

What is therapy?

Therapy is a relationship with a non-judgmental professional that can improve mental well-being and assist in reaching a variety of goals.

Types of Mental Health Professionals

Psychologist

- Has earned a doctorate degree in psychology and is licensed by the state of New Jersey
- Provides individual, group, and family therapy
- Completes psychological evaluations
- Works in private practice, mental health organizations, or hospitals

Psychiatrist

- A medical doctor who can prescribe medications
- Can collaborate with a clinician who provides therapy
- Works in private practice, mental health organizations, or hospitals

Social Worker or Counselor

- Has earned a masters degree and is licensed in the state of New Jersey
- Provides individual, group, and family therapy
- Works in private practice, mental health organizations, or hospitals

School Psychologist

- Has earned a specialist degree and is licensed in the state of New Jersey
- Performs assessments related to academic functioning
- Promotes positive behaviors in school
- Supports teachers, students, and other school staff

School Counselor

- Has earned a masters degree and is licensed in the state of New Jersey
- Assists with academic planning and achievement strategies
- Promotes interpersonal skills
- Provides referrals for long-term support

What are levels of care?

Levels of care determine the appropriate frequencies and modalities of support

Individual Therapy

- One-on-one meeting with a mental health clinician
- Usually once a week or biweekly
- Self-pay or covered by insurance
- Offered in-personal or virtually

Psychiatry

- Meeting with a medical doctor to prescribe medications
- Can be offered in addition to individual therapy
- Self-pay or covered by insurance
- Offered in-personal or virtually

Intensive Outpatient Program (IOP)

- Individual, group, and family therapy if needed 2-3 times per week
- After school hours
- Mental health clinicians and psychiatry available if need
- Covered by insurance
- Offered in-person or virtually

Partial Hospitalization Program (PHP)

- Individual, group, and family therapy if needed 3-5 times per week
- 5-6 hours per day
- Mental health clinicians and psychiatry available
- Covered by insurance
- Offered in-person or virtually

Inpatient Hospitalization

- Reside in a hospital setting for days to weeks, depending on need
- Individual, group, and family therapy if needed
- Mental health clinicians and psychiatry
- Covered by insurance