

Guide to Mental Health Services for Children and Adolescents in Mercer County



**Provided for the families of Mercer County, NJ by Mercer
County Children's Interagency Coordinating Council (CIACC)**

Produced by:



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Message to Readers from NAMI Mercer

For nearly 25 years, NAMI Mercer a local affiliate of the National Alliance on Mental Illness, has provided support, education, and advocacy for families whose affected by mental illness. In assisting families over the years, our volunteers have assembled lists of helpful resources to empower parents and caregivers with accurate information, appropriate mental health services, and mutual support. These resources enable children and youth to achieve an enhanced quality of life.

This GUIDE TO MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS IN MERCER COUNTY IS A NATURAL OUTGROWTH OF OUR MISSION. While NAMI Mercer does not specifically endorse any programs other than our own, we offer this Guide as a comprehensive, accurate, and timely list of resources. We encourage Mercer County residents to use the Guide to find the services and groups appropriate for their needs.

Just as the Guide includes a broad array of offerings, its production required a cooperative effort from many people and organizations. We especially acknowledge the support of the Mercer County Children's Interagency Coordinating Council as well as the many NAMI volunteers throughout the process. Please join NAMI's 220,000 members nationwide who are dedicated to educating the public on mental illness, to fighting stigma, and to providing mutual support to all people affected by mental illness.

In gratitude,

Pat Demers, President



3371 Brunswick Pike
Lawrence Commons Suite 124
Lawrenceville, NJ 08648

Helpline: (609) 799-8994
Fax: (609) 799-8996
Web: www.namimercer.org

Message to Readers from Mercer County CIACC

Welcome to the GUIDE TO MENTAL HEALTH SERVICES FOR CHILDREN AND ADOLESCENTS IN MERCER COUNTY, presented to you by the Mercer County Children's Interagency Coordinating Council (CIACC). This guide was developed with NAMI Mercer to provide Mercer County residents including families and professionals with information about existing behavioral health services for youth and families.

The Mercer County CIACC is a committee of professional, family, and community volunteers who review, develop and implement plans to meet the behavioral health needs of youth and families in Mercer County. CIACC members represent many areas influencing the lives of youth including behavioral health, education, advocacy, juvenile justice, and child welfare, among others. To date, the CIACC has worked on such projects as sponsoring a resource fair, offering training and speakers series, funding projects to meet specific identified gaps in service, and data collection and review for planning purposes. If you would like to learn more about the work of the Mercer County CIACC, we encourage you to attend one of our monthly meetings. Additional information can be obtained by calling (609) 989-6864.

It is our sincere hope that this guide will serve as a convenient and user-friendly resource. While we have made every attempt to be as comprehensive and error free as possible, we recognize that an endeavor of this scope will unintentionally omit some valuable community resource. Should you find errors or omissions, please forward corrections for inclusion in future revisions to the CIACC Coordinator at jkelly@mercercounty.org.

Warm Regards,

Deborah Megaro
Chair, Mercer County CIACC

Using the Guide

This Guide is organized in a way that addresses urgent needs first and then moves on to those of a less critical nature. Part One—labeled Services—presents an overview of mental health services available to children and adolescents in Mercer County. Part Two—Agencies—is a comprehensive directory of nearby mental health agencies and their programs.

We have attempted to be as inclusive as possible, however, new programs are emerging all the time. We suggest that you check with the centers listed here for the most up-to-date information.

We hope that this Guide will provide useful resources and support to help you enrich the lives of children and adolescents dealing with mental illness.

PART ONE: SERVICES

IN AN EMERGENCY

If a child or adolescent is in immediate danger, call the police immediately at 911.

In any other kind of crisis, call the Child Behavioral Health Services of Value Options at (877) 652-7624. You will be connected to a licensed clinician who will help you decide what to do. If there is an emergency, you will be connected to Mobile Response and Stabilization Services (MRSS), which is available 24 hours a day/ 7 days a week. MRSS is a program for children and adolescents who have escalating emotional or behavioral problems. A staff member will come to the child's location within one hour and attempt to stabilize the immediate situation. To prevent further crises and help resolve problems, MRSS remains available for up to eight weeks to support connections to continuing services.

If your child or adolescent is talking about suicide or threatening to harm others, call the Psychiatric Screening Center of Capital Health System, Fuld Campus, (609) 396-6722 or (609) 394-6086. Staff members can offer advice on how to bring a child to the hospital for an evaluation. Help is available 24 hours a day/ 7 days a week.

Don't wait to call. If a family waits until a child or teen becomes aggressive, the chances increase that the police may need to be involved.

To report suspected child abuse, call (877) NJ ABUSE, 24 hours a day/ 7 days a week, toll-free. If a child is in immediate danger, call the police at 911.

WHAT HAPPENS AT PSYCHIATRIC EMERGENCY SERVICES

The Psychiatric Screening Center of Capital Health System

750 Brunswick Avenue

Trenton, NJ 08638

Phone: (609) 396-4357, (609) 396-6722

A child under the age of 18 may be brought to the screening center by family, police or ambulance for a psychiatric evaluation and emergency treatment. As with adults,

Services

children and teens are first brought to the emergency room, registered, and seen by both a medical triage nurse and a psychiatric clinician/screener.

A psychiatric evaluation will be completed, when necessary. If not admitted to a hospital, children and teenagers (17 and under) may be referred from the Screening Center to the Mobile Response and Stabilization Service for identification of other possible service needs.

Children may need psychiatric hospitalization. Admissions may be made to any hospital with an appropriate child/adolescent inpatient unit.

SUICIDE PREVENTION AND INTERVENTION

Quick-Call Phone List

Psychiatric Screening Center	24-Hour HOTLINE: (609) 396-4357
CONTACT of Mercer County	Teenline/Kidsline: (609) 896-4434
Mercer County Traumatic Loss Coalition	(609) 278-7924
PEI Kids	(609) 695-3739

Psychiatric Screening Center	24-Hour HOTLINE: (609) 396-4357
Capital Health System at Fuld Campus	Phone: (609) 396-6722 (24 hrs.)
750 Brunswick Avenue, Trenton, NJ	(609) 394-6086

The Center provides psychiatric intervention and suicide-prevention programming for Mercer County school age children, teenagers, and their families. The screening center is open 24 hours a day/ 7 days a week and can be accessed through the emergency room.

