



New Vitae Recovery Center Services

Mental Health and/or Substance Use

Outpatient, Intensive Outpatient and Partial Hospitalization Services

Program Information

This guide provides an overview of our behavioral health programs, designed to help individuals, families, and referral sources understand our services, eligibility, and treatment approach.

About the Program

New Vitae Wellness and Recovery offers a continuum of care for adults (18+) with mental health, substance use, or co-occurring conditions. Our programs include:

- **Partial Hospitalization Program (PHP)**
- **Intensive Outpatient Program (IOP)**
- **Outpatient Program (OP)**

Within each program we are committed to providing exceptional services with core values that underly the continuum of care we provide:

- 1. Least Restrictive Environment – Delivering intensive treatment while supporting participants to live at home or in the community, avoiding hospitalization when possible.**
- 2. Person-Centered Care – Tailoring treatment to the unique needs, goals, and preferences of each individual.**
- 3. Trauma-Informed Approach – Recognizing the impact of trauma and ensuring services are delivered in a safe, respectful, and empowering way.**
- 4. Recovery-Oriented – Supporting individuals in building resilience, autonomy, and personal recovery goals, focusing on strengths rather than just symptoms.**

- 5. Evidence-Based Practices – Using well-researched clinical interventions (e.g., CBT, DBT, psychoeducation) to maximize outcomes.**
- 6. Multidisciplinary Collaboration – Employing a team approach (psychiatrists, therapists, nurses, mental health professionals, peers) to provide comprehensive care.**
- 7. Continuity of Care – Facilitating smooth transitions between levels of care and ensuring coordination with outpatient providers and community supports.**

All programs operate at our main location:

**New Vitae Recovery Center
16 S. Main Street, Quakertown, PA 18951**

Is New Vitae’s Continuum of Outpatient Services Right for You?

We serve adults (18+) who:

- Have a DSM-5 diagnosis of a mental health and/or substance use condition.**
- Are medically stable and willing to engage in treatment.**
- Require structured treatment but do not need 24-hour inpatient care.**

Each program has specific admission criteria:

OP Admission Criteria

- Mental health and/or substance use disorder impacting daily life.**
- Clinically appropriate to maintain relatively stable symptoms without need for higher level of care with up to nine (9) clinical hours of treatment per week.**
- For those with substance use challenges, are able to maintain abstinence or controlled use, are assessed to be ready for recovery and has a supportive environment for recovery, or coping skills to manage his/her environment. The individual may need motivating and monitoring strategies to strengthen readiness, or need ongoing monitoring/accountability for maintaining recovery.**

IOP Admission Criteria

Designed for individuals with substance use challenges, including those who may also have a mental health diagnosis as well, who need a structured intervention and support nine (9) to nineteen (19) hours per day. Criteria for this level of services includes:

- **Mental health and/or substance use disorder affecting functioning.**
- **Require close monitoring and structured therapy three to five days per week.**
- **Meeting clinical criteria including high likelihood of relapse or continued use without this level of care, inability to remain abstinent in outpatient services or with just self-help resources, and a living environment that does not support the individual's desire for recovery.**

PHP Admission Criteria

Designed as the most intensive level of care in the New Vitae outpatient continuum, the PHP is a hospital step-down or alternative to inpatient care, individuals generally appropriate for PHP services are those whose:

- **Acute psychiatric symptoms cause significant impairment in functioning**
- **Symptoms require intensive therapeutic support at least several times per week to maintain out of the acute hospital setting, but not requiring 24-hour inpatient care)**

The program does not serve individuals with a substance use only diagnosis, but is suitable for an individual with a mental health diagnosis, or may also have substance use challenges along with their mental health symptoms.

