



## Purpose Progress Possibilities

### Who We Are

CTRLCare Behavioral Health is a premier mental health treatment center located in Randolph, New Jersey. We provide comprehensive and individualized treatment for adolescents and young adults struggling with mental health and co-occurring disorders. We specialize in treating problematic technology use & technology addictions. By combining this innovative focus with evidence-based mental health treatment, we are paving the way for a brighter future for our clients and their families.

### Who We Help

We provide a range of mental health treatment services for adolescents, young adults, and their families.

- Teens & Adolescents
- Middle School, High School, College Students
- Young Adults
- Individuals
- Families



41% of American teenagers report screen usage over 8 hours per day.



Problematic tech use linked to depression, anxiety, OCD, ADHD, and substance use disorders.



67% of adolescents experience a decline in self-esteem due to social media.



Around 8.5% of children and teenagers around the world may be addicted to gaming.

### Our Services

- Assessment & Treatment Planning
- Intensive Outpatient Programs
- Therapy (Individual, Group, Family)
- Psychiatric Services & Medication Management
- Family Programming
- Case Management



### Warning Signs

- Tech use impacting performance or attendance at school/work.
- Social isolation or withdrawal.
- Social anxiety or lack of interest in social interaction.
- Tech use causing financial strain.
- Tech use impacting family & relationships.
- Difficulty reducing tech use.



Visit Our



Website

## Mental Health

- Anxiety & Social Anxiety
- Depression
- Mood Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Low Motivation
- Oppositional Defiant Disorder (ODD)
- Obsessive Compulsive Disorder (OCD)
- Trauma & PTSD
- Reactive Attachment Disorder
- Substance Abuse & Co- Occurring Disorders (Dual Diagnosis)

## Problematic Technology Use

- Excessive Screen Time
- Social Media Addiction
- Video Game & Blockchain Gaming Addiction
- Cyberbullying & Sexting
- Smartphone Excessive Use & Addiction
- Harmful Artificial Intelligence (AI) Use
- Online Gambling Addiction
- Online Shopping Addiction
- Internet Addiction
- Harmful Virtual Reality (VR) Use
- Harmful Augmented Reality (AR) Use

## Related Issues

- School Avoidance & School Refusal
- Social Difficulties & Isolation
- Family Issues
- Lack of Purpose & Direction
- Shame & Guilt
- Low Self-Esteem

## Our Philosophy Integrative Wellness

We believe in a comprehensive care model that simultaneously integrates all aspects of an individual. Our programs are designed to promote well-being by exploring all of these interconnected areas.

Thoughts, feelings, experiences

Habits, behaviors, nutrition, hydration, sleep, physical activity

Environment, family, friends, relationships

Academics, vocation, knowledge, skills, interests, goals

## Quality Clinical Care

To drive our mission of providing high quality clinical care, we embrace the following evidence based modalities.

DBT  
(Dialectical  
Behavior Therapy)

CBT  
(Cognitive  
Behavioral Therapy)

ACT  
(Acceptance and  
Commitment Therapy)

Life Coaching

Mindfulness

Motivational  
Interviewing

Psychoedu-  
cation

Family  
Therapy

Experiential  
Therapy

Art &  
Recreational

Activities

Music  
Therapy

## We Are Here To Help

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