

Bergen Trauma Recovery Center at Care Plus NJ

Rapid Access to Comprehensive Mental Health Services & Social Support

The CarePlus Bergen Trauma Recover Center (TRC) facilitates healing by providing comprehensive mental health services for Bergen County youth and adults who are survivors of violent crimes. The TRC Support Services are provided with respect, compassion and cultural competence to promote healing.

Did you know less than 1 in 10 survivors of crime seek care?

Support & Specialized Services via TRC

- Individual and group psychotherapy
- Medication management and support
- Substance use treatment
- Case management and assertive outreach
- Access to primary medical care
- Legal and financial assistance and advocacy
- Assistance with finding emergency, safe housing
- Self-care education and emphasis
- On-site crisis intervention as needed
- Peer support services to support healing and growth
- Telehealth, in office and in home services available

For Survivors of...

- Sexual assault
- Domestic violence
- Battery
- Shootings
- Gang violence
- Community violence
- Vehicular assault
- Human trafficking

You are not alone, we are here for support!

The TRC offers coordinated care tailored to fit individual needs. This is accomplished through a complete multidisciplinary staff of clinicians including a clinical director, a clinical coordinator, social workers, psychologist and psychiatrist. This allows for mental health services and case management to be delivered through a single point of contact.

Services provided are trauma informed, evidence based and culturally responsive.

For more information regarding eligibility or intake, please contact:

Meredith Oshman, LPC | TRC Clinical Coordinator

MeredithO@CarePlusNJ.org or 201 797-2660 x 5232

Rapid Access | Monday-Friday | 9am-9pm

Services are provided free of charge and are available remotely or in the home, office or community. This program is funded by the the New Jersey Attorney General's Office.



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www.CarePlusNJ.org