

ALL SERVICES NOW OFFERED REMOTELY
THROUGH TELEHEALTH



FAMILY-CENTERED Mental Health Care

ACCESS CENTER

- High Priority Access and Attention
- Immediate Answers/Assignment of Services
- Superior Customer Service and Satisfaction

IN-HOME SERVICES

- BPS and Strength-Needs Assessments
- Licensed Clinicians, Behavioral Assistants, Parent Coaches
- Nurtured Heart Approach
- Short-Term-Solution-Focused Care
- Trauma-Informed Specialties
- Serving Southern, Central and Northern NJ

OUTPATIENT SERVICES

- Serving Youth (ages 3-26) and Parents/ Caregivers of Children 21 and Under
- Individual, Family and Group Therapies
- Psychiatric Evaluations and Medication Mgmt.
- Licensed by the Department of Health
- Medicaid Provider
- Participating In-Network with Select Major Commercial Insurance Plans
- Bilingual Clinicians Available
- Trauma-Informed Care; Trained in ARC and TF-CBT
- Nurtured Heart Approach



Contact COOPERATIVE COUNSELING SERVICES at:
908-731-7099 (x504) or 1-833-5-WE-HELP
accesscenter@COOPERATIVECS.com

Visit us online at: **www.COOPERATIVECS.com**

407 Chestnut Street
Union, NJ

1139 Spruce Drive
Mountainside, NJ

147 Union Avenue
Middlesex, NJ



PSYCHIATRIC and CLINICAL SERVICES at Cooperative Counseling Services

Psychiatric Evaluation, Medication Management and Clinical Outpatient Services

- Provides psychiatric and clinical services for children and adults.
- Comprehensive psychiatric evaluations and medication management services when indicated.
- Psychiatric Evaluations for placement when requested.
- Individual, group and family therapy for children, adolescents, and adults.
- Currently, all services via HIPAA compliant Telehealth for individuals in need throughout the state of New Jersey.
- Currently accept Medicaid and Cigna and in process with other commercial plans. Sliding scale option for those who do not have insurance or wish to use it; determined by family's income and size.
- Psychiatric services available regardless of where individuals receive their clinical treatment.
 - * We often receive referrals from CMO Care Managers for children and adolescents engaged in IIC services with other clinical providers throughout the state.
 - * When children and adolescents are ready to transition from IIC services to Outpatient services, our APNs can support the individual/family with linking to an outpatient clinician on our team.



Intensive In-Community Services

- Licensed and Master's level clinicians for Intensive In-Community services across NJ.
- Specialized BA services across NJ.
- Parent Coaching to families across NJ.
- BPS Strength and Needs Assessments, 14-day plans, and Substance Use Evaluations
- Clinicians and BA's offer a range of specialties and language competencies; please verify through ResourceNet or CCS Access Center.



Benefits of CCS' Comprehensive Care Package

- While involved with IIC services, our APNs are available to conduct psychiatric evaluations and ongoing medication management services for children, adolescents, and caregivers in need.
 - * Our psychiatric administrative support team will collaborate with IIC providers and care managers to ensure continuity of care while involved with both programs.
- As a step-down from IIC services, our Outpatient clinicians are available Monday through Friday from 9am-8pm for ongoing therapeutic services and can see individuals up to three times a week if necessary. (Weekend hours may be available.)
- CCS can provide services to all family members, including siblings and caregivers for comprehensive, family-systems-oriented care.
- An Outpatient Intake can be scheduled during authorized IIC services to allow for a seamless transition between services when the youth is ready for outpatient and an outpatient appointment is available.

To make a referral call

908-731-7099 x504

Check website www.cooperativecs.com for latest updates regarding telehealth and in-network commercial insurance status.



GROUP THERAPY at Cooperative Counseling Services

EMPOWERMENT

Ages 10-13 • Ages 14-17

Our EMPOWERMENT group explores feelings of self-worth while encouraging and building the self-esteem of its members. Participants will learn to identify their feelings and will develop assertive communication skills.

PARENTING

Adults with Children Ages 3-26

Our PARENTING group provides support, education and insight into some of parenting's most typical and challenging circumstances. Participants will gain a better understanding of strategies to parent children of different ages and developmental needs.

PRIDE

Ages 10-13 • Ages 14-17

Our PRIDE group provides a safe space for participants to express their feelings. LGBTQIA+ participants will explore their feelings while developing an acceptance and understanding of their intersecting identities.



- CCS Outpatient Services currently offers all services through telehealth including Psychiatric Evaluation and Medication Management, Clinical Intake/Assessment, and Individual and Family therapy.
- CCS is a Medicaid Provider, accepts select Commercial Insurance plans, and accepts Private Pay with a sliding scale option for those who qualify.
- CCS serves children, adolescents, families and individuals in need of outpatient mental health treatment.
- Please check our website for updates on telehealth service delivery and group offerings.

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