

# CHOICES MENTAL HEALTH COUNSELING, PLLC

Issue #1

2011

## An Introduction

With more than 25 years in professional counseling, I am licensed by the State of New York as a mental health counselor. I am also state-credentialed as an alcohol and substance abuse counselor.



*Tom Rue*

I am board-certified by the National Board for Certified Counselors (NBCC) as a Certified Clinical Mental Health Counselor and a National Certified Counselor.

My masters degree in counseling services is from Rider University, and a bachelors degree in psychology from the College of New Jersey.

Agency work that I have done over the years has included counseling with adults, couples, families, and adolescents on a wide variety of social and psychological concerns. I have worked in the public sector for nearly 20 years, and the remainder for private agencies. CMHC is a private counseling practice, authorized by the NYS Department of Education to provide professional mental health counseling services.

## What Choices Mental Health Counseling Can Offer You

The mission of Choices MH Counseling is to provide voluntary outpatient counseling and psychotherapy; with self-help and referral information to meet the emotional, behavioral, and mental health and recovery needs.

Although some patients may be court-ordered, the dignity, worth, and free will of every person are unalienable. True coercion in such matters is not possible.

Among the services available from CMHC are the following:

- Cognitive Behavioral Therapy (CBT)
- Confidential psychotherapy
- Mood, trauma, and anxiety supports
- Relationship or separation counseling
- Parent, teen, and family issues
- Organizational and study skills
- Pre-adoption home study (home visit)
- Adjusting to a medical diagnosis
- Weighing difficult decisions
- Managing chronic pain, or care-givers
- Alcohol and drug abuse evaluations
- Urine drug screens (at an outside lab)
- Relapse prevention counseling
- Suboxone support and education
- Regaining driving privileges (DS 449)

These are examples of services for which I am qualified and have provided.

If wondering whether a need you may have is within the scope of my practice and experience, call today to talk.

## In This Issue

- **What We Offer**
- **Surviving Illness**
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- **Domestic Abuse**
- **Confidentiality**
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- **Where / Website**

## Insurance And Other Payment Methods

I accept insurance as payment in full whenever feasible.

I am presently in-network with these organizations:

- Aetna Behavioral
- Beacon Health Strategies (HHP)
- CIGNA Behavioral
- Capital District PHP
- Fidelis Care NY
- Hudson Health Plan
- Employee Network Inc. (EAP)

For steps to request approval to see an out-of-network provider (from companies not listed above), see the "Insurance" tab on the CMHC website listed on the last page.

If you are uninsured, call me to discuss a sliding fee scale.

### *Supportive Counseling To Help Survive A Chronic Medical Condition*

A chronic medical condition impacts the patient's quality of life, and also that of family, loved ones, friends, and carers. I

have experienced this myself as a prostate cancer survivor.

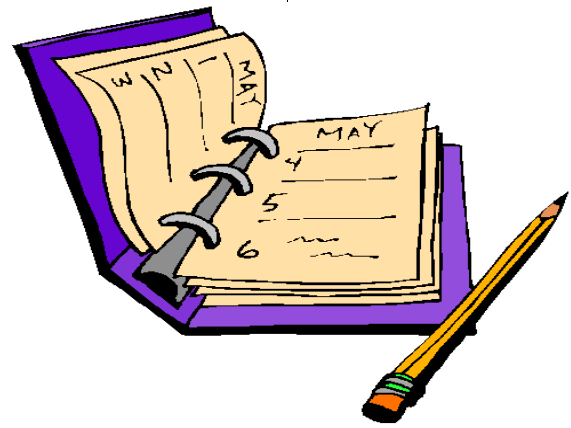
Upon learning of a diagnosis (consistent with Kübler-Ross's model of grief), the patient and loved ones may respond with denial or disbelief, shame, later with anger (which, though real, can be misdirected), bargaining, depression, acceptance, and eventually to action.

Countless people live long, satisfying, and productive lives with chronic disabilities, disease, and pain.

Quality of physical and internal life, can take a turn for the better with a new mental outlook, emotional support, coping skills, and making the most of available resources.

### **Keeping A Personal Journal For Health And Recovery**

Privately writing your thoughts, feelings, progress, setbacks, and routine daily activities can be a



*A diary or journal can be a useful therapeutic tool.*

useful therapeutic tool in self-discovery.

This can be equally true if the issue you are working on is managing emotions, living a sober lifestyle, managing chronic pain, choosing between difficult options, adjusting to a relationship, caring for a baby, parenting a teen, or recovering from a drug addiction.