CONTACT of Mercer County	Teenline/Kidsline: (609) 896-4434
1985 Pennington Road, Ewing, NJ 08618	Web: www.contactofmercer.org

CONTACT is a helpline staffed by volunteers who are trained to understand and help children and teens with suicidal thoughts.

Mercer County Traumatic Loss Coalition	Phone: (609) 278-7924
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This group facilitates crisis counseling, critical-incident debriefing, and other mental health responses to traumatic loss incidents in Mercer County. It also provides suicide-prevention awareness, education, and outreach assistance for parents, professionals, and the general community, including conferences on topics such as suicide-risk assessment for youth and assistance in the aftermath of a traumatic event. Technical

Services

assistance to school systems and municipalities on effective crisis-response systems after traumatic loss and media training on reporting on a traumatic loss event to avoid a contagion effect among other youth are also offered. This is a volunteer group of professionals, community members, and residents coordinated by Mercer County Human Services staff.

PEI Kids
231 Lawrence Road, Lawrenceville, NJ 08648

Phone: (609) 695-3739
Web: www.peikids.org

PEI Kids' Trauma, Loss & Depression: Intervention for Young Children program offers individual counseling, education, and support for caregivers, as well as workshops for schools. Children ages 5-13 living in Mercer County are eligible.

EVALUATING A MENTAL HEALTH DISORDER



HELPFUL WEBSITES

If you are concerned about your child's behavior, seek information. The range of mental health problems that can occur in children and adolescents is broad. Here are some websites that can help to empower you with knowledge.

About Our Children—NYU Child Study Center	www.aboutourkids.org
American Academy of Child and Adolescent Psychiatrists	www.aacap.org
Autism Society of America	www.autism-society.org
Bipolar Kids	www.bpkids.org
Children and Adults with ADHD (CHADD)	www.chadd.org
Council for Children with Behavioral Disorders (CCBD)	www.ccbd.net
Federation of Families for Children's Mental Health	www.ffcmh.org
NAMI Child and Adolescent Action Center	www.nami.org
NAMI Mercer	www.namimercer.org

National Mental Health Association (NMHA) www.nmha.org

OCD Resource Center www.ocdresource.com

Resource exchange site for families with special needs www.boonzee.com

Resource on options for depression care www.parentsmedguide.org

Make an appointment with a professional for an evaluation of your child. Look for a mental health professional trained in working with children and adolescents. Ask what special training or certifications they have and how they work with children.

WHAT PARENTS NEED TO KNOW

You are the expert when it comes to your child. Parents and caregivers have the best sense of a child's likes, dislikes, strengths, and needs. You know what has worked (or not worked) for the child in the past.

You are the person who decides what services and supports your family will receive. Whenever possible, include your child or teen in the decision-making process so that he or she can actively participate in the treatment plan.

Every child is different, yet there are children like yours. You are not alone. Other families have faced similar problems, shared the similar experiences, and are willing to help you.

URGENT CARE

Quick-Call Phone List

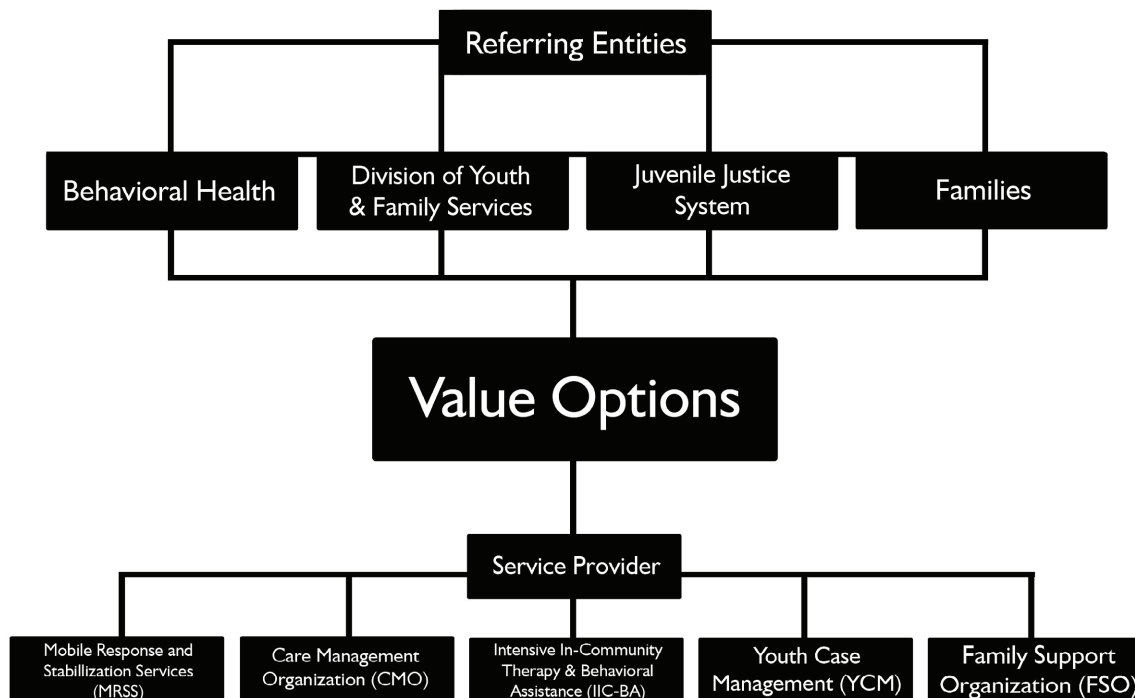
Value Options	(877) 652-7624
The Division of Child Behavioral Health Services	(877) 652-7624
The Carrier Clinic	(800) 933-3579
Hampton Behavioral Health Center	(609) 267-7000
The Psychiatric Screening Center	(609) 396-4357 (24 hrs.)
Robert Wood Johnson University Hospital Hamilton	(609) 586-7900
Summit Oaks Hospital	(800) 753-5223
University Medical Center at Princeton	(609) 497-4000

VALUE OPTIONS

(877) 652-7624

Value Options is the administrative agency that coordinates services offered by the Division of Child Behavior Health Services (DCBHS). It provides a single contact point for all publicly funded services that include a comprehensive range of behavioral, emotional, and mental health treatments for New Jersey's children and their families.

