

# Hope and Recovery

## CONFIDENTIAL PSYCHOTHERAPY

### Individual and Group Therapy for:

- Addiction Recovery
- Relapse Prevention
- Anxiety
- Depression
- Stress Reduction
- Relationship Issues
- Coping Skills
- Behavior Change

Call or visit:

[www.choicesmhc.com](http://www.choicesmhc.com)

for directions and more info.

Managed care Medicaid,  
commercial insurances accepted.

*Inquire about specific plans or  
employee assistance programs.*

Site-approved for NYS Medicaid Transportation.

Call Medical Answering Service at:

866-573-2148  
to schedule.

In an emergency, call Mobile Mental  
Health Crisis Hotline, 24 hours, 7 days:

845-790-0911 (adults)  
or 845-701-3777 (youth)

## Comprehensive Clinical Assessments

### Psychotherapy

Mental health assessments and treatment for improved mental and overall health, referrals to and consultations with allied health care providers (psychiatrists, primary care, etc.)

### Clinical Assessments

Self-referrals accepted, and by physicians, attorneys, courts, employee substance programs, agencies, or insurers. Additional fees may apply for reports, letters, or court testimony.

### NYS Impaired Driver Services

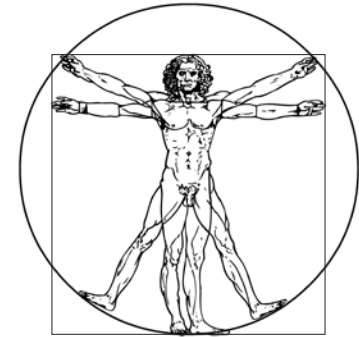
After arrest or conviction for impaired driving, or for recommendation for re-licensure in the NYS Impaired Driver System (formerly known as DMV Form DS-449) under Vehicle & Traffic Law § 1198-a; assessment with follow-up counseling when needed. The motorist is responsible to provide arrest tickets and other documents.

### Pre-surgical Clearances

Required for certain gastric procedures, gender reassignment, spinal surgeries, with follow-up counseling when needed.

### US DOT qualified Substance Abuse Professional

Employees in jobs regulated by the US Department of Transportation (DOT) who violate rules regarding use of alcohol or drugs must follow certain steps before returning to safety-sensitive work under 49 CFR Part 40, starting with evaluation by a US DOT qualified Substance Abuse Professional (SAP).



## Choices Mental Health Counseling, PLLC

### Individual and Group Therapy

- Substance Use Disorders
- Mood and/or Anxiety Disorders
- Sexual and/or Physical Trauma
- Mental Health Issues
- Adjustment to Life Changes
- Decision Making and Transitions
- Parent-Child Issues
- Risk Reduction and Prevention

**Thomas S. Rue, MA, LMHC, CASAC**

Carmen Rue - Office Manager  
*Ella habla español.*

Office: **845-513-5002**

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# Private, Confidential Outpatient Mental Health and Substance Abuse Assessment and Treatment



## Behavioral Health Care

**Thomas S. Rue, MA, LMHC, CASAC**

- NYS Licensed Mental Health Counselor, No. 000461
- NYS Credentialed Alcohol & Substance Abuse Counselor, No. 10741
- NYS Approved Provider of Impaired Driver Screenings, Assessments, and Treatment
- AMHCA Diplomate and Clinical Mental Specialist in Substance Abuse & Co-occurring Disorders
- US DOT-Qualified Substance Abuse Counselor (SAP)
- Internationally Certified Addiction Counselor (IC&RC)
- National Certified Counselor (NBCC)
- Certified Clinical Mental Health Counselor (NBCC)
- Professional member of the American Counseling Association (ACA); American Mental Health Counselors Association (AMHCA); New York Mental Health Counselors Association (NYMHCA); American Chronic Pain Association (ACPA); American Psychosocial Oncology Society (APOS); American Association for Sex Educators, Counselors, and Therapists (AASECT); and World Professional Association for Transgender Health (WPATH).



**Carmen Rue - Office Manager**  
*Ella habla español.*

## On-Going Counseling Groups

These groups offer relapse prevention support, sharing of experience, strength, and hope. Regular and consistent attendance is recommended. Pre-screening must occur prior to attending group. Rarely, some groups may feature occasional expert guest speakers on relevant topics.

### Relapse Prevention Groups

(afternoon, evening)

Group therapy aimed at maintaining sobriety by providing peer support with managing moods, dealing with crises, and accepting life on life's terms in an open discussion format can help those who are new in recovery or well-established with a foundation of long-term abstinence build and strengthen a safety net of sober supports.

### Mental Health Support Group

(evening)

Mood and anxiety support is offered to help manage brief personal setbacks, depression, grief/loss, mixed or generalized anxiety, moving past and letting go of sexual or other trauma, domestic violence, shame, building self-esteem, making healthy choices and life changes, living with pain or illness, body image acceptance, and giving/receiving feedback.

### Women's Group

(morning)

This gender specific group seeking support for relapse prevention and/or mental health issues is similar in format to the groups described above but for women only.

### Alcohol and Substance Abuse in Society

(evening)

A 15-week psychoeducational group focuses on risks and consequences of alcohol and drug misuse (health, social, relationships, and legal), self-help, and relapse prevention. Successful completion of ASAS group is measured by regular attendance with stable abstinence confirmed by negative toxicology, ending with a follow-up individual reassessment and either a positive discharge or recommendation for further treatment if needed.

## Clinical Assessments

- Mental health assessments and counseling
- DMV/OASAS approved for screenings, assessments, and treatment of impaired drivers
- Bariatric and other pre-surgical mental health clearances and group therapy
- Gender reassignment mental health evaluations and LGBT-welcoming supportive counseling
- Immigration letters in cases of "severe hardship" for I-601A waivers
- Pre-adoption home studies for private placements in Sullivan County
- US DOT qualified Substance Abuse Professional (SAP) for return-to-duty

## OUR COMMITMENT TO YOU

*We respect you as a whole, good person with a unified body, mind, and spirit, fully capable of making informed choices to guide your life.*

## Consultations

We will consult with your doctor, psychiatrist, other allied specialists; or refer to a higher level of behavioral health care when needed.

We do not prescribe psychiatric or addiction medicine at this office, but offer appropriate physician referrals and support adherence coupled with supportive counseling and psychotherapy for the best recovery, adjustment, and quality of life.

