



**Connect With Purpose.**  
Take The Next Step To Living Your Best Life.

**CTRLCare Behavioral Health Is A Premier Mental Health Treatment Center For Adolescents And Young Adults Struggling With Mental Health and Problematic Technology Use.**

# Never Look Back Always Look Ahead



# The Future Is Brighter Than Ever

## SUMMARY ON US

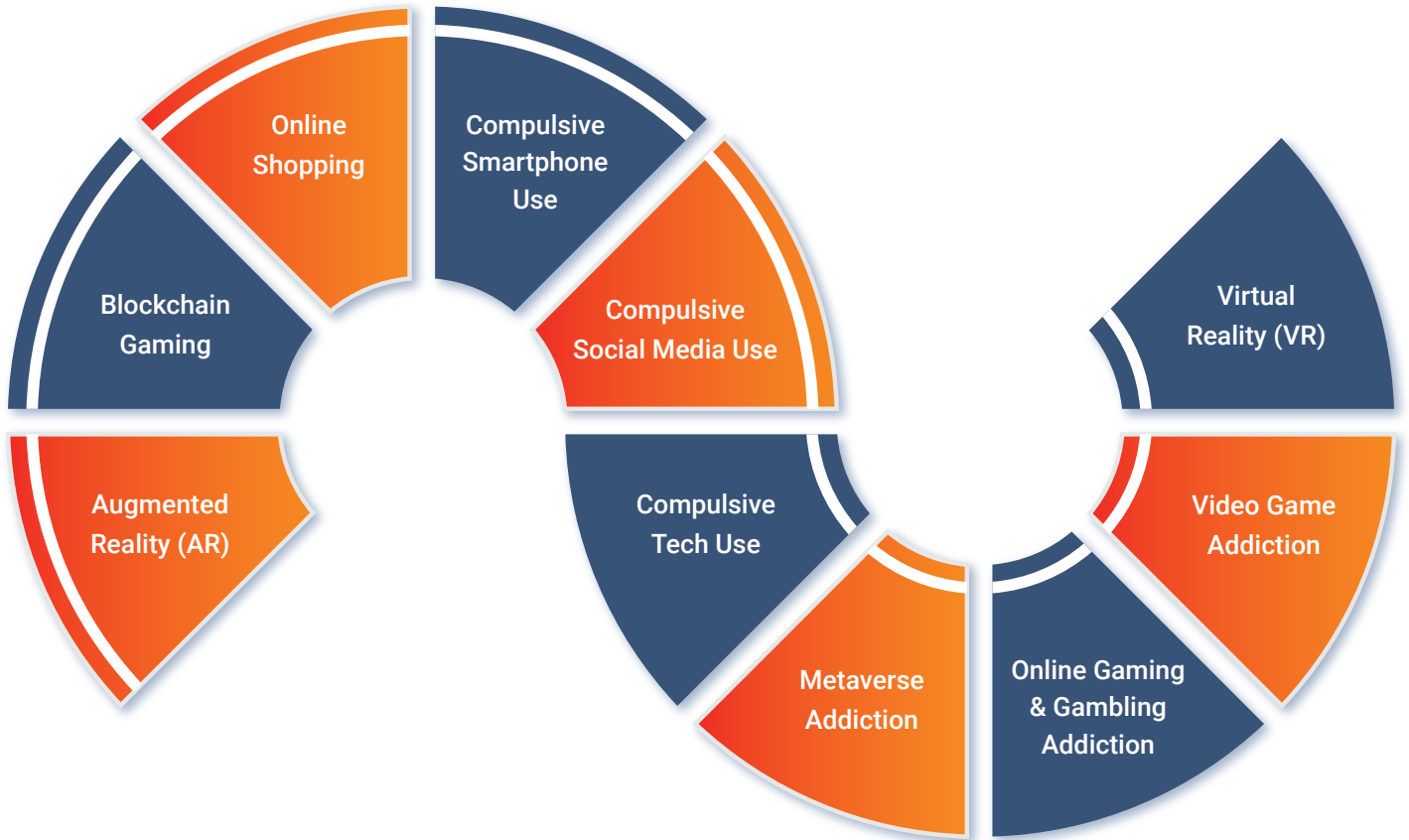
CTRLCare Behavioral Health is a premier Mental Health Treatment for Teens and Young Adults. We specialize in preteens, teens, and young adults, struggling with anxiety, depression, and other mental health and problematic technology use. With the strong correlation between behavioral health and technology use preoccupation, it's most effective to treat these issues together in a caring, compassionate program setting.