Division of Child Behavioral Services (DCBHS)



Value Options services require a referral through a central intake phone number: (877) 652-7624. You will first speak to a *customer service representative* who should transfer you to a *clinical care coordinator (CC)* to determine the appropriate level of services required given the issues.

Children under age 18 are eligible to begin services. Services can be continued to age 21 if children are already enrolled. Youth involved in child welfare services are also eligible from ages 18-21.

Services are provided based on need and not the ability to pay. If the family is privately insured, the private insurance will be billed first. Here is an overview of the services provided:

Mobile Response and Stabilization (MRSS) is a crisis-response program for children and adolescents who have escalating emotional or behavioral problems. Staff members will come to a child's location within one hour. The service is available 24 hours a day/ 7 days a week.

Intake & Evaluation – If there is no emergency, and if a family is eligible for services, a social worker will visit the home to do a clinical evaluation within five days. The report should be completed in an additional five days. Families have a better chance of getting a full evaluation if they prepare information in advance, giving consideration to any problems their child is having with friends and peers in school, with the police and legal system, and with engagement in risky behaviors. The evaluation will lay the groundwork for the child to receive the appropriate level or intensity of care. Families should receive the results of the evaluation and recommended care within 10 working days after the home assessment. If any of these steps are not completed on time, families should inquire about the delay by contacting both the person arranging for the service and the provider. An appeals process is available.

Care Management Organization (CMO) – CMO Care Management is a face-to-face service intended to facilitate the case management needs of high-risk, multi-system children/youth who come under the scope of a CMO and who require support beyond the scope of CSA Care Coordination or Youth Case Management. CMO Care Management is designed to obtain and coordinate individualized services for children and families with the most complex needs. The CMO Care Manager (CM) works with the Child and Family Team:

- to restore, enhance and maintain an optimal level of functioning for the child and family
- to maintain the child/youth in a community-based setting or home
- to obtain in-home or out-of-home treatment services when necessary
- to expedite the return of the child/youth to a community-based setting or home from an out-of-home treatment service, when appropriate
- to prevent and/or manage relapse
- to facilitate the receipt of services in the most appropriate, least restrictive level of care
- to prepare for step-down to a less intensive level of case management.

Services

The CMO CM obtains individualized services by actively accessing, linking, coordinating, and monitoring services from multiple systems to enable the child/youth to live and participate fully in his/her family and community. The CM advocates for services and actions to meet the needs, desires and rights of the child/youth/family and reviews the progress made toward the attainment of defined goals.

Intensive In-Community Therapy and Behavioral Assistance (IIC-BA) – This service includes behavioral intervention by professionals and caseworkers to stabilize and restore a youth’s capacity to function in home, school, and community without more intensive care.

Youth Case Management (YCM) – This service provides a connection to mental health, medical, financial, housing, and educational services, family education and support, service coordination and advocacy, and crisis-intervention assistance at an intermediate level of care,

Family Support Organizations (FSO) – FSOs provide direct family-to-family peer support, education, advocacy, and other services to family members of children with emotional and behavioral problems. FSOs are family-run and county-based.

HOSPITALS FOR PSYCHIATRIC ILLNESSES

The Carrier Clinic
252 County Road 601
Belle Mead, NJ 08502

Phone: (800) 933-3579
Web: www.carrier.org

The Carrier Clinic offers adolescent inpatient services for youth ages 13 through 18 (if still in high school) who suffer from emotional, psychiatric, behavioral, and/or addiction illnesses. Treatment components include individual, group, and family therapy, addiction treatment groups, art therapy, and self-help recovery groups. There is a residential youth lodge and day school.

The Dual Diagnosis Program is for young people who have a psychiatric disorder that may include an addiction. It uses a modified 12-step approach. Each adolescent works with a certified alcohol and drug counselor (CADC) in conjunction with a psychiatrist and other therapists.

Services

Hampton Behavioral Health Center
650 Rancocas Road
Westhampton Township, NJ 08060

Phone: (800) 603-6767, (609) 267-7000
Web: www.hamptonhospital.com

This Center has a 15-bed adolescent inpatient unit for youth ages 12-18 (if in high school), headed by a Board-certified psychiatrist. Treatment modalities include individual and group sessions offering creative therapies and substance-abuse counseling.

Robert Wood Johnson University Hospital Hamilton
One Hamilton Health Place
Hamilton, NJ 08690

Phone: (609) 586-7900
Web: www.rwjhamilton.org

RWJUH provides comprehensive acute care.

Summit Oaks Hospital
19 Prospect Street, Summit, NJ 07902

Phone: (908) 522-7000
Web: www.summitoakshospital.com

Summit Oaks provides acute in-patient hospitalization for psychiatric, substance abuse, and dual diagnoses.

The Pride Institute provides specialized inpatient treatment of gay, lesbian, bisexual, and transgender individuals.

University Medical Center at Princeton
Witherspoon Street, Princeton, NJ 08540

Phone: (609) 497-4000 253
Web: www.princetonhcs.org

The Center is staffed by physicians who are Board-certified in emergency medicine and nurses who are trained in trauma, emergency care, and disaster preparedness.

