



# Tri-County Behavioral Care

## COMPREHENSIVE MENTAL HEALTHCARE

### OUR SERVICES:

#### **SCHOOL BASED MENTAL HEALTH**

In-district counseling services includes Tier II, Tier III interventions, individual and group counseling, and school clearance assessments for Pre-K to High School. Individualized and collaborative programming, parent education, and staff professional development programs available.



#### **SCHOOL CLEARANCE ASSESSMENT**

Licensed clinicians provide assessment for students within 24 hours of referral at one of our office locations or in district with a school contract. Biopsychosocial assessment form provided to district upon completion.



#### **SUBSTANCE EVALUATION & TREATMENT**

Caring and compassionate evaluation and therapeutic services for individuals. ALCO/12-panel urine drug screen with immediate results and SASSI (Substance Abuse Subtle Screening Inventory) assessment with recommendations for follow-up care.



#### **PSYCHOTHERAPY**

Individual, couple, and family therapy in a welcoming office setting for children, teens, and adults.



#### **INTENSIVE IN-COMMUNITY (IIC) SERVICES**

Serving all NJ counties with in-home services for youth with behavioral and emotional needs through NJ Children's System of Care & PerformCare NJ.

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COMPREHENSIVE MENTAL HEALTHCARE

## **ABOUT US**

Tri-County Behavioral Care is a comprehensive mental healthcare provider dedicated to caring for the needs of individuals, adolescents and families through our specialized areas of outpatient services: School-Based Mental Health, School Clearance Assessment, Substance Evaluation & Treatment, Psychotherapy and Intensive In-Community (IIC) Services. We provide you access to the highest level of clinical care through integrity, team work and clinical excellence.

## **CLINICAL SPECIALTIES**

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ADHD	LGBTQ+
Addiction	Life Transitions
Anxiety	Pain & Physical Conditions
Autism	Relationship Issues
Behavioral Issues	School Related Concerns
Bipolar Disorders	Self-Esteem
Communication Skills	Sexual Identity
Depression	Social Skills
Divorce/Separation	Stress Management
Family Conflict	Substance Use
Grief & Loss	Trauma & PTSD

**OUR CONVENIENT OFFICE LOCATIONS**  
SPARTA - HACKETTSTOWN - RANDOLPH - WAYNE

973-691-3030  
[www.tcbllc.org](http://www.tcbllc.org)





# School Based Mental Health

Tri-County Behavioral Care offers in-district counseling services to include Tier II and Tier III interventions, individualized and small group counseling, and school clearance assessments for Pre-K-High School.

## In-District Counseling Services:

- Licensed clinician on-site
- Individual counseling sessions
- Counseling sessions available before/after school hours
- Conduct intake and evaluation assessment for newly referred students.
- Therapeutic caseload of 30 students



## School Clearance Assessments:

- In school screening for students with suicidal ideation, threats to others and self-harm.
- Students with imminent plans for suicide or violence should be referred to the emergency room for higher levels of care.
- Biopsychosocial assessment completed and returned immediately to the district.
- Treatment and referral recommendations included with the assessment.
- District requirements discussed and incorporated into a protocol plan for when School Clearance Assessments are conducted on-site.



## Additional Services:

- Small group counseling sessions
- Mental health services for students throughout the summer
- Therapist available for Extended School Year (ESY) programs
- IEP consultations
- Record and maintain confidential records, reporting, and data for each student.
- Regular communication and support to caregivers about their child.
- Collaboration and review with the administration, school counselors, and Child Study Team (CST) members on the needs of the students.



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# School Based Mental Health Supportive Services

Evidence-based educational programs delivered to meet the needs of administration, students, parents, and staff. In-person or virtual program sessions available and can be customized to accommodate your individual school's needs.

<b>PROFESSIONAL DEVELOPMENT</b>	<b>PARENT EDUCATION</b>
Crisis Planning	Tools For Strengthening Your Relationship with Your Child
Threat Assessment (TAT) Implementation	Understanding Your Child's Anxiety
Stress-Less- "How to Prevent Burnout"	Understanding Your Child's Depression
Mental Health Awareness	Fostering An Emotionally Regulated Family
Suicide Awareness	Understanding Defiance- "How to Be Part of the Solution"
Managing Unexpected Behaviors	Navigating Difficult Discussion with Your Child

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# School Clearance Assessment

We value and partner with school districts to provide School Clearance Assessments (SCA) within 24 hours of referral for students identified at risk during the school day.



When a threat or a concern occurs at school, we understand the importance of evaluating a child in a timely manner so they can return to school quickly or be referred for the appropriate care.

Rather than sitting in an emergency room for an evaluation, a scheduled appointment at one of our offices creates a more relaxed and efficient way to handle the risk assessment.



A biopsychosocial assessment is provided to the district upon completion of assessment with recommendations to both the patient and district immediately.



Our goal is to provide a prompt and caring experience so the student may return to school and receive the appropriate treatment they may need.

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# Substance Evaluation & Treatment

School districts can request to have an ALCO/12-panel urine drug screen in conjunction with the School Clearance Assessment. Results are administered immediately. A SASSI (Substance Abuse Subtle Screening Inventory) assessment with recommendations for follow-up care is provided to the district.



Tri-County Behavioral Care provides caring and compassionate therapy for individuals and families in recovery from substance use. Our clinicians provide outpatient assessment of an individual's needs and will work with the client toward a healthy, substance free lifestyle in a respectful discrete manner.



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# Intensive In-Community (IIC) Services

Intensive In-Community (IIC) services are for children and youth with behavioral and emotional needs who are receiving case management, Mobile Response or Out-of-Home services through NJ Children's System of Care. After your initial contact with PerformCare NJ, Tri-County Behavioral Care is able to provide flexible, comprehensive services of care to children and families.

These short-term services may be provided in a youth's home or in an amenable community location by one of our licensed behavioral health clinicians.

IIC Psychotherapy: In-home clinical services for youth and families dealing with behavioral and developmental challenges, family issues, and mental illness.

Behavioral Assistant: Certified professionals under the direction of licensed clinicians implement behavioral plans for youth.

Parent Coaching: Certified coach works with caregivers to develop strategies for effective parenting.



To Access IIC Services Call:  
PerformCare NJ  
1-877-652-7624

Request Tri-County Behavioral Care as your provider

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# Psychotherapy

The foundation of our practice is based on the belief that everyone should have access to quality mental health care.

Any time your quality of life isn't what you want it to be, therapy can help. Whether you are feeling depressed or anxious, have struggled with negative feelings all your life, or have a short-term problem you need help navigating, working with the right therapist can make all the difference.



Our community of therapists are focused and committed to deliver compassionate clinical care. We believe mental health care should embrace the whole individual rather than just addressing a specific problem.



Tri-County Behavioral Care's licensed therapists come from diverse backgrounds. They are ready to be your advocate and help provide a fresh perspective toward a better quality of life.

While meeting in a safe and comfortable environment, your therapist will work with you to develop a treatment plan specific to your needs. We are honest and open in the services we provide in order to ensure you get one step closer to a healthier you.



Individual, family, and couples counseling available both in-person and virtually for your convenience.

To Schedule An Appointment Call:  
973-691-3030 x1

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