

REFERENCE GUIDE

Monmouth County 2021 Children & Youth Behavioral Health Resource Guide



www.monmouthacts.org

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Monmouth County Division of Behavioral Health

Our Vision: All the members of our community in spirit of inclusion, safety and success, regardless of age, gender identity, race, ethnicity, religious beliefs, or country of origin, will have access to the information, services, resources, and support needed to prevent, intervene, treat and recover from behavioral health challenges in a stigma-free environment, so that they may achieve wellness and thrive in their lives.

Our Mission: The Division of Behavioral Health, through public and private partnerships and collaboration, educates, guides, empowers, advocates, and creates access to locally organized and integrated systems of behavioral health and support services for all members of our community; with wellness and recovery as the goal for all Monmouth County residents.

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SUICIDE INTERVENTIONS

Crisis with Imminent Risk of Harm to Self, Others or Property

- **Call 911**

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center
Child and Family Crisis Clinicians
(RWJ Barnabas Health).....**732 923 6999**

HOSPITAL HOTLINES 24/7

- Monmouth Medical Center..... **732 923 6999**
- CentraState Medical Center..... **732 780 6023**
- Jersey Shore University Medical Center **732 776 4555**
- Riverview Medical Center **732 219 5325**

OTHER HOTLINE NUMBERS

- 2nd Floor Youth Helpline **888 222 2228**
- NJ Hopeline..... **855 654 6735**
- Hopeline Network..... **800 394 4673 (HOPE)**
- suicidepreventionlifeline.org..... **800 273 8255**

SUICIDE CONCERNS/PREVENTION

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center...**732 923 6999**
- Mental Health Association of Monmouth County: Lifelines**732 542 6422**
- American Foundation for Suicide Prevention
afsp.org **800 333 2377**
- Suicide Prevention Lifeline
suicidepreventionlifeline.org **800 273 8255**
- Society for the Prevention of Teen Suicide
sptsusa.org **732 410 7900**

OUTPATIENT SERVICES

- Catholic Charities Monmouth Counseling Program
Office: **732 747 9660**; Access Center: **800 360 7711**

- CPC Behavioral Health Care
Freehold - Red Bank**732 842 2000 x4221**

- YMCA Counseling and Social Services
Matawan**732 290 9040**

- Jewish Family & Children's Services, Morganville.**732 774 6886**

- Jersey Shore Behavioral Health (Hackensack Meridian Health)
Neptune**732 643 4363**

- Riverview Behavioral Health (Hackensack Meridian Health)
.....**732 345 3400**

- Family Crisis Intervention Unit (FCIU)
Intensive family services in community/in home: truancy,
parent-child conflict.....Mon-Fri 9am-5 pm: **732 542 2444**
.....After hours: **732 996 7645**

INFORMATION AND REFERRAL

- Mental Health Association of Monmouth County
Shrewsbury **732 542 6422**
- Monmouth County Division of Behavioral Health
..... **732 431 6451**
- NJ Children’s System of Care **877 652 7624**
(Contracted System Administrator – PerformCare)

EDUCATIONAL PROGRAMS/TRAINING

- Community Affairs & Resource Center (CARC).**732 774 3282**
.....**carcnj.org**
- Monmouth Resource Network
.....**monmouthresourcenet.org**
- Suicide Prevention Resource Center.....**sprc.org**
- Substance Use & Mental Health Services Administration
..... **samhsa.gov/prevention**
- Society for the Prevention of Teen Suicide
.....**sptsusa.org**
- Teen Screen: Columbia University
..... **1 866 TEENSCREEN...866 833 6727**

HELP LINES

- 2nd Floor - Youth Support Line **888 222 2228**
..... **2ndfloor.org**
- Help Line (Information & Referral)..... **211**
- Monmouth ACTS.....**monmouthacts.org**

POST-VENTION

- Traumatic Loss Coalition of Monmouth County (through
YMCA of Greater Monmouth County)**732 956 7782**
or e-mail hsoto@ymcanj.org
- Disaster Response Crisis Counselors **732 431 7200**
- Monmouth ACTS.....**monmouthacts.org**