DAY TREATMENT SERVICES FOR CHILDREN

Quick-Call Phone List

Early Childhood

Children's Futures Behavioral Health	(609) 396-6788, ext. 262
FACES (Early Education)	(609) 695-6274

Adolescent

St. Francis Medical Center C.A.R.E.S.	(609) 599-5304
Family Guidance Center	(609) 882-1898, (800) 813-0555
Greater Trenton Behavioral HealthCare	(888) 866-9595
Hampton Behavioral Health Center	(800) 603-6767
Princeton House Behavioral Health	(856) 779-8455



Children's partial-care (also called day treatment) programs provide seriously emotionally disturbed youth with a highly structured, intensive treatment programs to prevent psychiatric hospitalization or other out-of-home placement or help psychiatrically hospitalized youth transition back into the community. Problems addressed include depression, anxiety, delusions, hallucinations, social withdrawal, aggressiveness, mood swings, impulsiveness, and conduct disorder or obsessive-compulsive behavior.

Services are usually available five days a week, either as part of a school program, after school, or in the evening. Intensive outpatient programs are offered for three hours after school. Most services are provided in a group setting, and there is usually one staff member for every five youngsters. All programs must have a psychiatrist to provide evaluation and medication.

EARLY CHILDHOOD PROGRAMS

**Children's Futures Behavioral Health
Greater Trenton Behavioral HealthCare
1001 Spruce Street, Suite 205, Trenton 08638**

**Phone: (609) 396-6788, ext. 262
www.childrensfutures.org**

Children's Futures provides for children in the months before birth through age six by offering behavioral health assessments and linkage to services, in-home individual counseling, education and support groups at the parent-child development centers, and consultation to Family Child Development. Referrals are accepted through Parent Child Centers, Healthy Start Centers, and mental health agencies for residents in Trenton. Hours are scheduled based on family availability, including evenings.

The Children's Futures Program Centers in Trenton include: **East Ward** Center at St. Francis Medical Center; **West Ward** Center at Mercer Street Friends; **North Ward** Family Success Center at Children's Home Society of NJ; **South Ward** Center (Home Ave.) at Catholic Charities/El Centro; **South Ward** Center (South Broad St.) at Catholic Charities/El Centro; and The Citywide **Father Center** at UIH Family Partners.

**Children's Home Society of NJF
FACES (Family and Children Early Education Services)
635 S. Clinton Avenue, Trenton, NJ 08611**

**Phone: (609) 695-6274
Web: www.chsonj.org**

FACES is for children ages 0-6. It includes family therapy, play therapy, and social skills groups. The child must reside in Trenton.

CHILD AND ADOLESCENT DAY PROGRAMS

**Family Guidance Center
2300 Hamilton Avenue, Hamilton, NJ 08619**

**Phone: (609) 587-6641
Web: www.fgccorp.org**

PROGRAMS

**Children's Day School Program
1925 Pennington Road, Ewing, NJ 08618**

Phone: (609) 882-2288

This program is for children ages 5-15 in Mercer County. It provides education, psychotherapy, psychiatric consultation, and a special education school for students in grades K-10 classified with behavior disorders. The goal is to help students address their educational, emotional, and behavioral difficulties so that they may

Services

return to their regular school system. The average length of enrollment is two to three years. Referrals are through child study teams.

Children's Day Treatment Program
1925 Pennington Road, Ewing, NJ 08618

Phone: (609) 882-1898

This program is for ages 6-14. A 12-month partial care program is available for children with serious emotional difficulties.

Greater Trenton Behavioral Health Adolescent Day Services Care
1320 New Willow Street, Trenton, NJ 08638

Phone: (888) 866-9565

This Center is for children ages 12-17 with emotional/behavioral problems including co-occurring use of drugs and alcohol. Up to five hours of group-based services are offered daily. Other services include case management, individual counseling, addiction treatment, random drug and alcohol screening, social and daily living skills development, anger management, psychiatric evaluations, and medication monitoring.

Hampton Behavioral Health Center
650 Rancocas Road
Westhampton Township, NJ 08060

Phone: (800) 603-6767, (609) 267-7000
Web: www.hamptonhospital.com

Hampton offers both inpatient and outpatient programs for teens ages 12-18. The Goals Oriented Adolescent Living Skills Program, (G.O.A.L.S.) is offered five days per week from 9 a.m. to 3 p.m. It provides clinical services including individual counseling, family therapy, creative therapies, chemical dependency education, and academic tutoring. Hampton provides transportation for program participants who live within a 30-minute or 30-mile radius of the facility.

Princeton House Behavioral Health
Adolescent Partial Care & Intensive Outpatient Programs (IOP)
300 Clocktower Drive, Suite 101, Hamilton, NJ 08690

Phone: (609) 688-2750

Web: www.princetonhcs.org

PROGRAMS

Dual Diagnosis Partial Program – This program is for adolescents who need help with psychiatric problems or have a combination of substance abuse and emotional difficulties. Door-to-door transportation is provided.

Services

Partial Hospital After-School Intensive Outpatient Programs (IOP) – This program is for adolescents who are able to remain in school, but who require help with emotional problems or substance-abuse issues. Transportation from school to the program site is available in some locations.

After-School IOP Addiction Recovery Program – This program provides therapy, education, and support for adolescents and families struggling with issues related to substance abuse. The focus is on relapse-prevention planning. Staff members are certified addiction professionals and licensed therapists.

St. Francis Medical Center C.A.R.E.S. Program **Phone: (609) 599-5304**
601 Hamilton Avenue, Trenton, NJ 08629
Web: www.StFrancisMedical.com/services/cares_program.htm

The C.A.R.E.S. Program is for children ages 5-12 and offers short-term intensive treatment (4-6 weeks). The program is staffed by a Board-certified child psychiatrist.