Potential Reasons New Vitae Recovery Center Programs are not a Good Match for Your Needs at this Time:

Across all programs, individuals may require more intensive services or other treatment to stabilize psychiatric, addictive or medical conditions before considering New Vitae for services:

- **Are at imminent risk of harm to self or others.**
- **Require medically managed detox or inpatient/residential substance use care.**
- **Have severe behavioral issues posing safety risks.**

- **Need continuous monitoring or specialized interventions not available in outpatient settings.**
 - **Have uncontrolled infectious disease or unmet language/access needs beyond service capacity.**
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Program Goals

Shared goals across programs include:

- **Stabilize symptoms and prevent hospitalization or relapse.**
- **Improve emotional regulation, coping, and functioning.**
- **Support safe reintegration into the community.**
- **Facilitate personal recovery and wellness goals.**
- **Build natural support networks and connect to community resources.**
- **Develop robust relapse prevention, safety, and aftercare plans.**

The New Vitae Recovery Center seeks to help you move along the continuum of care to the least restrictive program to help you with your recovery journey.

Core Services

All programs provide access to:

- **Comprehensive assessments and individualized treatment planning.**
 - **Individual, family, and group therapy.**
 - **Psychiatric evaluation and medication management.**
 - **Nursing services, wellness education, and coordination with medical care.**
 - **Peer support and recovery planning.**
 - **Case management and care coordination.**
 - **Telehealth options for select services (typically medication management, individual and family therapy, and some group therapies).**
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Treatment Approach

We use evidence-based, trauma-informed, culturally responsive approaches including:

- **Cognitive Behavioral Therapy (CBT)**
- **Dialectical Behavior Therapy Skills Training (non-fidelity DBT)**
- **Motivational Interviewing (MI)**
- **Psychoeducation (individual and family)**
- **Eye Movement Desensitization Training**
- **Deep Transcranial Magnetic Stimulation (as clinically indicated)**

Our treatment emphasizes person-centered care, delivered by a multidisciplinary team in collaboration with participants and their supports.

Discharge Criteria

Discharge occurs when participants meet one or more of the following:

- **Achieved treatment goals and can transition to a lower level of care or require only the support of primary care and/or community-based supports**
 - **Improved stability and functioning.**
 - **Can safely function in the community with available supports.**
 - **Chooses to discontinue services (unless at imminent risk).**
 - **No longer meets level of care criteria.**
 - **Non-engagement or non-compliance with treatment.**
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Program-Specific Information

Outpatient Program (OP)

- **Hours: Monday–Friday, 9:00 AM–5:00 PM (evening/weekend by appointment).**
- **Frequency: Flexible, up to 9 hours/week; typically one (1) to two (2) times per week.**

- **Enrolled as a provider for Medical Assistance, Medicare, and various commercial insurers**
- **Fee schedule is available upon request.**

Intensive Outpatient Program (IOP)

- **Hours: Monday–Friday, 9:00 AM–5:00 PM (evening/weekend by appointment).**
- **Frequency: Several sessions per week, tailored to need.**
- **Intensity: Typically 9–19 hours/week.**
- **Fee schedule is available upon request.**

Partial Hospitalization Program (PHP)

- **Hours: Monday–Friday, 9:00 AM–12:00 PM.**
- **Frequency: 3–5 days/week.**
- **This service is typically funded only through bundled agreement with certain Medical Assistance managed care organizations and single case agreement with insurers. Self-pay fee is available – call to inquire.**

Our Team

Services are delivered by a multidisciplinary team including:

- **Psychiatrists / Psychiatric Mental Health Nurse Practitioners**
- **Licensed Clinical Social Workers (LCSW)**
- **Licensed Professional Counselors (LPC)**
- **Licensed Marriage and Family Therapists (LMFT)**
- **Licensed Psychologists**
- **Mental Health Professionals**
- **Mental Health Workers**
- **Certified Peer Specialists**
- **Licensed Registered Nurses**
- **Licensed Registered Dietitians**

For More Information

For referrals, program details, or to schedule an intake, contact us at:

Phone: (215) 538-3403

Website: newvitaewellness.org

We welcome inquiries from individuals, families, providers, and referral partners seeking compassionate, comprehensive behavioral health care.