Integrated Care Concepts & Consultation

INTEGRATED ADOLESCENCE PROGRAM

732.858.5432
lthompson@integratedcareconcepts.com

615 Hope Road
Building 5B; 2nd Floor
Eatontown, NJ 07724

TABLE OF CONTENTS

About the Integrated Adolescence Program and Levels of Care 3

What Teens and Parents Are Saying about Integrated Adolescence 4

Helpful Financial Information 5

Program Schedules

- The Partial Hospitalization Program 6
- Our Intensive Out-Patient Level of Care 7

Helpful Transportation Information 8

ABOUT THE INTEGRATED ADOLESCENCE PROGRAM AND LEVELS OF CARE

Integrated Care Concepts and Consultation's Integrated Adolescence Program offers an innovative approach to mental health for teenagers (ages 14–18; high school only) and their families. Whether they're experiencing anxiety, depression, or are recovering from trauma, we're here to support them as they heal.

The program provides specific levels of care depending on the needs of the adolescent and their family.

We provide Intensive Out-Patient (IOP) or Partial Hospitalization Programming (PHP).

Our IOP offers support 4 days per week for at least 3 hours per day for up to 12 weeks.

Our PHP offers support 5 days per week for 6 hours a day and wellness recovery involvement for up to 16 weeks.

What Teens and Parents Are Saying about Integrated Adolescence

"I am SO happy and thankful for this program . . . I had numerous bad experiences with other programs, primarily due to the [limited] scope of issues the programs worked with. Having found IA was perfect."

- A parent of a teen in our Integrated Adolescence Program

"Mind-body was always a helpful way to start the day."

- A teen in our Integrated Adolescence Program

"The most helpful components of IA were communication, meeting in person, and the consistency of the program."

- A parent of a teen in our Integrated Adolescence Program

"You actually care about us here. That's uncomfortable sometimes, but it matters."

- A teen in our Integrated Adolescence Program

HELPFUL FINANCIAL INFORMATION

Integrated Adolescence is currently an out-of-network service with all health insurance providers.

We are in the process of becoming an in-network provider with Horizon Blue Cross/ Blue Shield and are hopeful to be empaneled by March 2022.

Our billing team will work with you on payment plans and sliding scales if not going through insurance is necessary or desired.

To review your insurance plan and to understand the costs associated, please contact the billing department specific to the program:

Kristina Sicuro
billing_3@midwestcore.com (email)
314-222-0602 (w)
314-435-0688 (m)
314-675-6681 (fax)

The psychiatric services, individual therapy, and family therapy services are all in-network with most commercial insurances.

We do not participate with Medicaid or Medicare.

Program Schedules

The Partial Hospitalization Program

9:00 AM–3:00 PM

OFFERED MONDAY THROUGH FRIDAY

- Biopsychosocial Evaluation
- Psychiatric Assessment
- Family Assessment
- Comprehensive Integrated Mental Health Treatment Plan
- 6 Hours of Programming Per Day - 4 Therapeutic Hours and 2 Educational Hours, 5 Days per Week (Monday Through Friday)
- Getting Settled
- Setting Intention and Mindful Check-in
- Trauma-Sensitive Yoga/Mind/Body Skills – Mindful Toolbox ®
- Academic Support and Collaboration Daily
- Process Group Therapy
- Dialectic Behavioral Therapy Skills Training
- Family Therapy Weekly
- Individual Therapy Weekly
- Transportation to Program As Appropriate
- Case Management and Care Coordination
- Appropriate Step-Down Planning

Program Schedules

Our Intensive Out-Patient Level of Care

3:00 PM-6:00 PM

OFFERED MONDAY THROUGH THURSDAY

- Biopsychosocial Evaluation
- Psychiatric Assessment
- Family Assessment
- Comprehensive Integrated Mental Health Treatment Plan
- 3 Hours of Programming Offered 4 Days per Week (3 Day Commitment Minimum, Program Offered Monday Through Thursday)
- Setting Intention and Mindful Check-in
- Trauma-Sensitive Yoga/Mind/Body Skills – Mindful Toolbox ®
- Process Group Therapy
- Dialectic Behavioral Therapy Skills Training
- Transitioning for Home
- Family Therapy Weekly
- Individual Therapy Weekly
- Transportation to Program As Appropriate
- Case Management and Care Coordination
- Appropriate Step-Down Planning

Helpful Transportation Information

Transportation for the Partial Hospitalization Program

Transportation to the program can be provided within a 10-mile radius of the office. (We do not provide transportation home.)

Following CDC guidelines, masks are required during transport at all times.

All vans will be sanitized between trips, and there will be no more than 4 people in a van at any given time.

High School Transportation

Below is a list of the high schools in the area that we currently provide transportation services. Please contact Alessandra Crane (acrane@integratedcareconcepts.com) if you do not see your school listed below and would like to inquire about the possibility of arranging transportation.

HIGH SCHOOLS SERVICED

- Christian Brothers Academy
- Colts Neck High School
- Middletown South High School
- Monmouth Regional High School
- Ocean Township High School
- Ranney School
- Red Bank Catholic High School
- Red Bank Regional High School
- Rumson-Fair Haven High School
- Shore Regional High School
- Trinity Hall

Transportation for Intensive Out-Patient Level of Care

Transportation to the program can be provided within a 10-mile radius of the office. (We do not provide transportation home.)

Following CDC guidelines, masks are required during transport at all times.

All vans will be sanitized between trips, and there will be no more than 4 people in a van at any given time.

Transportation Logistics

We use new minivans to provide discrete, comfortable, and safe means of transportation. Two staff members travel with the teens to offer whatever support may be needed.

The transportation fee is $15.00 a day from these areas and covers transport to the program only. Transportation is usually set for the duration of the program, but it can be arranged as needed when adequate notice is offered.

***Please note that transport may be limited due to Covid-19 restrictions. Please call staff for more details. ***

Integrated Care Concepts
& Consultation

732.858.5432

acrane@integratedcareconcepts.com

psypniewski@integratedcareconcepts.com

615 Hope Road

Building 5B; 2nd Floor

Eatontown, NJ 07724