OUTPATIENT TREATMENT

Quick-Call Phone List

AAMH (Association for the Advancement of Mental Health)*	(609) 452-2088
Catholic Charities – Diocese of Trenton	(609) 278-4933, (800) 360-7711
Children’s Specialized Hospital at Hamilton*	(888) 244-5373, ext. 2604
The College of New Jersey – TCNJ Clinic	(609) 771-2700
Family and Children’s Service of Central NJ*	(609) 924-2098
Family Guidance Center*	(609) 587-6641
Greater Trenton Behavioral HealthCare	(888) 866-9565
Hampton Behavioral Health Center	(800) 603-6767, (609) 267-7000
Jewish Family & Children’s Service*	(609) 987-8100
Mercer Street Friends	(609) 989-1925
Mercer Outpatient Program	(609) 394-5157
Trinity Counseling Service	(609) 924-0060
Value Options*	(877) 652-7624
The Youth Anxiety and Depression Clinic (YAD-C)	(732) 445-6111

****Bilingual services available***

PAYING FOR TREATMENT

The high cost of mental health services is a challenge for just about everyone. Many working people are covered under employer-provided health insurance plans, with coverage extending to their families. New Jersey's parity laws require insurance companies to cover biologically-based mental illnesses in the same manner as physical illnesses for policies written in the state.

Because of the shortage of child psychiatrists, many local child and adolescent psychiatrists no longer participate directly in private health insurance plans, and are thus considered "out of network." They also frequently expect clients to pay them directly and expect clients to collect reimbursement from insurance providers themselves. Some private therapists and other mental health professionals base their charges on a client's income or are willing to negotiate a payment plan. It is worth asking about these arrangements, often referred to as "sliding scale" plans.

Most community agencies charge on a sliding scale, and many mental health agencies receive government and other public support to enable them to offer services at a reduced expense. These publicly-funded services can be more comprehensive than those offered by private practitioners.

The federal government operates SCHIP (State Children's Health Insurance Program), which goes under the name of *NJ Family Care* in New Jersey (www.njfamilycare.org). The program is designed to help uninsured children get health insurance. For non-mental health services, children in *NJ Family Care* are insured through one of at least five HMO's under contract in each county. *NJ Family Care* also reimburses most inpatient, partial hospital, and residential treatments for mental illnesses. However, outpatient mental health services are not provided through this HMO managed-care system, and Medicaid pays too little to be useful for most of these services.

FINDING OUTPATIENT COUNSELING

The following is a list of community mental health and counseling agencies offering counseling and other services on a reduced and sliding fee basis.

AAMH (Association for the Advancement of Mental Health) Phone: (609) 452-2088
819 Alexander Road, Princeton, NJ 08540 Web: www.aamh.org

AAMH provides individual and family therapy, psychiatric evaluation, and medication.

Catholic Charities – Diocese of Trenton Phone: (800) 360-7711, (609) 278-4933
383 West State Street, Trenton, NJ 08607 Web: www.catholiccharitiestrenton.org

Structured as a not-for-profit corporation and sponsored by the Roman Catholic Diocese of Trenton, Catholic Charities provides services to those most in need, advocates on their behalf within the public and private sector, and to strengthen the communities in which they live and work. Catholic Charities serves people of all faiths.

Children’s Specialized Outpatient Center at Hamilton Phone: (609) 631-2800
3575 Quakerbridge Road, Hamilton, NJ 08619 Phone: (888) 244-5373, ext. 2604
Web: www.childrens-specialized.org

This facility provides psychiatric evaluation, medication, neuropsychological and neuro-developmental evaluations, individual and family therapy, play therapy, and group therapy (social skills). Sensory-integration treatment by an occupational therapist is available. There is also a specialty in Autism & Pervasive Developmental Disorder. The facility is open to all children.

The College of New Jersey – TCNJ Clinic Phone: (609) 771-2700
Forcina Hall 124, 2000 Pennington Road Web: www.tcnj.edu/~clinic
Ewing, NJ 08628

The TCNJ Clinic offers counseling and family therapy services to children and their parents throughout Mercer County. Services are provided by graduate and postgraduate interns under the direct supervision of experienced and licensed professionals. The team approach to treatment utilizes live supervision and videotaping for the benefit of clients and families. An interactive therapy room provides an opportunity for children and adolescents to use art and creative play for expressing themselves. A variety of groups may be developed based on referrals and client needs.

Services

Corner House
369 Witherspoon Street
Princeton, NJ 08542

Phone: (609) 924-8018
Web: www.princetontwp.org/CornerHouse

Corner House offers primarily substance-abuse services. Counseling is available for teens and young adults in crisis or abusing drugs and their families.

Family and Children's Service of Central NJ
977 Highway 33 West, Monroe Township, NJ 08831
120 John Street, Princeton, NJ 08542

Phone: (609) 433-0575
Phone: (609) 924-2098
Web: www.nj-counseling.org

This service provides individual and family therapy, psychiatric evaluation, and medication.

Family Guidance Center
2300 Hamilton Avenue, Hamilton, NJ 08619

Phone: (609) 587-6641
Web: www.fgccorp.org

The center provides individual and family therapy, play therapy, psychiatric evaluation, and medication. A Board-certified child psychiatrist is on staff.

Greater Trenton Behavioral HealthCare
Birmingham Clinic, 832 Brunswick Avenue
Trenton, NJ 08638

Phone: (888) 866-9565
Web: www.gtbhc.org

The clinic provides individual and family therapy and psychiatric evaluation. A Board-certified child psychiatrist is available.

Hampton Behavioral Health Center
650 Rancocas Road
Westhampton Township, NJ 08060

Phone: (800) 603-6767, (609) 267-7000
Web: www.hamptonhospital.com

The Center offers a partial hospitalization program for youth 12-18 that meets 5 days a week, 6 hours a day. One night a week, there is a mandatory multifamily group session. It also offers an Intensive Outpatient Program (IOP), that meets 4 days a week for 3 hours each session. Transportation is available for patients within a 30-minute, 30-mile radius. Patients must be picked up at the conclusion of the IOP session.

Hampton Behavioral Health also runs Hampton Academy, a private day school for classified adolescents (grades 6-12) with psychiatric issues.