CTRLCare Behavioral Health believes in providing comprehensive clinical care designed to meet the specific needs of each individual. Grounded in evidence-based practice, integrative wellness, and vocational empowerment; our hybrid care model provides every aspect of support and intervention to address the whole person: mind, body, brain and spirit.

Our qualified and compassionate care team is here to support you on this journey of recovery and wellness. Our innovative, bright, and engaging clinical facility provides a safe and nurturing space that fosters an environment for healing and personal growth. We welcome you to join us in taking those next steps as the future is brighter than ever.

# WHAT WE TREAT

## Problematic Technology Use



# WHAT WE TREAT

## Mental Health

Anxiety

Attention  
Deficit Disorder  
(ADD/ADHD)

Bipolar  
Disorder

Borderline  
Personality  
Disorder

Depression and  
Mood

Isolation (Family  
and Friends)

Low Motivation

Obsessive  
Compulsive  
Disorder (OCD)

Oppositional  
Defiant Disorder

Post-Traumatic  
Stress Disorder  
(PTSD)

Reactive  
Attachment  
Disorder

Trauma

# SPECIALIZATION PROGRAMS

## Trauma

CTRLCare Behavioral Health Princeton provides specialized trauma care for those individuals engaged at the IOP levels of care. This specialized program consists of 2 - therapeutic group sessions totalling 6 hours of care, which will be closed groups specifically for individuals that are clinically appropriate for this program. Our clinical therapists are trained in specific modalities, such as Eye Movement Desensitization and Reprocessing (EMDR), which is highly effective in healing and moving through past experiences of trauma.

## Problematic Technology Use

CTRLCare Behavioral Health provides specialized treatment to focus on digital addiction. This program is for those individuals engaged at the IOP levels of care, and will consist of 2 - therapeutic group sessions totalling 6 hours of care. These closed groups will target various aspects of digital addiction, including specific coping strategies and interventions, assessing and evaluating underlying factors, and methods to establish a healthy relationship with technology moving forward.

Unhealthy relationships with technology are often correlated with an underlying mental health concern. Symptoms of depression and anxiety can be overwhelming and difficult for a young person to manage. Technology, whether it is gaming or social media, can serve as an unhealthy escape pattern to avoid the uncomfortable symptoms of depression and anxiety. It is very easy for our young population to “get lost” and “check out” in the digital world.

CTRLCare Behavioral Health seeks to support our adolescents in learning healthy ways to cope with their emotions, while simultaneously establishing a healthy and balanced relationship with technology. In an overstimulating technologically advanced world, we cannot expect young people to sit still and talk about their emotions and feelings fluidly. We understand this challenge and therefore we have created a program grounded in therapeutic activity and play (experiential therapy). This form of therapy allows individuals to explore their thoughts and feelings through music therapy, art therapy, adventure therapy and other engaging services where they can learn about coping skills in addition to having fun while getting well.

# CORE ELEMENTS OF CLINICAL PROGRAMMING

CTRLCare Behavioral Health Princeton identifies 3 key elements that embody our Clinical Program. These key elements are: Quality Clinical Care, Integrative Wellness, and Vocational Empowerment.

## CLINICAL PROGRAM

### Intensive Outpatient Program (IOP)

CTRLCare Behavioral Health offers an Intensive Outpatient (IOP) Level of Care encompassing up to 15 clinical treatment hours per week. IOP is offered between 3-5 days per week for 3 hours each day based on the individual need of each person. In addition, IOP includes individual therapy, family therapy, family programming, and medication management services.

### Traditional Outpatient Program (OP)

The Traditional Outpatient Program provides 1 - one and half hour therapeutic groups, in addition to individual therapy, family therapy, family programming, and medication management services.

