

The Arc of Monmouth leads the way by offering comprehensive services to individuals with I/DD

Our multi-disciplinary team includes:

- Psychiatry
- Nursing (APN, LPN)
- Mental Health Counselors
- Social Workers
- Behavioral Therapy Services

Psychotherapy Services:

- Individual therapy
- Group therapy
- Family therapy
- Couples/marriage

Behavioral Health

- Behavior therapy
- Everyday life skills
- Assessments & training for clients and caregivers

Psychiatric Services:

- Psychiatric evaluations
- Medication monitoring



Therapy Details & Modalities

Individual Therapy: Personalized sessions addressing mental health

Group Therapy: Meditation Groups, Social Skills Groups & Self Care Groups

Couples / Marriage Therapy: Strengthen relationships and improve communication

Modalities: Cognitive Behavioral Therapy (CBT), Mindfulness and more!

Mental health concerns are prevalent among those with I/DD

At The Arc of Monmouth, we pride ourselves on meeting those needs by providing the most comprehensive and supportive services possible.



1158 Wayside Rd
Tinton Falls, NJ 07712

We understand the various needs of our clients and carefully create treatment plans, modify approaches and enact modalities to best serve each client with the utmost integrity.

Mental Health services include but are not limited to:

- Depression
- PTSD
- Anxiety Disorders
- ADD
- Obsessive-Compulsive Disorder
- Psychotic Disorders
- Mood Disorders
- Bipolar Disorders
- ADHD



CALL TODAY !

(732) 493 - 1919 ext. 888
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The Arc[™]
of Monmouth

**Providing Primary Care,
Psychiatric and Mental Health
Counseling to Individuals With
I/DD.**

The Arc Primary Care Center of Monmouth



The Primary Care Center located in Ocean County, serves individuals with Intellectual and Developmental Disabilities (I/DD) from *both* Monmouth and Ocean County.



599 Rt 37 West • Toms River, NJ 08755

Our Services Include:

- Diagnosis and treatment of acute and chronic illnesses
- Promotion of health, wellness maintenance and preventative care
- Assistance with referrals
- Hospitalization follow ups
- Assisting served individuals with next level of care as needed
- Assist group homes with preparedness for state inspections

- **Optimize outcomes**
- **Reduce hospitalizations**
- **Reduce ER visits**
- **Improve the quality of life**

for our served individuals with intellectual and developmental disabilities (I/DD.)

We offer access to care through in-person office visits, telemedicine, home/group home visits.

(Some restrictions may apply)



Contact Information

(732) 506-3788

primarycare@arcofmonmouth.org



Scan to access The Arc of Monmouth Primary Care Center website!

