



RUTGERS HEALTH
University Behavioral Health Care
Blau Wellness Center



WHAT TO EXPECT AT INTAKE

We're with you every step of the way!



STEP 1

Upon arrival, support staff will check you in and provide you with an intake packet consisting of all the paperwork needed to complete your appointment.



STEP 2

You will meet with a clinician over two sessions who will assess your treatment needs, help you identify goals, and collaboratively construct a treatment plan. All clients engage in individual therapy as a core part of their treatment.



STEP 3

If indicated, you will meet with a psychiatrist to assess your mental health needs, explore medication options, and assist you with determining how medication and therapy would work together.

If during the evaluation we determine that a different program or level of care would better meet your needs, our team will help coordinate referrals and ensure a smooth transition.



Contact Us
732-235-6888



Visit Our Website
brandtcenter.rutgers.edu



Our Location
**100-102 College Farm Road East
New Brunswick, NJ 08901**