

# 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.

This includes:

- 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 you can support your recovery
- Coaching from employment and educational specialist
- Treatment for drug or alcohol problems, if you have them
- Strategies for building healthy relationships and coping with problems in positive ways
- Case Management services to assist with concrete needs



## Coordinated Specialty Care and Community Integration Services at Rutgers UBHC

### More Information:



CSC Central Edison - 732-235-8400  
CSC South Cherry Hill - 856-566-6200



CSCCentral@ubhc.rutgers.edu - Edison  
CSCSouth@ubhc.rutgers.edu - Cherry Hill



Central Region  
100 Metroplex Drive, Suite 200, Edison, NJ 08817

Southern Region  
57 Haddonfield Road, Cherry Hill, NJ 08002



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



# Treatment

Coordinated Specialty Care and Community Integration (CSC-CI) 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 seeing or hearing things that others do not, along with difficulties in work, school, and/or socializing. The CSC-CI Team works together to help you reduce symptoms and achieve your life goals.



# THE CSC-CI TEAM

- Therapist
- Psychiatrist/APN
- Peer Support Specialist
- Supported Employment and Education Staff
- Case Managers

# SERVICES

- Individual therapy
- Group Therapy, including art groups
- Family therapy, group and psychoeducation
- Medication evaluation, counseling and management
- Peer support, office and community based
- Supported Employment/Education, Office and Community Based
- Case Management

# Is CSC right for you?

CSC at Rutgers UBHC is for individuals who:

- Are between 15-35 years at time of initial enrollment
- 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
- Continued services in the program throughout their lifespan