

# Choices Mental Health Counseling to expand Monticello office hours

Mental health and substance abuse counseling services in Sullivan County are about to become more accessible through the offices of Choices Mental Health Counseling, PLLC, now located at 433 Broadway, Monticello.

For over three years, office hours have been limited to evenings and Mondays in the daytime. Starting November 1, the Broadway office will be open five days per week, with usual business hours, and evenings by arrangement.

In addition to mental health counseling, Mr. Rue is state-approved to provide courts with forensic assessments and evaluations of people charged with impaired driving; and is qualified with the US Department of Transportation as Substance Abuse Professional (SAP). He is also experienced providing professional input and recommendations input to Family Court on adoptions, custody, and parenting concerns.

A licensed mental health counselor and credentialed alcoholism and substance abuse counselor, in August 2013, Mr. Rue was awarded a Diplomate in Substance Abuse and Co-Occurring Disorders by the American Mental Health Counselors. He is certified by the National Board for Certified Counselors as a Clinical Mental Health Counselor and National Certified Counselor, and has worked as a mental health and addiction counselor since earning his Master's degree at Rider University in New Jersey in 1985.

Mr. Rue is retiring in October from public employment with the NYS Office of Alcoholism & Substance Abuse Services, where he has served for the last 13 years. Prior to that, he worked for six years as a staff social worker at the Sullivan County Department Community Services, in mental health continuing day treatment and outpatient addiction treatment programs, including writing formal policies for and helping administer the Employment



Thomas Rue and office manager Carmen Rue in front of the office of Choices Mental Health Counseling, 433 Broadway, Monticello. The counseling practice was the recipient of a 2013 mini-grant from Sullivan Renaissance which was applied toward the cost of flowers in front of the building.

Assistance Response Network at Sullivan County Department of Family Services (DFS); for seven years served as a family therapist in Sullivan County for Berkshire Farm Center & Services for Youth, under a contract with DFS, staffing a program aimed at preventing out-of-home placement of children; and for two-and-a-half years in the 1980s as a probation officer in Sullivan County.

Mr. Rue's name appears on page 915 of the new Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM 5) published in the spring of this year by the American Psychiatric Association, as a Collaborating Investigator who participated Field Trials in Routine Clinical Practice Settings in the process of validating for the

diagnostic manual.

Choices Mental Health Counseling provide private and confidential outpatient counseling treatment for mental health for substance abuse recovery, for individuals, groups, couples, and families. Referrals are accepted from primary care providers, medical specialists, attorneys, courts, probation, schools, human service agencies, managed care organizations and insurance companies, as well as self-referrals.

The new site includes larger rooms than the former location for group and individual counseling sessions, and a comfortable waiting room. Previous offices have been on Pelton and St. John Streets.

Office manager Carmen

Rue, who is fluent in English and Spanish and can assist with translation when needed, graduated in nursing from Federico Villarreal National University in Lima, Peru. A woman of many talents, in her spare moments away from serving the Village of Monticello as an elected Trustee (an office she continues to hold), Carmen was behind the office's decoration and selection of comfortable new furnishings.

Reimbursement by most insurances, and several employee assistance programs, is accepted (though not Medicare, SSI/SSD, and some others).

Visit [www.choicesmhc.com](http://www.choicesmhc.com) for more specifics, or call 513-5002.

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Office manager Carmen Rue speaks English and Spanish

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