Services

Jewish Family & Children's Service
707 Alexander Road, Suite 102
Princeton, NJ 08540 (Other offices in Ewing and East Windsor)

Phone: (609) 987-8100
Web: www.jfcsonline.org

The service provides individual and family therapy. Bilingual English-Spanish counseling is provided. A social skills group offers a weekly program for 6-10 year-old boys and girls, using child-centered play to build positive peer relationships.

Catholic Charities Guidance Clinic
39 N. Clinton Avenue, Trenton, NJ 08609

Phone: (609) 394-9398
Web: www.catholiccharitiestrenton.org

The program provides individual and family therapy and psychiatric evaluation. A Board-certified child psychiatrist is available.

Mercer Street Friends
Youth and Family Counseling Program
222 N. Hermitage Avenue, Trenton, NJ 08611

Phone: (609) 989-1925
Web: www.mercerstreetfriends.org

Mercer Street Friends provides individual, group, family, and substance-abuse counseling for children and their families. Mercer County residents between the ages of 12 and 19 are eligible for treatment. There are no diagnostic limitations, but the patient must be linked elsewhere for psychiatric medications if needed.

Trinity Counseling Service
22 Stockton Street, Princeton, NJ 08540

Phone: (609) 924-0060
Web: www.trinitycounseling.org

Trinity Counseling Service offers individual and family therapy, psychiatric evaluation, medication (adolescents only), and pastoral counseling. A Board-certified child psychiatrist is available.

The Youth Anxiety and Depression Clinic (YAD-C)
Rutgers Department of Clinical Psychology
152 Frelinghuysen Road, Piscataway, NJ 08854

Phone: (732) 445-6111
Web: www.Yad-c.org

YAD-C provides cognitive behavioral therapy services to the Rutgers and surrounding communities, including assessment and counseling for young people ages 8-16.

FINDING A PRIVATE MENTAL HEALTH PROFESSIONAL

NJ State Access Line

Value Options, which administers programs for The Division of Child Behavioral Health Services, is a good place to start your search for services. The toll-free, 24 hour/7 day a week access line can be reached at (877) 652-7624.

Finding Your Own Therapist

If you are insured, your health insurance will typically offer its own network but may allow you to go out of network to choose your own doctor because of a national shortage. Finding a child psychiatrist is a most difficult problem. Most, but not all, expect direct payment from families. Families must then seek reimbursement from their insurers.

You can get referrals from NAMI Mercer (609-799-8994), your pediatrician, your employer's Employee Assistance Program, the Family Support Organization of Mercer County (609-581-6891), school counselors, SPAN-Statewide Parent Advocacy Network (www.spannj.org, 1-800-654-SPAN), the Mercer County Mental Health Administrator (609-989-6574), or CHADD (Children and Adults with ADHD, 609-683-8787).

Some professional organizations and their websites also offer information about therapists. The New Jersey Psychological Association provides a referral service at 1-800-281-6572, and the American Psychological Association has an online locator at <http://locator.apa.org>. Members of the American Academy of Child and Adolescent Psychiatrists can be located online at the organization's website: Go to www.aacap.org, Child and Adolescent Psychiatrist Finder.

SPECIALIZED SERVICES FOR MENTAL HEALTH ISSUES

Quick-Call Phone List

ASPEN (Asperger)	(732) 321-0880
COSAC (Autism)	(800) 4-AUTISM
Eden (Autism)	(609) 987-0099
The Eating Disorders Program	(877) 932-8935
HiTops (Gay Youth)	(609) 683-5155

THE AUTISM SPECTRUM

ASPEN (Asperger Syndrome Parent Education Network) Phone: (732) 321-0880
8 Aspen Circle, Edison, NJ 08820 Web: www.aspennj.org

ASPEN offers education, support, and advocacy for families and individuals whose lives are affected by Autism Spectrum Disorders. This program is run by volunteers.

COSAC (Center for Outreach and Services for the Autism Community)
1450 Parkside Avenue, Suite 22 Phone: (800) 428-8576 or (609) 883-8100
Ewing, NJ 08638 Web: www.cosacnj.org

COSAC offers workshops and support groups for parents and other family members. It gives consultations to schools, places of employment, and residential programs for individuals with autism. Seminars, workshops, and special training to teachers, caregivers, professionals, and the general public are available through COSAC. COSAC's annual conference is one of the largest of its kind in the nation.

Eden Family of Services Phone: (609) 987-0099
One Eden Way, Princeton, NJ 08540 Web: www.edenservices.org

Eden provides community-based programs for children with autism. Services include year-round education with teaching techniques based on the principles of Applied Behavior Analysis (ABA). Each student's curriculum is tailored to his or her specific needs and abilities. The educational program is broken down into four parts: early childhood programs, middle childhood programs, transition programs, and prevocational and vocational preparation programs. A parent and family support program educates families through parent training, home visits, and support groups. The Wawa House services include early intervention and supplemental clinic therapy for children age 3 and above who need additional help with speech, language development, behavior issues, and sensory integration.

UMDNJ Autism Research Center Phone: (973) 972-8930
183 South Orange Avenue, Newark, NJ 07103 Phone: (973) 972-9422
Outreach and Family Support Office

The Autism Center of the University of Medicine and Dentistry of NJ is a coalition of researchers, clinicians, parents, educators, and service providers who work together to eliminate the symptoms of autism spectrum disorders (ASD) and improve the quality of life of the growing number of persons affected by ASDs. The center conducts research

to identify the causes of ASD, prevent future cases, provide treatment to alleviate or eliminate the symptoms of ASD. Outreach provides systems of support for individuals with ASD, their families, and the healthcare professionals who care for them. The Autism Center is supported and enhanced by community involvement.

EATING DISORDERS

The Eating Disorders Program at University Medical Center at Princeton
253 Witherspoon Street, Princeton, NJ 08540 **Phone: (609) 497-4490**

This program provides inpatient and partial hospitalization for adults, adolescents, and children with anorexia and bulimia. Multidisciplinary medical, psychosocial, nutritional, and psychological treatment is offered. Services include medical management, individual psychotherapy, nutrition counseling, family therapy, group psychotherapy, art therapy, and yoga.

