develops coping and emotional regulation skills to prevent relapse

### Medication-Assisted Treatment (MAT)

- FDA-approved medications in combination with therapy to treat opioid and alcohol use disorders

### Family Behavior Therapy

- Identifies and modifies family dynamics that may enable addictive behaviors

### Trauma-Informed Therapies

- Treats underlying trauma that often co-occurs with and fuels addiction

# Collaborative Care

At Valley Spring, collaboration is at the heart of our commitment to the community, health systems, and employer groups. We firmly believe that by working together, we can create a powerful network of support that fosters holistic well-being for individuals and the larger community. Our partnerships with local health systems enable us to seamlessly integrate our services, ensuring a continuity of care that enhances patient outcomes. Moreover, we actively engage with employer groups to design comprehensive health benefit packages, emphasizing access to care and wellness education for their employees. Through these collaborative efforts, we aim to empower individuals, promote mental health awareness, and build a healthier and more resilient community together.



## Local Community

Our collaborative approach is rooted in the belief that working hand-in-hand with community organizations allows us to extend our reach and provide access to quality care and support to more individuals in need. Together, we can build a thriving community that fosters health and wellness for all its members.



- Partnerships with peer support groups, sober living homes, and community organizations
- Relationships with schools and colleges for education and prevention
- Work with government agencies to improve access to care



## Healthcare Community

### Health Plans:

Expanding access to quality healthcare for individuals and families.

### Hospitals and Clinics:

Seamless referrals and expert medical oversight for comprehensive care.

### Industry Groups:

Sharing best practices and advocating for positive change together.

### Pharmaceutical Companies:

Empowering medication-assisted treatment for better patient outcomes.



## Employer Groups

We understand the impact that untreated mental health and substance use disorders can have in the workplace - increased absenteeism, lower productivity, and higher healthcare costs. That's why we offer comprehensive solutions for employer groups.

- Onsite seminars on mental wellbeing, substance abuse awareness, and overcoming stigma
- Lunch & learn sessions on stress management, mindfulness, nutrition, and exercise
- Confidential mental health screenings and addiction assessments
- Management training on supportive response to employees in crisis
- Referral coordination with Valley Spring's clinical team
- Workplace wellness initiatives like mindfulness programs, resilience workshops, and yoga classes

## Explore Collaboration

[Community@Valleyspringrc.com](mailto:Community@Valleyspringrc.com)



# Community & Team

At Valley Spring Recovery Center, community means everything to us. We believe that a strong and supportive community is the foundation for successful recovery and personal growth. Our commitment to fostering a sense of belonging, understanding, and compassion within our community is unwavering.



## Integrated Wellness & Education

Valley Spring Recovery Center takes pride in providing essential mental health and wellness education and training to community organizations and employer groups. Our integrated wellness programs aim to empower individuals with knowledge and tools to promote mental well-being, resilience, and a positive work-life balance. We believe that by collaborating with the community, we can create a healthier and more supportive environment for all. Together, we can build a stronger foundation for mental health and well-being in our community.

- Community Organizations
- Schools/Universities
- Unions/Employer Groups
- Managed Care Organizations
- Insurance Companies
- Pharmaceutical Companies

## Leadership

### Medical Director

- Dr Michael Olla  
**Psych N.P**
- Anthony Tangi

### Clinical Supervisor

- Chaye MacIntosh

### Community Outreach Director

- James Sands

### Integrated Wellness Director

- Karen Bond

### Admissions Director

- Jimmy MacDonald

### VP Business Development

- Jessica Drago





**VALLEY SPRING**  
RECOVERY CENTER

## Get in Touch

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