Middletown Holistic Outreach Center is where Healing Begins life in the 21st century can be busy exciting...progressive and, in many cases truly complicated.

Sometimes it’s so complicated that lives become broken or damaged, and people find themselves in painful dissentient or debilitating circumstances.

Middletown Holistic Outreach Center (MHOC) is committed to helping people rebuild their lives. MHOC offers proven programs that provide the tools clients need to heal brokenness and stop negative cycles of behavior. As a result, these individual’s become strong, healthy, independent and productive, so they can positively impact their families, friends and communities.

MHOC specializes in substance-abuse recovery. We provide a holistic educational approach that spotlights the dangers of alcohol and other drugs and helps clients see just how damaging addiction is to them and to their families.

Our team of therapist and addictions specialists is comprised of caring, compassionate professionals committed to building trust and maintaining client integrity in a judgment-free environment. We affirm each client’s decision to seek help and we are committed to ensuring that there is no shame in pursuing treatment or enrolling in our programs.

MHOC is located on the Middletown City Bus Line in the heart of the city.

At MHOC, counseling and support are essential to our clients’ and support are essential to our clients’ to initiate and progress through the healing process. Whether one-on-one or in a group setting, MHOC counseling and support programs offer the professional guidance, insight and encouragement that are essential to recovery.

MHOC effectively treats drug and alcohol abuse and related disorders through:

Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Interpersonal Therapy, Psychodynamics Therapy, Individualized Assessments, Individual Counseling, Outpatient and Intensive Outpatient Treatment Programs, The Outpatient Treatment Program, The Intensive Outpatient Treatment Program, The Holistic Opioid Treatment Program.

The 12-Step Program

MHOC includes 12 Step programming among its methods for healing and recovery. Onsite 12-Step meetings allow clients to strengthen peer support and gain experience in pursuing a recovery program.
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