

What you should expect...

We use a shared decision making approach, which means that you and your team work together to agree on the best treatment options for you. These may include:

- A comprehensive assessment of your current situation and history
- Determining your personal recovery goals to guide your treatment plan
- Treatment and support from all team members
- Counseling for your loved ones to develop coping skills that can support your recovery.
- Coaching from employment and education specialists
- Treatment for drug and alcohol problems
- Strategies for building healthy relationships and coping with problems in positive ways



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University Behavioral Health Care

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University Behavioral Health Care

Coordinated Specialty Care & Community Integration Services



CSC-CI

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

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Treatment...

Coordinated Specialty Care and Community Integration (CSC-CI) at Rutgers Health University Behavioral Health Care is an innovative and evidence-based treatment program for adolescents and young adults who have experienced unusual thoughts and behaviors or who have started seeing or hearing things that others do not, along with difficulties in work, school and/or socialization. The CSC-CI Team works together to help you reduce symptoms and achieve your life goals.

The CSC-CI team...

- Therapist
- Psychiatrist/Advanced Practice Nurse
- Peer Support Specialist
- Supported Employment/Education Staff



Services...

- Individual Cognitive Behavioral Therapy focused treatment
- Group Therapy
- Art Therapy
- Family Therapy
- Medication evaluation, counseling and management
- Peer Support
- Support Employment and education



Is CSC-CI right for you?

Our program targets individuals...

- between the ages of 15-35 years old, then as needed throughout the lifespan.
- have recently begun experiencing changes such as unusual thoughts and behaviors, hearing or seeing things that others do not or trouble communicating or thinking clearly (for over 1 week but less than 2 years)
- are willing to work with a diverse health care team of professionals
- seeking community integration

