

Welcome to Forge Health

Together we heal through connection, compassion,
and personalized behavioral health support.



FORGE
HEALTH®



Our Mission

At Forge Health, we are dedicated to providing exceptional care to individuals and families facing mental health and substance use challenges. We believe in a client-centered approach that fosters recovery, wellness, and personal growth. Our team of professionals works collaboratively with each client to create a personalized treatment plan that meets their unique needs, helping them regain control and achieve long-lasting wellness.

About Forge Health

Forge Health offers a comprehensive continuum of behavioral health services, including outpatient therapy, intensive outpatient programs (IOP), medication management, and medication-assisted treatment (MAT). With locations across several states and the option for virtual care, we are committed to supporting our clients in every stage of their recovery journey. Our team of licensed clinicians, including psychiatric nurse practitioners and psychiatrists, are passionate about using evidence-based approaches to help clients heal.



**Let's Forge a New Path
Forward – Together.**

Contact us today at: (888) 224-7312
info@forgehealth.com | forgehealth.com

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GETTING STARTED



Your Checklist of Responsibilities

To achieve a successful outcome you need to commit to:

- ✓ **Attending sessions on time**
- ✓ **Participate actively**
- ✓ **Keep contact and insurance info current**
- ✓ **Communicate openly with your provider**

Client Online Resources

- **Medical Records Request**
Complete our form to receive records securely and promptly.
- **Client Service Support and Issue Resolution**
Our team is here to address questions or concerns with transparency and care.
- **Medication Refill Requests**
Submit requests to avoid delays between appointments.
- **Insurance Information Updates**
Keep your insurance details current to avoid billing disruptions.

TREATMENT PHILOSOPHY

Evidence-Based Practices

At Forge Health, we integrate a variety of proven therapeutic approaches into our treatment plans. These include:

- 1 Cognitive Behavioral Therapy (CBT)**
A structured, goal-oriented approach that helps clients identify and change negative thinking patterns and behaviors.
- 2 Dialectical Behavior Therapy (DBT)**
A form of CBT focused on teaching mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.
- 3 Solution-Focused Therapy (SFT)**
A short-term, goal-directed therapy that helps clients focus on solutions rather than problems.
- 4 Interpersonal Relationship Therapy (IRT)**
Focuses on improving interpersonal relationships, which play a significant role in emotional well-being and mental health.



Patient-Centered Care

We believe in the importance of involving clients in every step of their treatment process. Forge Health fosters an environment where clients can voice their concerns, set treatment goals, and collaborate with their therapists to design a treatment plan tailored to their needs.

Focus on Recovery and Wellness

Our goal is not just to alleviate symptoms, but to empower clients to rebuild their lives and thrive. We view each individual as a partner in their recovery journey and offer a holistic approach that addresses both the physical and emotional aspects of healing.

CLINICAL SERVICES OFFERED

Services vary by location.

Individual Therapy

Individual therapy at Forge Health is a personalized approach to addressing mental health and substance use issues. Clients can expect regular one-on-one sessions with a licensed clinician, where they will work on identifying root causes, developing coping strategies, and making lasting changes.

Group Therapy

Group therapy offers a supportive environment where individuals can share experiences, build empathy, and learn from others. We offer a broad range of groups, including mental health, ART therapy, support, retirement, PTSD, adolescent care, and more. Including:

IOP (Intensive Outpatient Program)

Structured treatment, 9–15 hrs/week of group therapy + individual/family sessions, for clients with moderate to severe mental health or substance use issues. Clients attend multiple sessions per week, focusing on skill-building, recovery strategies, and peer support.

Substance Use Groups

These groups provide education, support, and coping skills for clients struggling with substance use disorders.

Medication Management

Our psychiatric services include medication management for clients who may benefit from psychiatric medications. This service involves regular check-ins with a psychiatric nurse practitioner or psychiatrist to ensure the effectiveness of medications and adjust prescriptions as needed.

Medication-Assisted Treatment (MAT)

For clients dealing with opioid use disorder or other substance use challenges, Forge Health offers MAT, which combines therapy and prescribed medication to reduce cravings and help manage withdrawal symptoms, leading to more successful recovery outcomes.