SELF-HARM / SELF-MUTILATION

Self-mutilation involves the destruction or alteration of the body

INTERVENTIONS

- SAFE (Self-Abuse Finally Ends) You're Not the Only One:
selfinjury.com.....**800 DON'T CUT** or **800 366 8288**
- Mental Health Association of Monmouth County
..... **732 542 6422**
- Monmouth County Division of Behavioral Health
(Information & Referral) **732 431 6451**
- Outpatient Therapy: Community providers and
private practitioners through private insurance, sliding scale
and clinics.....**see page 3**

LEGAL SERVICES

- Community Health Law Project **CHLP.org**..**732 380 1012**
- Legal Aid Society
monmouthbarassociation.com/legal-aid-society.com
.....**732 869 5619**
- South Jersey Legal Services **LSNJ.org**....**732 414 6750**
- Legal Services of NJ **LSNJ.org** Hotline..**888 576 5529**
- Disability Rights New Jersey **drnj.org**.....**800 922 7233**
- Div. of Mental Health & Guardianship Advocacy
nj.gov/defender/structure/mha/.....**877-285-2844**
- NJ Office of Advocacy **nj.gov/dcf/about/divisions/oa**
.....**877 543 7864**

SELF-HARM/MUTILATIONS / INTERVENTIONS / LEGAL SERVICES
MUTILACIONES INTERVENTIOS-SERVICIOS LEGALES

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BULLYING

Resources

- Prevention First..... 732 663 1800
preventionfirst.net
- Wellspring Center for Prevention.....732 254 3344
wellspringprevention.org
- Bullying Websites:
familyeducation.com
bullyfree.com
stopbullyingnow.com
antibullying.net
kidshealth.org
- New Jersey Department of Education
Monmouth County Office 732 431 7810

TRAUMATIC LOSS TERRORISM/SCHOOL VIOLENCE

Resources

- Disaster Response Crisis Counselors (DRCC)
Monmouth County Division of Behavioral Health
.....732 431 6451
- Traumatic Loss Coalition of Monmouth County (through
YMCA of Greater Monmouth County)
.....732.956.7782 or e-mail hsoto@ymcanj.org

**BULLYING / TRAUMATIC LOSS / SCHOOL VIOLENCE-
ACOSO ESCOLAR- VIOLENCIA TRAUMÁTICA-VIOLENCIA ESCOLAR 7**

DOMESTIC VIOLENCE

Family violence that is physical or emotional abuse directed at partners, siblings, children or elders.

INTERVENTIONS

Call Local Police or 911

- 180 Turning Lives Around**732 264 4111**
- Domestic Violence 24-Hour Hotline.....**1 888 843 9262**
- Community Affairs and Resource Center of
Monmouth(CARC) Asbury Park...**732 774 3282**
Freehold.....**732 431 6977**

PREVENTIONS

- Parents Anonymous.....**parentsanonymous.org**
- National Parent Helpline..... **855 427 2736**
..... **800 843-5437**
- Department of Child Protection & Permanency
.....**1 877 NJABUSE (877 652 2873)**
.....**TTY 800 835 5510**

SEXUAL ASSAULT/RAPE

INTERVENTIONS

- Hotline (24/7)**888 264 RAPE**
- 180 Turning Lives Around**732 264 4111**
- Catholic Charities - Family Growth Program
.....**732 747 9660 (Office)**
800 360 7711 (Access Center)
- Domestic Violence **888 843 9262**
- **Police and Medical Emergencies911**

Date Rape - Date Rape is forced or coerced sex between: partners, dates, friends, friends of friends or general acquaintances. Date rape can be coerced both physically and emotionally.

- New Jersey Coalition Against Sexual Assault
(NJCASA) **njcasa.org/get-help-now**
- National Sexual Assault Hotline**www.rainn.org**
800 656 HOPE..... 800 656 4673

EATING DISORDERS

Eating disorders involve behaviors such as extreme and unhealthy reduction of food or severe overeating as well as feelings of distress or extreme concern about body shape or weight.

