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Please call or e-mail for more  
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coordinatedspecialtycare  
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## Our team:

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**RUTGERS**  
University Behavioral  
Health Care

## Coordinated Specialty Care (CSC) at Rutgers-UBHC

Serving Central New Jersey  
Middlesex, Mercer, Monmouth,  
and Ocean counties



For Young Adults Coping With A  
Recent Onset Of Unusual  
Experiences Or Other Difficulties  
That Interfere With School, Work,  
Relationships, And Achievement Of  
Other Personal Goals

**RUTGERS**  
University Behavioral  
Health Care

## Is CSC right for you?

CSC at Rutgers-UBHC is for people who:

- Are between the ages of 15 and 35
- Have recently begun experiencing changes such as unusual thoughts and behaviors, hearing or seeing things that others don't, or having trouble communicating or thinking clearly, for over a week but less than 2 years
- Are willing to work with a diverse team of healthcare professionals

## Coordinated Specialty Care at Rutgers-UBHC

Coordinated Specialty Care (CSC) at Rutgers-UBHC is an innovative and evidence-based treatment program for adolescents and young adults who have had unusual thoughts and behaviors or who have started hearing or seeing things that others don't, along with difficulties with work, school and/or socializing. CSC helps people reduce their symptoms and achieve their goals for school, work, and relationships.

The team consists of an outreach and recruitment coordinator who will introduce the team and help decide if the program is a good fit, a primary clinician who will offer counseling and support and help you learn new skills to cope with what you are experiencing, a psychiatrist who can collaborate with you to make decisions related to medication and help with medical concerns, a supported education & employment specialist who can help with work and school, a peer support specialist to support overall health and wellness; and a substance abuse counselor to assist when alcohol or drug use is interfering with achieving personal goals.

In many treatment settings, participants work with just one mental health professional, but with CSC, you will have the support of an entire team.

The participant and family members are the most important members of this team. You will work closely with the primary clinician and other staff to identify goals that are important to you and services that can help with accomplishing these goals.