Couples and Family Therapy

Helps improve communication, resolve conflict, and strengthen relationships by addressing interpersonal dynamics within the family or couple unit. Services are tailored to support diverse family structures and are inclusive of all cultural, relational, and gender identities.

LGBTQ+ Affirming Therapy

Provides a safe, supportive space for individuals, couples, and families within the LGBTQ+ community to explore identity, address mental health concerns, and build resilience. Clinicians are trained in culturally competent, affirming practices that validate lived experiences and promote well-being.

Psycho-Oncology Services

Offer specialized mental health support to individuals and families impacted by cancer, focusing on emotional coping, adjustment to diagnosis or treatment, and quality-of-life enhancement. Therapy is integrated with medical care to provide compassionate, holistic support throughout the cancer journey.

Veterans and First Responder Services

Designed to address the unique challenges of service-related stress, trauma, and transition to civilian life through culturally competent, trauma-informed care. Programming includes individual and group therapy, peer support, and evidence-based interventions tailored to military and first responder experiences.



Forge clinicians have deep expertise and experience in treating the full spectrum of mental health, substance use, and trauma conditions.



ADMISSION ELIGIBILITY CRITERIA

Who We Serve

Forge Health serves adults and adolescents struggling with mental health and/or substance use issues. We provide care for individuals with co-occurring disorders, offering integrated treatment for both mental health and substance use challenges.

Referral Process

Clients can initiate services by reaching out to Forge Health for an intake assessment. Referrals can come from healthcare providers, family members, or self-referrals. During the intake, we gather information to ensure that our services are the right fit for the individual's needs.

Call One of Our Convenient Locations:

New Hampshire	Syosset:
Manchester:	516 364-2220
603 865-1706	Rego Park:
	718 814-7600
New Jersey	NY Virtual:
Paramus:	914-539-7600
201 565-2920	
Princeton:	Pennsylvania
609 722-7600	Doylestown:
West Deptford:	215 371-7600
856 655-7600	Greensburg:
West Orange:	724 302-0804
862 658-6700	Langhorne:
NJ Virtual:	215 780-7600
609 935-7600	Philadelphia:
	215 544-7600
New York	PA Virtual:
Hauppauge:	215 395-7600
631 273-2221	

Eligibility Requirements

To be eligible for treatment, clients must meet certain criteria, including:

-  **A DIAGNOSIS**
that falls within the scope of services we offer (e.g., depression, anxiety, PTSD, substance use disorders).
-  **A WILLINGNESS**
to participate in the treatment process and adhere to program expectations.
-  **AVAILABILITY**
of insurance or other funding options to cover the cost of treatment (for uninsured clients, financial assistance options may be available).

TREATMENT PLANNING



Initial Assessment

Done by a licensed clinician to evaluate their mental health and substance use history, as well as any medical or social factors that may influence treatment. This assessment helps us create a personalized treatment plan.

Personalized Treatment Plans

Every client at Forge Health receives a tailored treatment plan designed to address their unique challenges and goals. Treatment plans are developed collaboratively with the client, ensuring their preferences and priorities are reflected. The plan will include therapy types, session frequency, goals, and expected outcomes.

Ongoing Care Coordination

Our team works together to coordinate care, ensuring that clients receive seamless, continuous treatment. This may include referrals to other healthcare providers, follow-up on medication management, and ongoing support throughout the recovery process.

DISCHARGE AND AFTERCARE

Discharge Criteria

Discharge from Forge Health’s services occurs when clients have met their treatment goals, when they are ready to step down to a lower level of care, or when they no longer meet the clinical criteria for treatment. Clients are encouraged to participate in an aftercare plan to ensure continued progress after treatment ends.

Aftercare and Continuing Support

Forge Health offers support through aftercare programs, including outpatient therapy, group sessions, and referrals to community resources, to help clients maintain recovery and wellness.



Emergency and Crisis Management

Crisis Protocols

Clients will be assessed for immediate support and may be referred for emergency services if necessary. In case of a mental health or substance use crisis, clients should call the 988 Suicide and Crisis Lifeline.

Crisis Intervention

If a client experiences a crisis during therapy, Forge Health clinicians will take immediate action to ensure the safety and well-being of the client. This may include connecting the client to emergency services or adjusting the treatment plan.