### Enhanced Outpatient Program (EOP)

CTRLCare Behavioral Health provides up to 8 hours of clinical care per week. This service encompasses 2 - two hour therapeutic groups per week, in addition to individual therapy, family therapy, family programming, and medication management services.

The Enhanced Outpatient Program serves as a supportive transition from a higher level of care such as an Intensive Outpatient Program (IOP), down to a Traditional Outpatient Program. Our flexible scheduling options allow each individual to transition through our continuums of care at a pace that is clinically appropriate for their identified needs.

### Family Program

The Family Program is offered as a part of both the IOP and OP Services. On a bi-weekly basis, our wellness team will provide a fun night of education, experiential learning, experiential activities, and connection with a purpose. Led by our interdisciplinary team, each night will be a different topic infused with activities and a fun environment to foster growth, healing and connection amongst our families.









# QUALITY CLINICAL CARE

Our clinical care program consists of individual therapy, family therapy, family programming, group therapy, and medication management services. Our interdisciplinary wellness team is comprised of the following team members.

Doctoral Level  
Practitioners

Psychiatric Mental  
Health Nurse  
Practitioners

Licensed Clinical  
Social Workers

Licensed  
Professional  
Counselors

Board Certified  
Music Therapists

Certified Art  
Therapists

Mind Body  
Practitioners

Somatic  
Experiencing  
Practitioners

Wellness and  
Holistic  
Practitioners

In addition to a highly qualified wellness team, we provide an innovative and creative approach to treatment. We believe that therapy should be FUN, ENGAGING, and EMPOWERING! Therapy does not have to be boring, and CTRLCare Behavioral Health brings a new energetic approach to a healthier and happier YOU.

## INTEGRATIVE WELLNESS

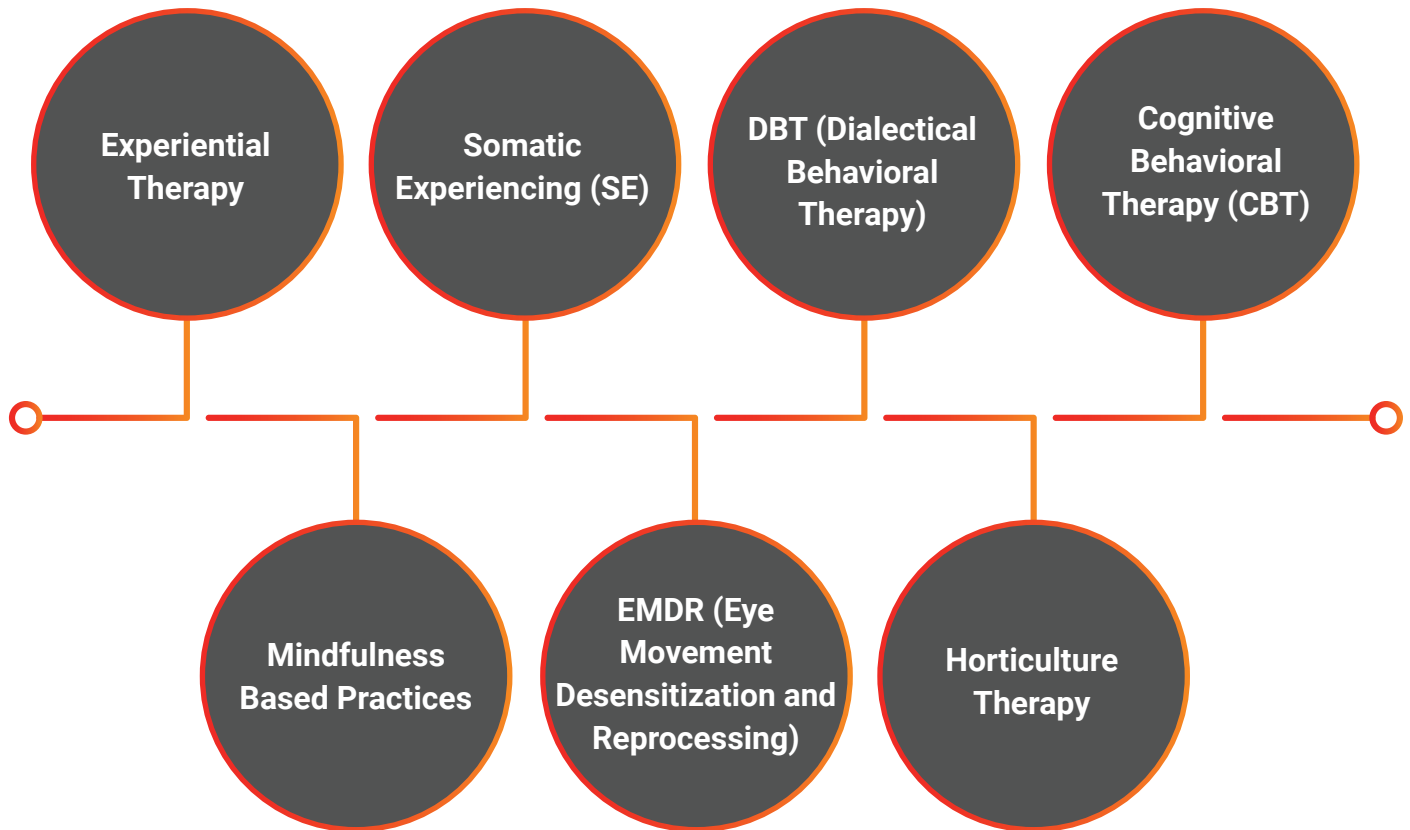
We believe in a comprehensive care model that simultaneously integrates all aspects of an individual, and therefore have Integrative Wellness as a Key Element of our Clinical Programming. One cannot heal the mind without healing the body as all aspects of oneself are interconnected; meaning that what we eat, how much we sleep, how much we exercise, and how we breathe and stay grounded (mindful) all impacts our overall mood and mental health stability on a daily basis. Exploring these areas is an integral part of each individual's care.