Inpatient Hospital Program services include medical management, individual psychotherapy, nutrition counseling, family therapy, group psychotherapy, art therapy, and yoga.

Partial Hospital Program offers treatment to normalize eating and behavior patterns for children 8 years old and above. An evening program is available for family members. Patients who enter treatment without an outpatient treatment team are given referrals to appropriate aftercare providers.

GAY, LESBIAN, BISEXUAL, AND TRANSGENDER YOUTH

HiTOPS
21 Wiggins Street, Princeton, NJ 08540

Phone: (609) 683-5155
Web: www.hitops.org

PROGRAMS

The Teen Health & Education Center **Phone: (609) 683-5155, ext. 234**

The organization provides clinical care and educational outreach relating to sexual and reproductive health and healthy relationships. It offers brief counseling and information and also referral to Parents, Families and Friends of Lesbians and Gays (PFLAG). The health clinic offers free general physicals. For ages 13-26.

Services

Health-Interested Teen's Own Program on Sexuality Phone: (609) 683-5155

This program helps adolescents understand their sexuality, avoid unwanted pregnancies and sexually transmitted diseases, clarify their values, and make responsible decisions about their bodies and their sexuality.

PFLAG (Parents, Families and Friends of Lesbians and Gays)

Phone: (609) 683-5155

Web: www.pflagprinceton.org

PFLAG promotes the health and well-being of gay, lesbian, bisexual, and transgender persons and their families and friends through several activities. Teacher training is given to prevent anti-gay harassment. There are community resources for teachers, parents, and students grappling with LGBT issues, and educational resources for elementary and secondary schools. Princeton PFLAG meets in the George Thomas Room at Trinity Church, 33 Mercer Street, Princeton. Call for meeting times.

CHILDREN AT RISK

Quick-Call List

To Report Child Abuse	(877) NJ ABUSE (24 hrs/ 7 days)
Anchor House	(609) 396-8329
Foster Care in NJ	(877) NJFOSTER, (800) 999-ADOPT
PEI Kids (Sexual abuse)	(609) 693-3739

ABUSE

Child Abuse Hotline (Division of Youth and Family Services)

To report suspected child abuse, call (877) 652-2873, 24 hrs/ 7 days, toll-free.

If the child is in immediate danger, call 911 as well. A concerned caller does not need proof to report an allegation of child abuse and can make the report anonymously.

Services

HiTOPS
21 Wiggins Street, Princeton, NJ 08540

Phone: (609) 683-5155
Web: www.hitops.org

SASS (Sexual Assault Survivor Support) provides a safe space for conversation, reflection, and support through a group connection of young women sharing a similar experience. SASS is not a professional therapy group but provides survivors with the support they need to feel less isolated and afraid while helping them to become stronger. The group is for any young woman between the ages of 13 and 17 in Mercer County.

PEI Kids
231 Lawrence Road, Lawrenceville, NJ 08648

Phone: (609) 695-3739
Web: www.peikids.org

PEI Kids provides immediate, short-term counseling for child victims of sexual abuse between the ages of 3 and 18 and their families after disclosure of abuse. Group meeting for parents, siblings, and adolescents occur two times a month. Counseling is available in Spanish and English. The crisis-intervention service also has an abuse-reactive counseling program for children under 12.

HOMELESS YOUTH

Anchor House
482 Centre Street, Trenton, NJ 08611

Phone: (609) 396-8329
Web: www.anchorhousenj.org

Open 24 hours a day/ 7 days a week, Anchor House works with homeless, runaway, and abused children and youth, offering a safe shelter, transitional housing, emergency foster care, and outreach counseling to youth at risk of school drop-out or running away. A transitional living program is provided for ages 18-21.

Foster and Adoptive Family Services (FAFS)
P.O. Box 518, 4301 Route 1 South,
Monmouth Junction, NJ 08852

Phone: (609) 520-1500
Phone: (800) 222-0047
Website: fafsonline.org

This is a statewide organization designed to support adoptive and foster families and advocate for improved foster care and adoption services.

SPECIAL EDUCATION ASSISTANCE



LOOKING FOR SPECIAL EDUCATION SCHOOLS

Here are some sources and suggestions for finding special education schools:

- Your school district may be able to suggest schools, as long as the placement will be through that same school district.
- NJ State's website lists schools approved by the NJ Dept. of Education both in NJ and outside of NJ. Go to www.nj.gov/njded/specialed/dir
- The Association of Schools & Agencies for the Handicapped (Lexington Square, 2125 Route 33, Hamilton, NJ (609) 890-1400) offers a directory by county/disability. Not all schools are state-approved, however. See www.asah.org.

EDUCATION GROUPS AND ADVOCATES FOR PARENTS

Several organizations and individuals are dedicated to helping lead parents through the maze of education law to create the best possible education paths for students.

Safe Harbor Family Solutions
652 Whitehead Road, Trenton, NJ 08648

Phone: (609) 695-5252

Safe Harbor offers educational advocacy and therapeutic services for individuals with mental health needs and learning disabilities and their families. Safe Harbor provides private case management, advocacy, and training.

School District Special Education Parents Organizations

These programs are for all parents of children with special needs.

PROGRAMS

**Advocates for Special Kids (ASK)
Lawrenceville, NJ 08648**

Web: www.asknj.org

This program offers a monthly support, educational, and advocacy group for parents from all districts. Information and assistance on local policies and resources are also available. The website has information and links on special education issues.

Hamilton Township Parent Advisory Council on Special Education (PAC)

Web: www.geocities.com/hamiltonspaced

PAC offers group meetings for parents and professionals to provide support and education on issues in special education. It can also connect parents with volunteer parent liaisons at their youngster's school.

