

CPC Behavioral Healthcare provides a full continuum of services for people aged 18+ who live in Monmouth County.

Services are provided for individuals with persistent mental illness, as well as for those with other behavioral and psychiatric conditions including depression, anxiety, substance abuse, ADHD, and marital issues, among others.

Services are located in Freehold, Aberdeen and Middletown and are easily obtained by calling our Access Center for information and appointment scheduling.

Our staff include experienced and licensed professionals trained in evidence-based best practices. There is an emphasis on quality improvement and an expectation of achieving outcomes in all our programs.

CPC locations are easily accessed by public transportation and some programs can provide or arrange transportation when needed. Our hours are aimed to be convenient for students and working individuals and families.

Fees are based on income and a sliding scale is available for those who can verify need of assistance.

**Referrals and Appointments,
Call CPC's Access Office
732-842-2000
ext 4221**

Aberdeen Counseling Center

1088 Highway 34
Aberdeen, NJ 07747

- **Outpatient Counseling & Psychiatric Services** – Monday thru Friday 8:30 AM to 4:30 PM
- **Adult Partial Care Program** – Monday thru Friday 9:00 AM to 3:15 PM, Tuesday & Thursday 4-8 PM
- **CPC Employment** – Monday thru Friday 8:30 AM to 4:30 PM with 24/7 job coaching
- **Supported Housing Services** – Monday thru Friday 8:30 AM to 4:30 PM with 24/7 support

Helen Herrmann Counseling Center

270 Highway 35
Red Bank, NJ 07701

- **Outpatient Counseling & Psychiatric Services** – Monday thru Thursday 8:00 AM to 9:00 PM; Friday 8:00 AM to 5:00 PM
- **Integrated Case Management Program (ICMS)** – Hours are flexible, on-call 24/7
- **Program for Assertive Community Treatment (PACT)** – Hours are flexible, on-call 24/7

Freehold Counseling Center

37 Court Street
Freehold, NJ 07728

- **Outpatient Counseling & Psychiatric Services** – Monday thru Thursday 9:00 AM to 9:00 PM; Friday 9:00 AM to 5:00 PM

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Services for
ADULTS

www.cpcbehavioral.org

ADULT PARTIAL CARE PROGRAM

CPC's Adult Partial Care Program provides an individualized, rehabilitative and recovery-oriented treatment program for adults with psychiatric or co-occurring disorders (MICA).

The goal is to maintain the individual in his/her community setting with an increase in skills to accomplish this goal. This program is located at CPC's Aberdeen Counseling Center.

Services include:

- ✓ Assessment and Evaluation
- ✓ Medication monitoring/Education
- ✓ Individual and Family Treatment
- ✓ Case Management/Illness Management
- ✓ Dual Recovery Program (MICA Services)
- ✓ Prevocational Assessment for Work Readiness
- ✓ Therapeutic/Psychoeducation Groups
- ✓ Advocacy/Outreach
- ✓ Evening Programming
- ✓ Meals provided
- ✓ Transportation (where available)

OUTPATIENT COUNSELING AND PSYCHIATRIC SERVICES

Behavioral healthcare professionals provide evidence-based therapies including medication services for individuals, couples and groups.

Our goal is to provide the most effective behavioral treatments for the wide variety of disorders seen at our three outpatient locations in Freehold, Aberdeen and Middletown.

Services include:

- ✓ Individual, Group and Family Therapy
- ✓ Assessment and Treatment of Addictions/Co-occurring Disorders
- ✓ Psychiatric Assessment and Medication Monitoring
- ✓ Anger Management
- ✓ Couples Therapy
- ✓ Case Management

INTEGRATED CASE MANAGEMENT SERVICES (ICMS)

ICMS is a program which assists individuals with a primary psychiatric diagnosis to re-integrate back into the community. The service will work with individuals for up to eighteen months.

The goal is to assist our consumers in managing their illness and securing the necessary services and resources to improve the quality of their lives and stay in the community. The program works with consumers in the community. The office is located at CPC's Helen Herrmann Counseling Center.

Services include:

- ✓ Assessment/Service Planning
- ✓ Coordination of Care
- ✓ Linkage to Services
- ✓ Supportive Counseling
- ✓ Family Education and Support
- ✓ Medication Education
- ✓ Crisis Intervention
- ✓ Advocacy

CPC EMPLOYMENT

CPC Employment is a vocational service that assists individuals with psychiatric disabilities in returning to work in the community.

The goal is to help consumers choose, find, obtain and keep employment. We work collaboratively with the Division of Vocational Rehabilitation. This program is located at CPC's Aberdeen Counseling Center.

Services include:

- ✓ Assessment and Evaluation
- ✓ Career Exploration – Referral to Training and Educational Opportunities
- ✓ Job Development/Job Coaching
- ✓ Follow-up Services for Job Retention
- ✓ Transportation (where available)

PROGRAM FOR ASSERTIVE COMMUNITY TREATMENT (PACT)

PACT is a community-based program for adults with persistent and serious mental illness who have not been able to live in the community and utilize traditional services without relapse and recurrent psychiatric hospitalizations. All services are delivered to the consumer in his/her community setting by an inter-disciplinary team. The goal is to reduce the need for psychiatric hospitalization and provide or coordinate all necessary services to keep consumers in the community.

Admission to PACT is voluntary, but must be approved by DMHS. For further information, call 732-842-2000 ext. 4216. The program office is located at CPC's Helen Herrmann Counseling Center.

SUPPORTED HOUSING SERVICES

CPC's Supported Housing program provides housing for adults with severe emotional disabilities. Supervision and case management services are available for consumers who live in housing overseen by CPC staff.

Services include:

- ✓ Mental Health Support Services and Crisis Intervention
- ✓ Linkage to Services
- ✓ Independent Living Skills Training
- ✓ Adult Mental Health Rehabilitation Services

Visit
www.cpcbehavioral.org
to Watch Our Success
Stories

