

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.



## 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.

## 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.



To make a referral call

**908-731-7099 x504**

Check website [www.cooperativescs.com](http://www.cooperativescs.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.

### 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.

### 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.



- 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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