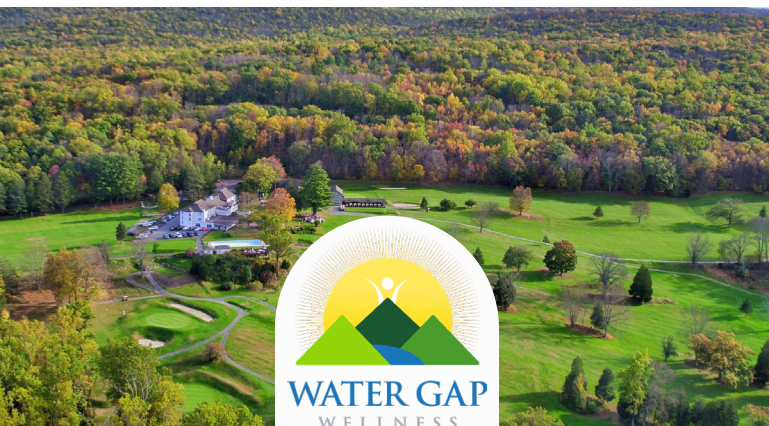


# ADDICTION & MENTAL HEALTH TREATMENT



## Do you or someone you know have a substance abuse or mental health disorder?

Water Gap Wellness is a fully licensed Addiction and Mental Health facility located in Pennsylvania. The team and the programs at Water Gap Wellness empower those with substance abuse and mental health disorders to reclaim their lives and families. The programs are designed to meet you at any stage of the wellness journey and help you to find your individual path to healing and recovery.

Water Gap Wellness Center offers a truly unique experience. From their accredited and expert substance use and mental health programs to their exceptional housing option at the Water Gap Wellness Inn, those in need benefit from a comprehensive structured level of step-down support that fosters transition to a more independent lifestyle.

Their goal is to deliver the most effective, evidence-based treatment for mental health disorders, substance use, and/or co-occurring with a continuum of care that is individually focused and personalized to provide lasting results.

Water Gap Wellness serves Pennsylvania, New York, New Jersey, and the surrounding areas of Maryland, Connecticut, Massachusetts, Virginia, and beyond.

### WATER GAP WELLNESS TREATS:

**Mental Health:** Depression, anxiety, obsessive-compulsive disorder (OCD), borderline personality disorder (BPD), post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD), attention deficit disorder (ADD), bipolar disorders, schizoaffective, schizophrenia, and more.

**Substance Abuse:** Alcohol, benzodiazepine, club drugs, inhalants, marijuana, opioid addiction, and stimulants.

### Treatment services include:

- Partial Hospitalization (with housing)
- Intensive Outpatient (with housing)
- Outpatient
- Drug Rehabilitation

### If you are looking for a treatment center, choose a center that:

1. Provides the right level of care for your needs.
2. Understands your specific treatment needs and how each level of care can help you achieve your wellness goals.
3. Offers a variety of treatment models.
4. Addresses your treatment needs through personalized assessment and treatment plans—all of which are vital to achieving lasting recovery.
5. Offers a therapy model that fits you, the individual, not the illness.

**Twenty-one (21) million Americans have a substance use, dual diagnosis, or co-occurring disorder.** To overcome mental health symptoms or issues with drug and alcohol abuse one should seek help at a treatment center where the staff is trained to help clients manage specific symptoms and care needs. At Water Gap Wellness Center, you will have the opportunity to manage your diagnosis while enjoying life to its fullest.

### TAKE THE FIRST STEP:

Learn more about Water Gap Wellness by scanning the QR code below. For more information on admission:

- Call Aynisa Leonardo, LCAT, ATR-BC, VP Clinical Outreach at (646) 599-0577.
- Email [aleonardo@watergapwellness.com](mailto:aleonardo@watergapwellness.com).
- Complete a Request a Callback Today form by scanning the QR code below.



Learn more



Complete a  
callback form



**MEMBERSHIP**  
BENEFITS PROGRAM

10 Airline Drive | Suite 101 | Albany, NY 12205  
(518) 785-1900, ext. 243 | (800) 767-1840 | [pefmbp.com](http://pefmbp.com)

**PEF MBP New Address Effective April 2026:**

40 British American Blvd. | Airport Park | Latham, NY 12110



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