

## What should you 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 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 learn about how to cope with these experiences and how the people who matter the most to you can support your recovery
- Coaching from employment and educational specialists
- Treatment for drug or alcohol problems, if you have them
- Strategies for building healthy relationships and coping with problems in positive ways

*We are centrally located at:*

**100 Metroplex Drive  
Suite 200  
Edison, NJ 08817**



**Please call or e-mail for  
more information and  
service requests:**

**732-235-2868**

[coordinatedspecialtycare@ubhc.rutgers.edu](mailto:coordinatedspecialtycare@ubhc.rutgers.edu)

## Coordinated Specialty Care

at Rutgers-UBHC

Serving Somerset, Union, Middlesex,  
Mercer, Monmouth, Hunterdon, 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

# 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 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, and a peer support specialist who shares lived mental health experiences, social tools, and resources to better navigate recovery. We also provide therapeutic groups several days a week to provide you an opportunity to connect to others with similar experiences.

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.



## Is CSC right for you?

CSC at Rutgers-UBHC is for people who:

- Are between 15-35 years old
- Have recently begun experiencing changes such as unusual thoughts and behaviors, hearing or seeing things that other's 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