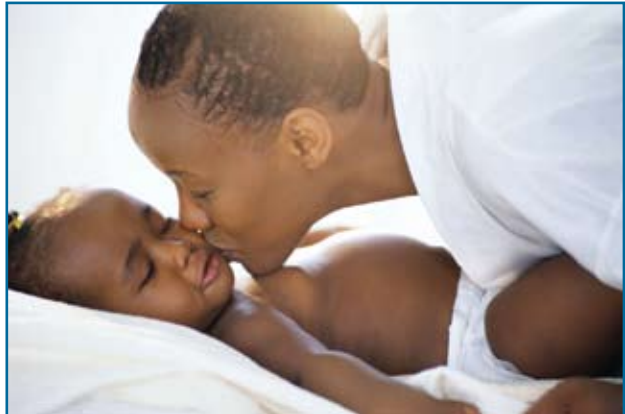


## Mission Statement:

Grounded in a spirituality that treasures the dignity of all, The Center for Great Expectations seeks to form a partnership with homeless pregnant women in creating a safe place, a safe presence and a safe path so that they may complete a healthy pregnancy, choose the next right step and follow through on their plan.



123 How Lane  
New Brunswick, NJ 08901  
Phone: 732-993-6403  
E-mail: IOP@cge-nj.org



123 How Lane  
New Brunswick, NJ 08901  
Phone: 732-993-6403  
E-mail: IOP@cge-nj.org

## The Center for Great Expectations Intensive Outpatient Services



123 How Lane  
New Brunswick, NJ 08901

## Program Description

**The Program** is an Intensive Outpatient program for pregnant and postpartum women with substance use and/or co-occurring disorders.

The program consists of 20 weeks of outpatient treatment in four phases:

**Phase I**—Nine hours of a combination of psycho-educational and therapy groups weekly along with once weekly individual therapy sessions.

**Phase II**—Six hours of psycho-educational and therapy groups weekly along with biweekly individual counseling sessions.

**Phase III**—Three hours of psycho-educational and therapy groups weekly along with monthly individual counseling sessions.

**Phase IV**—An individualized aftercare program is created with the client and their primary counselor that includes a graduate group.

## Group Topics:

- **Early Recovery**
- **Medical (HIV/HCV/STDs)**
- **Lifeskills**
- **12-steps/building social networks**
- **Coping with feelings & emotions**
- **Social Support**
- **Parenting**
- **Relapse Prevention**
- **Assertiveness/Sexuality/ Relationships**
- **Co-occurring disorders**

### Staff:

Our staff includes licensed counselors, masters level clinicians, an **ASAM** certified psychiatrist, a PhD psychologist, counselor interns and Peer Specialists.

### Program Hours:

Monday through Friday  
8:00am until 6:00pm

## Program Goals

- **Reduce the risk of HIV/AIDS infection or transmission through rapid HIV/AIDS testing and counseling**
- **Reduce addiction relapses and eliminate injection drug use**
- **Improve physical and mental health status**
- **Improve self-sufficiency and residence stability**
- **Improve family and social relationships**
- **Decrease legal/criminal involvement**

These goals will be achieved through the increased availability and access to substance abuse treatment, increased self-awareness of HIV risk factors and increased ability to adopt HIV risk reduction strategies. The program provides access to parenting support and family counseling. We also link women to other essential community services including prenatal and pediatric medical care; housing support; employment services and specialized psychiatric care.

