

help is just a phone call away

NJ Promise

An early intervention program for Clinical High Risk for Psychosis

NJ Promise works to identify youth and young adults, not more than 25 years old, at clinical high risk for psychosis and provide evidence-based interventions to prevent the onset of psychosis or lessen the severity of psychotic disorder.

Clinical High Risk for Psychosis refers to individuals who exhibit noticeable changes in perception, thinking, and functioning which typically precedes a first episode of psychosis (FEP). During this pre-psychosis phase, individuals exhibit one or more of the following: attenuated psychotic symptoms, brief intermittent psychotic episodes, or trait vulnerability coupled with marked functional deterioration. Individuals experiencing these early, subthreshold symptoms are said to be at clinical high risk for psychosis.

NJ Promise services are tailored to fit the individual needs through stepped care, which is an approach that starts with the least intensive evidence-based treatment, and increases in intensity as clinically indicated.

Program Goals:

- Improve symptomatic and behavioral functioning.
- Enable youth and young adults to resume age-appropriate social, academic, and/or vocational activities.
- Delay or prevent the onset of psychosis.
- Minimize the duration of untreated psychosis for those who develop psychotic symptoms.
- Evaluate the effectiveness of stepped-care intervention strategies for youth and young adults at clinical high risk for psychosis.

Specialized Services:

- Individual, family, and group therapy.
- Medication evaluation, administration and counseling.
- Case Management support through psychoeducational counseling.
- Educational/vocational support.
- Stepped Care
- Outreach and case management for youth, young adults, and their families.

Hours are flexible based on individual needs. There is a fee for services, however, it is often covered by health insurance plans. A sliding scale is available for those without insurance. Individuals will not be denied services due to their inability to pay.



***Please call 201-986-5010
for more information.***

Care Plus NJ, Inc. Headquarters 610 Valley Health Plaza, Paramus, NJ 07652 | ph 201-265-8200
For more information on the services offered by CarePlus, visit www.CarePlusNJ.org



Early Intervention Program
Coordinated Specialty Care (CSC)

Are you between the ages of 15 and 35?
Have you been experiencing symptoms
for greater than one week but less than two years?
Are you willing to work with an
interdisciplinary team to reach your goals?
If you answered yes to these questions,
CSC might be right for you.

For more information please call:
CSC Team at 201-986-5010.



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Have you or someone
you love started
to have unusual
or strange thoughts?

WE CAN HELP.



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What is Coordinated Specialty Care?

An early intervention program with a multi-disciplinary, team approach to care

Coordinated Specialty Care (CSC) services at CarePlus NJ is designed to meet the needs of Northern NJ residents who have recently been experiencing unusual thoughts and behaviors or started hearing or seeing things that others do not that have interfered with work, school, or relationships. The program provides access to timely, comprehensive services in an effort to help individuals continue in or return to school or work based on individual needs, preferences, and shared decision making.

Program Goals

- Fundamentally change the trajectory and prognosis through coordinated and timely identification of and treatment for the early onset of symptoms.
- To provide support and education to individuals and their families regarding symptoms, treatment options and coping strategies.
- To improve occupational, educational and social functioning.
- To identify personal strengths and decrease symptom severity and frequency.

Specialized Services:

- Individual, family, and group therapy.
- Medication evaluation, administration and counseling.
- Peer support through psychoeducational counseling.
- Educational/vocational support.
- Outreach and case management for youth, young adults, and their families.

Who is this program appropriate for?

Qualification for Participants

- Individuals between the ages of 15 and 35
- Experiencing unusual thoughts and behaviors, or hearing voices or seeing things that others do not see.
- Experiencing above symptoms for greater than one week but less than two years.
- Willing to work with an interdisciplinary team to reach your goals.
- Living or going to school in: Bergen, Essex, Hudson, Morris, Passaic, Sussex or Warren counties

Interdisciplinary Team Includes

- Recovery Coaches
- Outreach and Referral Specialist
- Supported Employment and Education Specialist
- Peer Recovery Specialist
- Psychiatric prescriber

How to Participate:

Hours are flexible based on individual needs. There is a fee for services, however, it is often covered by health insurance plans. A sliding scale is available for those without insurance. Individuals will not be denied services due to inability to pay.

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