INFORMATION

- GenPsych.....**GenPsych.com**.....**855 436 7792**
- National Eating Disorders Association
.....**nationaleatingdisorders.org**
.....Helpline: **800 931 2237**
- Medline Plus - Eating Disorders
nlm.nih.gov/medlineplus/eatingdisorders.html
- National Alliance on Mental Illness.....**800.950.6264**
.....**nami.org/helpline**

INTERVENTIONS

- Monmouth County Division of Behavioral Health
Info and Referral..... **732 431 6451**
- Mental Health Association of Monmouth County
.....**732 542 6422**
- Monmouth Psychological Associates.....**732 530 9029**
- Penn Medicine....**Princeton HCS.org**....**888 437 1610**

GENERAL SUPPORT REFERENCES

- Covenant House: food, clothing, hygiene, education,
employment referrals, emergency shelter (ages 18-21)
Outreach: **732 674 4702 or 609 289 5359**
- Education Partnership Website
.....**educationpartnership-monmouth.org**
- New Jersey 211 Call Center.. **211** or **877 652 1148** or
..... **nj211.org**
- NJ Center for Tourette Syndrome & Associated
Disorders **908 575 7350****njcts.org**
- Monmouth Resource Net website
.....**monmouthresourcenet.org**
- Ocean Township Human Services.....**732 531 2600**

FAMILY SUCCESS CENTERS

- Bayshore Family Success Center: YMCA of Greater
Monmouth County.....**ymcanj.org**.....**732.671.5505**
- Coastal Communities Family Success Center
Long Branch.....**LBC4help.org**....**732 571 1670**
- Oceans Family Success Center Greater Asbury Park
Community **oceansfsc.com**.....**732 455 5272**

LGBTQ+ RESOURCES

Resources

- Garden State Equality.....**973 509 5428**
.....**gardenstateequality.org**
- Jersey Shore Q-Spot—LGBT Community Center
qspot.org..... **732 604 1791**
- Monmouth County Consortium on LGBT Youth
.....**makeitbetter4youth.org**
- New Jersey Gay, Lesbian & Straight
Education Network (GLSEN)**njglsen.org**
.....**609 448 8243**
- PFLAG (Parents, Families & Friends of Lesbians &
Gays) **jerseyshorepflag.org**..... **908 814 2155**
- Project R.E.A.L. (Real Empowerment on All Levels)
732 455 5516.....**projectrealap@gmail.com**

SUBSTANCE USE

Interventions

- Addictions Hotline of NJ for 18+.....**800 238 2333**
- PerformCare: NJ Children’s System of Care
.....**877 652 7624**
- YMCA Counseling and Social Services
..... **732 290 9040**
- CPC Addiction Recovery& Counseling Services.
.....**800 250 9811 opt. 3**
- Monmouth County Division of Behavioral Health
Information & Referral.....**732 431 6451**
- New Hope Foundation - Inpatient **732 946 3030**
Outpatient **732 308 0113**
- Riverview Medical Center Behavioral Health
(Hackensack Meridian Health).....**732 345 3400**

Prevention

- CentraState Health Awareness Ctr. **732 308 0570**
- Prevention First..... **732 663 1800**
- Alliances to Prevent Alcoholism and Drug Use
..... **732 431 6451**
- Wellspring Center for Prevention.....**732 254 3344**

LATINO RESOURCES

- 180 Turning Lives Around..... **732 264 4111**
- Community Affairs and Resource Center of Monmouth
(CARC) Asbury Park... **732 774 3282**
Freehold **732 431 6977**
- Mercy Center..... **732 774 9397**

CHILDREN'S SYSTEM OF CARE

Within the NJ Department of Children and Families

The NJ Children's System of Care (CSOC) provides emotional, developmental and behavioral health care services.

www.nj.gov/dcf/about/divisions/dcsc/

A 24/7 Toll-free access line (Spanish & English) is provided by PerformCare, the CSOC Contracted System Administrator (CSA). This service is free.

PerformCare (CSA): 1 877 652 7624

PerformCare will schedule an in-home assessment or make referrals as noted below:

- **Mobile Response and Stabilization Services (MRSS)**
Short-term intense services that come to guardian/child within one hour of request.
- **Care Management Organization (CMO)**
Longer term care management, connection to full range of treatment / support services, and a Child and Family Team that creates individual service plans.

