



Innerspace *insights*

Innerspace Program Options:

- Intensive Outpatient Programs:
 - Children (ages 8-11)
 - Adolescents (ages 12-17)
 - Adults
- Partial Care Programs:
 - Adolescents (ages 12-17)
 - Adults

All Programs Include:

- Comprehensive Psychiatric Assessment & Consultation
- Individual Therapy with a State of NJ Licensed Therapist
- Group Therapy
- Dialectical Behavior Therapy
- Medication Management
- Family Therapy
- Parent Support Groups

We also service those who have co-occurring substance use disorders.

If you or a loved one needs mental health services call Innerspace Counseling today for a consultation at 732-332-8270.

Warning signs that your child may need mental health treatment.

*By Melissa Maranzano, BA
Community Outreach Liaison*

One in five children have or will have a serious mental illness between the ages of 13 and 18. Many children go without treatment causing them to spiral into crisis or the symptoms follow them into adulthood. If your child is exhibiting any of the following signs please speak to your doctor or a mental health professional as soon as possible.



- Feeling very sad or withdrawn for two or more weeks
- Severe mood swings
- Attempting to or planning to cause harm or end their life
- Sudden overwhelming fear for no reason
- Getting into multiple fights, using a weapon, or wanting to hurt others
- Severe, out-of-control behavior
- Not eating, throwing up or using laxatives to lose weight
- Intensive worries or fears that get in the way of daily activities
- Difficulty concentrating or staying still causing physical danger or school failure
- Repeated use of drugs or alcohol
- Drastic changes in behavior or personality

INTENSIVE OUTPATIENT PROGRAMS (IOP):

Innerspace Counseling provides Intensive Outpatient Programs for Youth (ages 8-11), Adolescents, & Adults.

What is an Intensive Outpatient Program?

Intensive Outpatient Programs or IOP's are short-term, intensive mental health treatment programs. It is an 8-12-week commitment (time frames may vary based on individual progress and needs). Patients come in 3 times per week for 2 hours. Program includes individual therapy, group sessions, medication management, and family sessions.







Why IOP vs. Outpatient?

Outpatient therapy is beneficial for most people, most of the time. Typically, a person visits their therapist on a weekly basis with positive results and progress. There are times though when more intensive therapy is required because outpatient therapy is not enough. An IOP can provide short term intensive treatment in times of crisis.

Should I go to the Hospital or an IOP?

If you or a loved one are a danger to yourself or others call 911 or go to your nearest emergency screening center. If you are not in immediate danger and are unsure, Innerspace Counseling is happy help and advise if our programs are appropriate.

Why choose Innerspace Counseling's IOP?

 <p>Collaboration between in-house & outside clinicians, providers & school counselors.</p>	 <p>Support Groups for Parents with youth or adolescents in program.</p>	 <p>Handling of all insurance claims and FMLA paperwork.</p>	 <p>Timely intakes (usually within 48 hrs) with a clinician & psychiatrist.</p>	 <p>Highly individualized assessment & treatment plans creating a road map to success.</p>	 <p>Small Groups so each voice is heard.</p>
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To inquire about our programs call 732-332-8270.

Staff Feature >>>

Meet the Founder & Program Director AJITA MOHAN, MA, LPC, NCC

Ajita earned her master's degree from Yeshiva University and a bachelor's degree from Rutgers University with an additional certification in behavioral pharmacology. For the past decade Ajita has been dedicated to creating and enhancing mental health and counseling programs across New Jersey to ensure that the highest quality of care is provided for all populations served. Recent Awards include the 2016 and 2017 Best of Old Bridge Award in Mental Health Counseling & the 2017 Women of Distinction Award.



As an LPC, Ajita believes that education, training, and proper supervision are key to ensuring that clients receive the highest quality of care. Her goal in opening Innerspace Counseling in 2014 was to create an environment for clients that allowed them to enhance the quality of their lives, in the safest and least restrictive setting. To that end, Ajita has created a strong DBT based curriculum for all programs. This curriculum along with the system's-based approach provided at Innerspace ensures that clients are learning concrete and usable skills that can be translated into any area of a client's life. In addition to working with clients individually, the treatment team at Innerspace also regularly and consistently involves families in treatment. This allows for change not only within the client but also within the system; thus, providing a platform for true long-term success.

To reach us >>>

Innerspace Counseling, LLC

2433 Route 516

Old Bridge, NJ 08857

Phone:

732-332-8270

Fax:

732-862-1146

Email:

inquiries@innerspacecounseling.com

Website:

<https://innerspacecounseling.com>

Social Media:



@innerspace_counseling



@innerspacecounseling