

## **WELCOME TO THE GEORGE J. OTLOWSKI, SR. CENTER FOR MENTAL HEALTH**

The George J. Otlowski, Sr. Center for Mental Health Care is a comprehensive community mental health center sponsored by the Middlesex County Board of Chosen Freeholders. It offers treatment for a wide range of emotional disorders, including anxiety, depression, marital, family, and other problems of daily living. The Center serves Middlesex County residents of all ages, from young children to the elderly. Center staff are experienced mental health and substance abuse professionals, including clinical social workers, clinical psychologists, licensed professional counselors, rehabilitation counselors, psychiatrists and registered nurses. Most services are available in English and Spanish.

### **APPLICATION PROCEDURES**

Applicants for service may call 732-442-1666 ext. 2089. A Mental Health Professional will ask a few questions over the phone so that an appointment may be arranged. The first interview generally takes approximately an hour and a half. After asking pertinent questions about the applicant's situation and taking a comprehensive history, the interviewer makes a recommendation about treatment.

## **A WORD ABOUT MENTAL HEALTH SERVICES**

Mental Health Services generally involve individual, group, couples and/or family counseling/psychotherapy. For some clients, medication may be helpful as well. Our goal is to help clients to become stronger so they can resolve their problems and learn how to cope more effectively with future challenges. Clients are expected to work cooperatively with the mental health staff.

Treatment may be brief (up to 12 sessions) or may continue for longer periods if the client and therapist both agree. Clients are regularly encouraged to use the skills that they have learned in the sessions in their daily activities at home and at work. We also offer a five-day a week Adult Partial Care Program for clients who require a more Intensive Outpatient Treatment setting.

### **COST**

Since the George J. Otlowski, Sr. Center for Mental Health Care is a public facility, every effort is made to keep the cost of services affordable. Fees are based on a sliding scale, taking into account family income and size. The Center also accepts Medicaid, Medicare and some other insurances. Applicants are asked to bring in proof of income and insurance information. The maximum fee will be charged on the first visit if appropriate proof of income (pay stub or income tax return) and insurance (Medicaid, Medicare, or insurance policy information) is not supplied. An adjustment will be made once proof of income is provided.

## **HOURS**

The Center's hours are Monday, Wednesday, and Friday from 8:30 a.m. to 4:15 p.m. and Tuesday and Thursday from 8:30 a.m. to 9:00 p.m. Evening appointments are reserved for clients who work during the day. The Center is closed on New Jersey State holidays. A reminder is posted before each holiday.

## **WHAT CLIENTS HAVE A RIGHT TO EXPECT FROM THE CENTER**

- Professional evaluation of their problems, including an explanation of what treatment can do to help and what clients can do to help themselves
- Respect for clients' rights to make their own choices
- Encouragement to grow

## **MENTAL HEALTH SERVICES OFFERED BY THE CENTER**

- Individual psychotherapy/counseling
- Group psychotherapy/counseling
- Family psychotherapy/counseling
- Psychotherapy/Counseling for clients with co-occurring mental health and substance abuse problems
- Marriage/Relationship psychotherapy/counseling
- Adult Partial Care (day treatment) Program
- Medication monitoring for Center clients

- Referral to Emergency Screening Service at UMDNJ and Raritan Bay Medical Center
- Information, referral, and advocacy
- “Sales by the Bay” client-run thrift store
- Culturally competent services
- Therapeutic socialization groups
- Psychoeducation

### WHAT THE CENTER EXPECTS OF CLIENTS

- To keep all scheduled appointments or to call to cancel at least 24 hours in advance. Clients that do not keep appointments may have services terminated until they are able to keep appointments.
- To pay fees before each appointment.
- To make a commitment to follow through on treatment recommendations.

Treatment is available for issues such as:

- Anxiety and Stress
- Depression
- Parenting Skills
- Understanding Mental Illness
- Major Mental Illness
- Incest/Sexual Abuse Survivors
- Adult Children of Alcoholics
- Alcohol Education
- Co-dependency
- Assertiveness/Social Skills
- Family/Relationship Conflicts

Sponsored by the  
Middlesex County  
Board of Chosen Freeholders

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**GEORGE J. OTLOWSKI, SR.**  
**CENTER FOR**  
**MENTAL HEALTH CARE**

**570 Lee Street**  
**Perth Amboy, NJ 08861**

Telephone: 732-442-1666  
Fax: 732-442-9512

Monday, Wednesday & Friday  
8:30 A.M. - 4:15 P.M.

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