Referrals to MRSS & CMO must be made through PerformCare877 652 7624

- **Family Support Organization (FSO)**
Family staffed to provide family-to-family peer support, education, and advocacy. Parent support groups in Spanish & English and Youth Partnership Program for ages 13 - 20.

No referral needed - call:

Family-Based Services Association of NJ

.....**732 542 4502**

**NJ CHILD BEHAVIORAL HEALTH SERVICES
SERVICIOS DE SALUD DEL COMPORTAMIENTO INFANTIL DE NJ 11**

INTELLECTUAL/DEVELOPMENTAL DISABILITIES

Resources

NJ Children's System of Care

nj.gov/dcf/about/divisions/dcsc **performcarenj.com**

- Monmouth County Special Needs Registry created to help police officers and other emergency responders to better assist residents with special needs.....**mcsnrnj.org**
- SPAN/Statewide Parent Advocacy Network
spanadvocacy.org **800 654 SPAN**
- ARC Monmouth Unit **arcofmonmouth.org**
..... **732 493 1919**
- LADACIN Network **ladacin.org**..... **732 493 5900**
- Easter Seals **nj.easterseals.com**..... **732 257 6662**

Interventions

- Family Support Center of New Jersey**fscnj.org**
Information, family support programs and services
..... **800 372 6510**
Manasquan **732 528 8080**
- Family Resource Associates**frainc.org**
Information, support & technical assistance
..... **732 747 5310**
- Visiting Nurse Association.....**vnahg.org**
Special Child Health Services..... **732 224 6950**

Prevention

- Autism Family Services of New Jersey
www.autismfamilyservicesnj.org..... **877 237 4477**
- ASPEN Asperger Syndrome Education Network, Inc.
Provides information, support and advocacy to individuals and families affected by Asperger Syndrome. **aspennj.org**
- COSAC The New Jersey Center for Outreach and Services for the Autism Community.....**autismnj.org**.. **800 4 AUTISM**
- SEARCH Day Program (Autistic Spectrum Disorder)
searchdayprogram.com **732 531 0454**
- CHADD (Children & Adults with Attention Deficit/
Hyperactivity Disorder) **chadd.org**..... **732 552 8012**

TRANSITIONAL LIVING

- Beacon House
catholiccharitiestrenton.org..... **732 502 9245**
- Collier House **collieryouthservices.org**..... **732 264 3222**
- Covenant House: Food, clothing, hygiene, education & employment referrals; emergency shelter (ages 18-21)
Outreach: **732 674 4702** or **609 289 5359**
- PROJECT STEPPING STONE
iepyouthservices.org..... **732 577 9906**

ABUSE AND NEGLECT

Common Signs of Child Abuse and Neglect

- **Physical:**
Bruises, welts, burns, lacerations, abrasions, fractures
- **Sexual:**
Complaints regarding genital areas, sexually transmitted diseases, unusual knowledge about or preoccupation with sex (seduction), pregnancy, alcohol/drug use, excessive delinquency
- **Neglect:**
Consistent hunger, poor hygiene, inappropriate dress, lack of supervision, unattended physical problems or medical needs, excessive absences
- **Emotional:**
Aggressive or withdrawn behavior (inhibition of play), unusual fears or compulsive behaviors, running away, sudden change in mood or behavior, anti-social behavior

Intervention

Under NJ law, any person having reasonable cause to believe that a child has been abused or neglected in any environment (e.g., home, institution) shall immediately report to the **Division of Child Protection and Permanency (DCP&P)**.
(N.J.S.A. 9:6-8.10)

- To report suspicions 24/7
.....**877 NJ ABUSE (877 652 2873)**

Schools should report to local law enforcement

- CPC Behavioral Health Care - Anger Management & Substance Use (adolescent & adult)
..... **732 842 2000 x4221**
- Hackensack Meridian Health Behavioral Health (Riverview/Jersey Shore)
..... **732 450 2900**
- YMCA Counseling and Social Services (adolescent & adult)
..... **732 290 9040**
- Catholic Charities - Family Growth Program (substantiated sexual abuse).....**732 747 9660 (Office)**
1 800 360 7711 (Access Center)
- 180 Turning Lives Around - Amanda's Easel
Art therapy for kids affected by domestic violence
..... **732 787 6503**

