

OUTPATIENT MENTAL HEALTH SERVICES

- Comprehensive psychiatric evaluation
- State-of-the-art psychopharmacology
- Solution focused therapy: individual and group psychotherapy specifically developed for various age groups
- Family Therapy and Couple's Therapy

We have the following **Support Groups:**

- Anger Management
- Dealing with Mental Problems
- Trauma/Abuse/Domestic Violence
- Women Issues
- Young Women Issues
- Support Group for Russian Speaking Clients
- Aftercare Mental Health IOP
- Aftercare Mental Health SAIOP

Our highly trained and experienced Staff is our major asset:

- **Marina Tourkova, MD** – Adult and Geriatric Psychiatrist
- **Vadim Oyvin, MD** – Adult and Geriatric Psychiatrist
- **Lucille Green, MSN, RN** –Psychiatric Nurse Practitioner
- All of our 12 psychotherapists are clinically licensed professionals in Mental Health and Substance Abuse areas (**LCSWs, LPCs, LCADCs**).

Please, call us at **(201) 488-5161**

www.RevitalizingPsychiatry.com

OFFICE LOCATIONS:

Hackensack, NJ Office:

795 Main Street,
Hackensack, NJ 07601
Intersection of Main Street and Spring Valley Road
Office Hours:
Monday – Friday - 9:00 a.m. - 9:00 p.m.
Saturday appointments upon request.

Phone: (201) 488-5161
Fax: (201) 488-5162

We have two satellite offices in Sarasota, FL and Venice, FL:

Phone: (941) 677-3366
Fax: (941) 677-3367

Intake & Referral Contact Information:

- Intake Department 201-488-5161
- You can also visit our website at: www.RevitalizingPsychiatry.com.

Our Center:

- Accepts most insurance plans
- Offers a variety of payment plans so that you can get the help you need at a price that you can afford.
- Medicare is accepted for all services except IOP
- We accept Visa and MasterCard

Call us at **201-488-5161** and we will schedule an appointment **within 48 hours** of your call.

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OUTPATIENT MENTAL HEALTH SERVICES

MENTAL HEALTH And SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAMS

Call us:

(201) 488-5161

We Will Revitalize Your Mind!

www.RevitalizingPsychiatry.com

CENTER of REVITALIZING

PSYCHIATRY - is your local outpatient mental health clinic. Medical Director: Marina Tourkova, MD

The mission of the Center is helping adults, adolescents and the elderly to restore their mental health and recover from addiction. We have successfully done this for over 10 years in New Jersey and 2 years in Florida by taking a team approach to satisfying the individual needs of our clients.

Our staff of highly trained and experienced professionals includes:

- Psychiatrists
- Psychiatric Nurse Practitioners
- Clinical Licensed Psychotherapists
- Certified Addiction Professionals

We specialize in **INTENSIVE** outpatient treatment (IOP) by providing two programs: **Mental Health IOP & Substance Abuse IOP.**

Both Programs are designed for **adults** from age 18 and older. Programs are conducted in a pleasant private environment, 9 hours of treatment per week (3 days a week / 3 hours a day) with duration of 6-8 weeks.

The Substance Abuse Program offers a unique Pain Management Track for clients who, while being under care of a pain management physician, develop the symptoms of addictions to opiates, or wish to prevent the addiction from occurring. We collaborate with your doctor so that pain management treatment can continue successfully.

MENTAL HEALTH IOP

Program director: Yulia Braginsky, LCSW

The program is confidential and executed by Clinically Licensed Psychotherapists.

Convenient daytime hours:

Mon, Tue, Thu from 10:30 am to 1:30 pm.

Who is the right client for MH IOP?

Functional adults, who have just been discharged from the hospital, and need more time for full recovery, or clients who are:

- Not making enough progress in regular outpatient treatment
- In mental health crisis but not in danger to self or others
- Unable to function at work and/or fulfill family obligations

Attendance of Mental Health IOP usually makes participants eligible for short/long term disability.

The Program Curriculum includes:

- Comprehensive Psychiatric Evaluation
- **Medication Management**
- **6 weeks** of Intensive therapy in **small** group setting (up to 8 people)
- **Unique combination** of group, individual, and family therapies
- **Aftercare:** a weekly 1-hour Support Group, which can be augmented with an individual therapy session scheduled at a time convenient for the patient

Most Insurance Plans are accepted

www.RevitalizingPsychiatry.com

SUBSTANCE ABUSE IOP

Program Director: Gershon Weiss, LPC, LCADC

The program is confidential and executed by Clinically Licensed Addiction Professionals.

Convenient evening hours:

Mon, Tue, Thu from 5:30pm to 8:30pm.

Who is the right client for SA IOP?

Functional adults, who just graduated from a SA rehab and would like to continue the recovery process or clients who would like to address and resolve:

- Dependency on alcohol/recreational drugs/prescription medicine that causes problems at work, family, interpersonal relationships
- Abuse of alcohol/drugs to compensate for a mental health problem or cope with ordinary life stressors
- Legal problems due to substance abuse (DUI, disorderly conduct and etc.)

Attendance of SA IOP can help participants to prove to legal system their intention to maintain sobriety

Important advantages of our SA IOP are:

- **6 weeks** of Intensive therapy in **small** group setting (up to 8 people).
- **Unique combination** of group, individual, and family therapies
- Full Confidentiality
- **Aftercare:** a weekly 1-hour Sobriety Support Group, which can be augmented with an individual therapy session.

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