### **Advocacy, Support, And Counseling For Violence**

If you or someone you care about is in a situation where there is a history or high risk of violence (even if not living together), help is nearby.

You need to weigh the options and results and decide the safest

course of action for yourself.

I invite you to schedule a face-to-face appointment to discuss options, safety, and that of children. What you choose to do is up to you. You know your situation better than anyone else, and what is safe and wise.

A counselor's job is not to persuade you either to leave or stay, but to listen, reflect, inform, and support.

I may ask to help you create an emergency action plan, for use at some future time when you feel you have a chance to safely leave and are ready to do so.

If you live in Sullivan County, I also urge you to call **Safe Passage** at **845-292-5700** for ideas and reliable, supportive information.

## Privacy And Confidentiality

My voice-mail is as confidential as the content of counseling sessions. Messages are returned with 24 hours.

For urgent help NOW, if you can't reach me, call 911, the police, or the Sullivan County Mobile Mental Health Team at **845-791-7123** or **800-710-7082**.

Information. Nothing about you will be disclosed without your consent, with a few notable exceptions as required by law, *e.g.*:

- ✓ Child abuse
- ✓ Suicidal threats
- ✓ Threats vs. others

The reason for strict confidentiality in therapy is to assure emotional safety and comfort speaking about the most private or personal topics.

If you have questions on this, please ask.



If you need to bring an infant to your session, this is okay, but please try to call ahead first.

## Pharmaceutical Financial Aid



If you are prescribed medications for psychiatric or general medical conditions, and you are uninsured, you may need financial help. Start by talking to the physician who prescribed the meds.

You might also try visiting these websites to apply for financial aid, in many cases funded by drug companies themselves:

### Rx Help

- ✓ [needymeds.org](http://needymeds.org)
- ✓ [pparx.org](http://pparx.org)
- ✓ [rxassist.org](http://rxassist.org)
- ✓ [rxhope.com](http://rxhope.com)
- ✓ [rxoutreach.com](http://rxoutreach.com)

As a mental health counselor, I support the medically managed use of psychotropic medicines.

If you refuse to take meds as prescribed by your doctor, it does not necessarily mean I can not see you, but your ability to benefit from counseling may be impaired.



## Drunk Driving Assessments

If you are facing legal consequences of driving under the influence of alcohol or other drugs, you may need more help than you realize.

We accept referrals for evaluations from attorneys, clients themselves, or others.

This process includes a few elements that are required by law:

- ✓ detailed interview
- ✓ urinalysis
- ✓ collateral contact
- ✓ records review

Letters to attorneys or to courts are optional and cost extra. These expenses may not be covered by insurance.

For first offenders with little prior history, an educational group may be enough. If treatment at a higher level of care is needed, we can help with a referral.

## Finding Us At 6 Pelton Street

The CMHC offices sit behind Gager's Diner on Broadway, and in front of the laundromat; a block from Monticello's post office. When facing the building we are in the door at the right. **Please ring the bell if the door is locked.**

We are about six blocks from the Short Line bus station.



## Office Manager Carmen Rue

When you come for a scheduled office visit, please sit comfortably in the waiting room.

My office manager and wife, Carmen Rue, may be there to greet you. She may accept your payment or ask about your insurance.

Once you are an established patient, Carmen might call you at times to remind you of appointments.

## Why The Name "Choices" ???

People can change any time they choose, health and mortality permitting. Even these factors can often be modified when we choose to change. Change is the only thing in life that is truly constant.

How and when we change, until the moment of death, involves an element of personal choice.

I believe in free will. It is a natural law. No one can take this from you. It is your right.

Accountability and consequence exist, of course, but natural laws are more powerful than civil legislation, other human-made rules, or even court orders.

Some deny, even to themselves, that recovery is a choice, but it always does.

How many times do people claim to be in treatment because they "have no choice"?

They fail to recognize their actual power.

Of course they have a choice!

Some may not realize it, but the truth is that

"mandates" to attend treatment really only exist in the mind.

With all due respect to the court system, such compulsion is a legal fiction. Consent is a necessary requirement.

Everyone who enters treatment chooses to do so because they are faced with options in which one choice is less desirable than the other. The "less bad" option may be a door to healing.

***What kind of life do you choose?***

The choice is yours.

### **CHOICES MENTAL HEALTH COUNSELING, PLLC**

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### **CHOICES MENTAL HEALTH COUNSELING, PLLC**

*choicescounselingservices.org*

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To: