

REFERENCE GUIDE

Monmouth County 2021-22 Children & Youth Behavioral Health Resource Guide



www.monmouthacts.org

Children's Inter-Agency Coordinating Council
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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.

SUICIDE INTERVENTIONS

Crisis with Imminent Risk of Harm to Self or Others

- **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 www.afsp.org.....**1 800 333 2377**
- Suicide Prevention Lifeline www.suicidepreventionlifeline.org.....**1 800 273 8255**
- Society for the Prevention of Teen Suicide www.sptsusa.org.....**732 410 7900**

OUTPATIENT SERVICES

- Catholic Charities Monmouth Counseling Program
Office: **732 747 9660**; Access Center: **1 800 360 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
Asbury Park, Eatontown & Morganville**732 774 6886**

- Jersey Shore Behavioral Health Svc Neptune**732 643 4363**
- Mental Health Association of Monmouth County.....**732 542 6422**

- Family Crisis Intervention Unit (FCIU) 106 Apple St, Tinton Falls
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 **732 542 6422**
- Monmouth County Division of Behavioral Health
• **732 431 7200**
- NJ Children’s System of Care **1 877 652 7624**
(Contracted System Administrator – PerformCare)

EDUCATIONAL PROGRAMS/TRAINING

- Community Affairs & Resource Center (CARC) **732 774 3282**
..... **www.carcnj.org**
- Monmouth Resource Network **.monmouthresourcenet.org**
- NAMI-Monmouth **732 4NAMI or 732-462 6448**
- Prevention First: Div. of Preferred Behavioral Health
..... **732 663 1800**
- Suicide Prevention Resource Center..... **www.sprc.org**
- Substance Use & Mental Health Services Administration
..... **www.samhsa.gov/prevention**
- Society for the Prevention of Teen Suicide
..... **www.sptsusa.org**
- Teen Screen: Columbia University
..... **1 866 TEENSCREEN...866 833 6727**

HELP LINES

- 2nd Floor - Youth Support Line **1 888 222 2228**
..... **www.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**
- Crisis Response Crisis Counselore..... **732 431 6451**
- Monmouth ACTS..... **monmouthacts.org**

SELF-HARM/SELF-MUTILATION

Self-mutilation is a disorder that causes the participant to intentionally harm or inflict pain on him/herself.

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**
- Division 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**

BULLYING

Resources

- Prevention First..... 732 663 1800
.. <http://www.preventionfirst.net>

- 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

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 Around732 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
- Project HEAL (Help Empower Lead) 732 897 8190

PREVENTIONS

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

SEXUAL ASSAULT/ RAPE INTERVENTIONS

- Hotline (24/7)1 888 264 RAPE
- 180 Turning Lives Around732 264 4111
- Catholic Charities - Family Growth Program
.....732 747 9660 (Office)
1 800 360 7711 (Access Center)
- **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)www.njcasa.org/get-help-now
- National Sexual Assault Hotlinewww.rainn.org
..... 1 800 656 HOPE, 1 800 656 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

- National Eating Disorders Association
..... nationaleatingdisorders.org
..... Helpline: **800 931 2237**
- Medline Plus - Eating Disorders
..... nlm.nih.gov/medlineplus/eatingdisorders.html

INTERVENTIONS

- Monmouth County Division of Behavioral Health
- Info and Referral **732 431 6451**
- Mental Health Association of Monmouth County **732 542 6422**
- GenPsych GenPsych.com **855 436 7792**
- Penn Medicine...PrincetonHCS.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 www.nj211.org
- NJ Center for Tourette Syndrome & Associated Disorders
..... njcts.org ... **908-575-7350**
- Monmouth Resource Net website
..... www.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
..... coastalfsc.org **732 571 1670**
- Oceans Family Success Center Greater Asbury Park Community
..... oceansfsc.com **732 455 5272**

LGBTQ+ 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

Intervention

- 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

The Children's Inter-Agency Council exists to discover gaps and barriers to service and to report those gaps and barriers to the County and State.