FREQUENTLY ASKED QUESTIONS



? What if I miss a session?

We understand that life happens. If you can't attend a scheduled session, we ask that you notify us at least 24 hours in advance whenever possible. Missed appointments without notice may be subject to a late cancellation or no-show fee, depending on your service agreement. Regular attendance is key to your progress, so we're here to help you stay on track — just reach out if you need to reschedule.

? Can I switch therapists?

Yes — your comfort and connection with your provider is essential to healing. If you feel that you're not connecting with your therapist, we encourage you to share that with us. We'll work with you to find a provider who better aligns with your needs, goals, or preferences. No hard feelings — this is your journey, and we're here to support it.

? What if I need medication?

Forge Health offers medication evaluation and management services, including psychiatric care and medication-assisted treatment (MAT) if appropriate. If your therapist thinks medication might help support your progress, they can refer you to one of our psychiatric nurse practitioners or prescribing providers. Your treatment plan will always be collaborative — and your voice is central in the process.

? Is telehealth private and secure?

Absolutely. Forge Health uses HIPAA-compliant platforms to ensure that your virtual sessions are confidential, encrypted, and secure. We take your privacy seriously, whether you're meeting in person or online. To get the most out of virtual care, we recommend choosing a quiet, private space and using a reliable internet connection.

POLICIES

Confidentiality and Privacy

HIPAA Compliance

Forge Health is committed to protecting the confidentiality of all client information in accordance with the Health Insurance Portability and Accountability Act (HIPAA). Clients' personal and health information will never be shared without explicit consent, except as required by law.

Client Rights

At Forge Health, we believe in treating every client with dignity and respect. Clients have the right to:

- Be informed of treatment options.
- Provide consent to treatment.
- Request copies of medical records.
- File complaints or grievances if they feel rights have been violated.

Expectations and Policies

Attendance and Participation

Clients are expected to attend scheduled therapy sessions and participate actively in their treatment. Consistent attendance is critical to the success of treatment, and clients are encouraged to communicate in advance if they cannot attend a session. Excessive missed sessions may lead to discharge from the program.



VIEW FULL POLICIES ONLINE:
forgehealth.com/resources-information/client-resource-documents

Treatment Adherence

We ask that clients follow their treatment plan, including taking medications as prescribed, attending therapy sessions, and participating in group therapy. Failure to adhere to the treatment plan may affect the overall effectiveness of treatment.

Behavioral Expectations

We strive to maintain a supportive and respectful environment at Forge Health. Clients are expected to treat staff and fellow clients with respect and adhere to community guidelines for behavior during therapy sessions.

Financial and Payment Policies

Insurance and Payment Options

Forge Health accepts most major insurance plans. We will assist clients in verifying insurance coverage and determining out-of-pocket expenses. Clients without insurance may qualify for financial assistance or payment plans.

Payment Structure

Clients are responsible for any co-pays, deductibles, or fees not covered by insurance. Payments are due at the time of service. We offer multiple payment methods, including credit/debit cards, checks, and online payment options.

To pay your bill securely online, go to:

➤ paystatementonline.com/login



Forge Health Client Portal

The Forge Health Client Portal is your personalized care hub, providing secure, 24/7 access to your health information and services.

Creating Your Account

- 1 Check your email** for an invitation from portal@kipuhealth.com.
- 2 Click the registration link** and follow the prompts.
- 3 Create a secure password** (minimum 8 characters with uppercase, lowercase, and a number or symbol).
- 4 Agree to the Terms of Service & Privacy Policy** and click Create.
- 5 Log in** with your email and password to access your dashboard.

Navigating Your Dashboard

- ✓ **My Information:** Update contact and insurance details.
- ✓ **My Appointments:** View upcoming sessions, join telehealth visits, add to calendar.
- ✓ **My Medications:** Review prescriptions and pharmacy info.
- ✓ **My Documents:** View and sign consents, evaluations, and other forms.
- ✓ **My Files:** Upload insurance cards, IDs, or other documents securely.
- ✓ **My Treatment Plans:** Review and electronically sign shared treatment plans.

➤ [Client Portal User Guide \(PDF\)](#)



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