

Choices Mental Health Counseling PLLC

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February 21, 2023

Dear SALT Colleague:

This letter is to update you on changes to my professional practice of which I would like you to be aware.

I welcome referrals of adults, adolescents, couples, and families. Referrals can be made directly by email or by phone from anyone, or via the UniteUs.com social service platform. I work in-person or virtually, depending on clinical needs and client preference.

Choices Mental Health Counseling PLLC is in-network with most commercial insurances, Medicaid, and Medicare, offering individual and group therapy for relapse prevention, mental health support, and a women's group each week for over a decade.

While I have been working in this field and in the Sullivan County area for many years, for the last 11 years my office has been in Monticello. Whether or not you and I have met, I would like you to know that I moved my counseling practice and my personal residence to Narrowsburg in August 2023. I am pleased with my current space in the Narrowsburg Union and my new life in western Sullivan County.

Anyone in Sullivan County who is on NYS Medicaid may use a Medicaid taxi to get to healthcare appointments when transportation would otherwise be a barrier to treatment.

I have almost 40 years of experience as a mental health and substance use counselor, with 14 of those years at an inpatient rehab operated by OASAS, and 6 years with the Sullivan County Department of Community Services in Monticello and Liberty. Before that, traveling to every corner of Sullivan County under a contract with DSS Children's Services Unit, I staffed a placement prevention worker (home-based family therapist working from a systems perspective) with Berkshire Farm Center & Services for Youth for 7 years. I was a probation officer in Sullivan County for 2½ years, and before that worked at Wayne County (PA) Children and Youth Services and Hunterdon County (NJ) Youth Services.

Please feel free to share any of this information with clients who are looking for a private mental health or substance use therapist, whether for personal growth or to satisfy a legal or medical condition. I invite you to share my email address (tom@choicesmhc.com) and phone ([845-513-5002](tel:845-513-5002)) with anyone interested in reaching me. Feel free to call if I can be of any help. I now have openings as soon as next week.

I invite you to visit choicesmhc.com or call/e-mail me regarding any matter of mutual concern. Thank you.

Kind regards,

A handwritten signature in black ink, appearing to read "Tom Rue".

Tom Rue

Thomas S. Rue, M.A., LMHC (NY/FL), Master CASAC, MCAP (FL), NCC, CCMHC, DCMHS, SAP
Licensed in New York and Florida, certified the National Board for Certified Counselors.

*AMHCA Diplomate and Clinical Mental Health Specialist in Substance Abuse & Co-occurring Disorders
US DOT Qualified Substance Abuse Professional | Telemental Health Certified by Person-Centered Tech*

Pronouns: He/Him/His