Our Integrative Wellness model encompasses the following:



# EVIDENCE BASED PRACTICE MODALITIES OF CARE

To drive our mission of providing high quality clinical care, we embrace the following evidence based practice modalities of care.





## Trauma Informed & Responsive Organization

CTRLCare Behavioral Health is committed to fostering an environment that is safe and nurturing for everyone. Therefore, CTRLCare Behavioral Health has adapted a trauma informed and responsive approach to the organization and overall culture of how we support our patient's and our employees. A trauma responsive organization examines every aspect of an organization's clinical programming, utilization of language, values, culture, policy and procedures, and physical environment to ensure it best serves all people who have experienced trauma.





## Vocational Empowerment

CTRLCare Behavioral Health believes in growth and development in all areas, including academia and career aspirations. Our programs will have the opportunity to engage in study groups and mentoring programs to help support them in their overall development as a young student and help drive the potential for success within their school. Our wellness team will collaborate with the school districts, parents, and other professionals involved to ensure comprehensive services are provided and that the adolescent/ young adult is supported in the fullest capacity possible.

## EDUCATION SUPPORT

CTRLCare Behavioral Health provides extensive academic support in our Enhanced IOP program so that each teen can stay on track while they are in our care. Our academic team oversees the curriculum assigned to our clients by their schools and ensure they receive the support necessary to complete their schoolwork. We coordinate academic studies with the client's school district, continue homeschool programs, or we can enroll clients in a reputable/ transferable online school program.



## GIVING BACK TO OUR COMMUNITY

- ✓ Our staff actively promotes community engagement with our First Responder Heroes and Healthcare Professionals, to help make our communities a safe and friendly environment.
- ✓ We partner with community organizations such as schools, colleges, hospitals, non-profits and employers to educate and bring awareness and hope to those suffering with Mental Illness.
- ✓ We supply CEUs for local EAPs, social workers, nurses, and professionals to assist with continuing education.





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## CONTACT US

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For more information about our services for teens and young adults, please call our wellness team at

 (609) 454-6302

 [info@ctrlcarebh.com](mailto:info@ctrlcarebh.com)

 [Ctrlcarebh.com](http://Ctrlcarebh.com)

 29 Emmons Drive Suite G30 Princeton NJ 08540