Prevention/Information/Referral

- Mobile Response and Stabilization Services
..... **1 877 652 7624**
- Family Based Services **732 542 4502**
- Family Helpline **1 800 843 5437**
- Division of Prevention & Community Partnerships
.....**state.nj.us/dcf/prevention**
- Parents Anonymous.....**parentsanonymous.org**

EMOTIONAL/BEHAVIORAL/ PSYCHIATRIC

Challenges defined as a behavior(s) or emotion(s) or psychiatric condition that creates a disturbance that may interfere with normal behavior and makes daily living difficult.

Crisis with Imminent Risk of Harm to Self or Others

Interventions

- **Call 911**
- Monmouth County Child & Family Crisis Clinicians at County Screening (PESS) at Monmouth Medical Center
..... **732 923 6999**
- Take child to local emergency room

Crisis with NO Imminent Risk of Harm to Self/Others

Interventions

- Family Crisis Intervention Unit (FCIU)..... **732 542 2444**
- Monmouth County Child & Family Crisis Clinicians at County Screening (PESS) at Monmouth Medical Center
..... **732 923 6999**
- Mobile Response and Stabilization Services
..... **877 652 7624**

Mental Health Services/Supports

- Amanda's Easel/180 Turning Lives Around ... **732 787 6503**
- Catholic Charities Monmouth Counseling Program
Office: 732 747 9660, Access Center.....800 360 7711
- CPC Behavioral Health Care Outpatient Services
.....**732 842 2000**
- Family Based Services (parent support)..... **732 542 4502**
- High Focus IOP & Partial Day Substance Use & Psychiatric Treatment Programs..... **800 877 3628**
- Jersey Shore University Medical Center
JSUMC Outpatient Services (Hackensack Meridian Health)
..... **732 643 4363**
- JSUMC - Children's Partial Care Program & Therapeutic Nursery Program (Hackensack Meridian Health)
.....**732 869 2784**
- Jewish Family & Children's Service **732 774 6886**
- Mental Health Association of Monmouth County
.....**732 542 6422**
- Mercy Center (Asbury Park)..... **732 774 9397**

Continued on next page...

**MENTAL HEALTH
SERVICES/SUPPORTS (CONTINUED)**

- Monmouth Resource Net
..... **www.monmouthresourcenet.org**

- National Alliance on Mental Illness (NAMI)
www.nami.org **888 999 NAMI**

- NAMI-Monmouth.....**732 4NAMI 4U or 732 462 6448**

- Riverview Behavioral Health Child & Adolescent Services
Therapeutic Groups & Adolescent IOP.....**732 345 3400**

- Riverview Medical Center Outpatient Services
..... **732 345 3400**

- 2ndFloor Helpline (Youth support) **888 222 2228**

- YMCA Counseling and Social Services (adolescent & adult)
..... **732 290 9040**

STIGMA



The **Monmouth County Stigma-Free Initiative** is a countywide program that aims to reduce the stigmas associated with mental illness and substance use disorder. We are dedicated to raising awareness of the diseases of mental illness and substance use disorders to create a culture wherein residents feel supported by their community and neighbors and feel free to seek treatment for the diseases without fear of stigma.

For more information contact us on our website:
<https://www.stigmfree-monmouth.org/>

NJ Governor's Council on Mental Health Stigma
www.nj.gov/mhstigmacouncil

The campaign to educate and enlighten the public about the importance of mental health is paramount to our efforts. Mental health stigma is the last frontier of discrimination and we are in the midst of an evolution and revolution in mental health. We now know that it is likely that everyone will experience or be touched by a mental illness at least once in their lives.

Therefore, we must remember that mental illness does not
discriminate, people do.

When we discriminate against those with mental illness we are discriminating against our mothers and fathers, sons and daughters, sisters and brothers, friends and neighbors. Embracing mental health and learning more about mental illness will enrich and strengthen the communities in which we live.