Having family voice as a part of the CIACC is critical. If you are interested in sharing your family's story and/or becoming part of the Monmouth County CIACC, please email us at: **CIACC@co.monmouth.nj.us**

INTELLECTUAL/DEVELOPMENTAL DISABILITIES

- NJ Children's System of Care
..... **nj.gov/dcf/about/divisions/dcsc**
- Families can call PerformCare when a youth is in a non-life-threatening mental health crisis for immediate assistance. Youth can also apply for "DD Eligibility" up to age 18 and call for direct services when in crisis or in need of behavioral supports, life skills, summer camp assistance, respite, educational advocacy, and assistive technology. **performcarenj.org**
..... **877 652 7624**
- State website for health and early intervention information **state.nj.us/health/fhs/sch/**
..... **732 224 6950**
- Ombudsman for I/DD Individuals and Families State office to assist families in accessing services and identifying opportunities to improve NJ's services for IDD individuals and their families
..... **disabilityombudsman.nj.gov/ 609-984-7764**
- Monmouth County Special Needs Registry Voluntary registry for use by First Responders when responding to emergencies **mcsnrnj.org/**
- ARC of Monmouth General information regardless of age, help with SSI, Medicaid, Guardianship, DDD, medical care **arcofmonmouth.org 732 493 1919**
- ASPEN Asperger Syndrome Education Network, Inc Provides information, support and advocacy to individuals and families affected by Asperger Syndrome
..... **aspennj.org 732 321-0880**
- Autism Family Services of NJ
..... **autismfamilyservicesnj.org 877 237 4477**
- Autism NJ Information regarding rights, education, training for caregivers, advocacy regarding public policy for individuals and families with IDD needs.
..... **Autismnj.org 609-588-8200**

INTELLECTUAL /
DEVELOPMENTAL DISABILITIES

- Caregivers of NJ..... njcaregivers.org/
- Catastrophic Illness in Children Relief Fund Financial assistance program for NJ families with overwhelming medical cost.
- nj.gov/humanservices/cicrf/text/ **800-335-3863**

- CHADD (Children & Adults with Attention Deficit/ Hyperactivity Disorder)..... chadd.org... **800 335 3863**

- COSAC The New Jersey Center for Outreach and Services for the Autism Community...
..... autismnj.org **800 4 AUTISM**

- Disability Rights NJ Advocacy, training, education, and technical assistance to individuals with disabilities
..... [drnj.org/](http://drnj.org) **800-922-7233**

- Epilepsy Services of NJ..... Epilepsyservicesnj.org/

- Family Resource Associates Early Intervention through the life span for individuals with disabilities
..... frainc.org **732 747 5310**

- Family Resource Network A comprehensive group of community-based programs and service organization designed to meet the growing needs of individuals and families with disabilities.
..... familyresourcenetwork.org/ **800-372-6510**

- SPAN Parent Advocacy Network
..... www.spanadvocacy.org... **800 654 SPAN**

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 [IEP youthservices.org](http://IEP.youthservices.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
- 180 Turning Lives Around - Amanda's Easel
Art therapy for kids affected by domestic violence
..... **732 787 6503**
- Catholic Charities - Family Growth Program
(substantiated sexual abuse).....**732 747 9660 (Office)**
..... **1 800 360 7711 (Access Center)**

PREVENTION/INFORMATION/REFERRAL

- CPC Behavioral Health Care - Anger Management & Substance Use (adolescent & adult)..... **800 250 9811**
- Division of Prevention & Community Partnerships
.....**state.nj.us/dcf/prevention**
- Family Based Services **732 542 4502**
- Family Helpline **1 800 843 5437**
- Jersey Shore Behavioral Health Services,; Neptune
..... **732 869 2784**
- Mobile Response and Stabilization Services
..... **1 877 652 7624**
- New Jersey Children's Alliance: Information and resources about keeping children safe from abuse, identifying and reporting abuse, and Child Advocacy Centers.
info@njcainc.orgnjcainc.org/
- Parents Anonymous..... **parentsanonymous.org**
- YMCA Counseling and Social Services (adolescent & adult)
..... **732 290 9040**

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

- **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

- 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 **1 877 652 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 1 800 360 7711
- CPC Behavioral Health Care Outpatient Services **800 250 9811**
- 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 **732 643 4363**
- Jewish Family & Children's Service **732 774 6886**
- Mental Health Association—Monmouth. **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

- 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 county-wide 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.

*This Reference Guide was printed courtesy of the
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