



# Integrated Care Concepts & Consultation

New Jersey's Premier Mind/Body Service Provider Is Pleased to Introduce:

**INTEGRATED AFTERCARE<sup>®</sup>**  
*Enhanced Dialectical Behavior Therapy (DBT) Services*

**Adolescent Group Enrollment Is Now Open**

615 Hope Road | Bldg. 5B, 2nd Floor  
Eatontown, NJ 07724

**Call 732.389.0697 to Schedule Your Interview**  
[www.integratedcareconcepts.com](http://www.integratedcareconcepts.com)



**Jessica DeMaio, LCSW**  
*Coordinator, Integrated AfterCare<sup>®</sup>*

The Enhanced DBT program at Integrated AfterCare is led by Jessica DeMaio. Ms. DeMaio is a licensed clinical social worker who received her graduate training at Fordham University, Lincoln Center. She completed an additional certification in DBT from Behavioral Tech, an intensive course founded and supervised by Dr. Marsha Linehan, the formulator of DBT. Ms. DeMaio has worked with adults, adolescents, and children in both residential and outpatient settings, specializing in individual and group care for those struggling with anxiety, depression, emotional dysregulation, self-injury, trauma, and issues specific to the LGBT population. In addition to her credentials in DBT, she is certified in Equine Assisted Psychotherapy (EAP).

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## INTEGRATED AFTERCARE® *Enhanced Dialectical Behavior Therapy (DBT) Services*

The adolescent dialectical behavior therapy (DBT) program at Integrated AfterCare is designed to help teenagers and their families effectively cope with difficult emotions and behaviors.

The program is founded on compassionate, evidence-based care, combining traditional DBT techniques with clinical yoga and meditation practices. We also offer weekly parent groups to help families in implementing skills to best support struggling teens. The adolescent DBT program addresses emotional and behavioral dysregulation in the context of five skills modules that target:

- Confusion about self
- Impulsivity
- Emotional instability
- Interpersonal problems
- Parent-teen problems

### Our Enhanced DBT AfterCare program offers:

- Weekly skills training groups for adolescents
- Weekly parent groups
- Weekly yoga and meditation classes for both adolescents and parents
- Weekly individual therapy
- Phone coaching as needed for both adolescents and parents
- Expert monitoring and regulation of co-occurring conditions including substance abuse, eating disorders, self injury, and other dysregulated behaviors
- Coordination with ICC&C's complete continuum of care, from psychiatric evaluation to medication management
- Clinical advice on crisis planning, community resources, and other continuing care strategies

**Insurance Accepted for DBT Skills Groups • Exclusive Discounts  
Available for Group Yoga & Meditation Classes**



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