**Princeton Special Education PTO
Princeton Township and Borough**

Web: www.prs.k12.nj.us

The Princeton PTO serves as an informal and discreet network for parents seeking information. It respects privacy and individual needs.

**Special Kids Special Parents
West Windsor/Plainsboro**

Web: <http://www.west-windsor-plainsboro.k12.nj.us/communitynews.html>

Monthly support and education groups meet at the West Windsor Library or Plainsboro Municipal Building.

**Statewide Parent Advocacy Network (SPAN)
35 Halsey Street, Newark, NJ 07202**

**Phone: (800) 654-SPAN
Web: www.spannj.org**

SPAN offers information, training, support, and advocacy for New Jersey children and families. Specialists assist parents, educators, and service providers in obtaining appropriate education and health-care services for children. Detailed information and referrals, as well as advocacy-assistance, are provided. Also offered are a comprehensive manual entitled "The Right to Special Education in New Jersey" and telephone technical assistance.

TRANSITIONAL SERVICES

Transitional services for youngsters enrolled in school are provided through school districts and administered by a school's Child Study Team. They are comprised of a coordinated set of activities that promote movement from school to post-school activities. Transitional services are legally mandated for students receiving special education services, and are designed to help a child move into postsecondary education, vocational training, integrated employment (including supported employment), continuing and adult education, independent living and community participation. The coordinated set of activities, which may include daily living skills, is based on the individual's needs, taking into account his or her preferences and interests.

After graduation, transitional services are available through the Division of Vocational Rehabilitation (DVR). Contact the DVR on the web at <http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html> or by phone at (609) 292-2940.

LIFE SKILLS AND MENTORING



Mercer County has a rich variety of programs and services designed to teach life skills as well as mentoring programs to help along the way.

Quick-Call Phone List

Big Brothers Big Sisters of Mercer County	(609) 656-1000
Boys & Girls Club of Trenton and Mercer County	(609) 392-3191
Capital Corridor Community Development Corporation	(609) 392-0034
Children's Home Society	(609) 695-6274
CONTACT of Mercer County	(609) 896-4434
Corner House	(609) 924-8018
El Centro*	(609) 394-2056

Services

Family Support Organization of Mercer County	(609) 581-6891
Jewish Family & Children's Service	(609) 987-8100
Mercer County Hispanic Association (MECHA)*	(609) 392-2446
Mercer Street Friends	(609) 396-1506
Mill Hill Child and Family Development Center	(609) 989-7333
PEI Kids	(609) 695-3739
*Bilingual services available	

Big Brothers Big Sisters of Mercer County
535 East Franklin Street, Trenton, NJ 08610

Phone: (609) 656-1000
Web: www.bbbsmercerc.org

PROGRAMS

School-based Mentoring has college students spend 1 hour a week with kids at a local elementary or middle school during or after school. Professional case managers provide assistance and support on an ongoing basis.

Professional School-based Mentoring enables companies to give employees 1 hour of the workweek during the academic school year to offer young children one-on-one mentoring in school.

High School Bigs Program matches local high school students with elementary and middle school children for one hour per week at the children's school site. Case managers closely supervise and provide assistance.

Boys & Girls Club of Trenton and Mercer County
212 Centre Street, Trenton, NJ 08611

Phone: (609) 392-3191
Web: www.bgctrenton.org

The Boys & Girls Club of Trenton provides a safe and enjoyable learning environment for its members, exposing them to job, educational and career opportunities. The club provides mentoring and intervention services.

Participants must be members of the Boys & Girls Club. Membership is \$25.00, but the fee can be waived for financial reasons. The Club offers programs ranging from health and fitness education to career exploration. Most programs are held after school. Transportation is limited to Trenton.

Capital Corridor Community Development Corporation
433 Bellevue Avenue, 4th Floor, Rm. 426
Trenton, NJ 08618

Phone: (609) 392-0034 ext. 433
Web: www.capcorcdc.org

PROGRAMS

T.O.Y.S. Program (Training Our Youth to Succeed) – This is a faith-based mentoring program using individual and group mentoring. It is affiliated with Shiloh Baptist Church. This program is for children ages 5-11.

T.T.A. Program (Teaching Teens to Achieve) – This program provides mentoring that supports a transition from the **T.O.Y.S.** program to productive community life. It is for young people ages 12-18.

Children’s Home Society
635 South Clinton Avenue, Trenton, NJ 08611

Phone: (609) 695-6274, ext. 151
Web: www.chsofnj.org

The **Kids Intervention with Kids in School Program (KIKS)**, for youngsters in sixth to eighth grade, uses adolescents as positive role models. It works with groups of pre-adolescents, helping students to develop and enhance life skills and practice these skills throughout the school year to prevent high-risk behaviors. A number of schools in Mercer County are now offering the program.

CONTACT of Mercer County
1985 Pennington Road, Ewing, NJ 08618

Teenline/Kidline: (609) 896-4434
Web: www.contactofmercer.org

CONTACT is a helpline staffed by volunteers who are trained to understand and help children and teens with suicidal thoughts.

Corner House
369 Witherspoon Street
Princeton, NJ 08540

Phone: (609) 924-8018
Web: www.princetontwp.org/CornerHouse/

The **World of Work for Youth (WOWY) Program** is held evenings to offer job-preparation and life skills to high-school age youth overcoming alcohol and drug issues.

El Centro
327 S. Broad St., Trenton, NJ 08608

Phone: (609) 394-2056
Web: www.catholiccharitiestrenton.org

El Centro is a multi-service family resource and community-building program through the Catholic Charities. It serves Trenton and Mercer County, with all services available in Spanish.

Services

Family Support Organization of Burlington/Mercer County
3535 Quakerbridge Road, IBIS Plaza, Suite 400
Hamilton, NJ 08619

Phone: (609) 586-1200

The **Youth Partnerships Program** offers support and community service for young people ages 14-21 who have been involved with the mental health, juvenile justice, or child welfare systems. The staff members are themselves parents and caregivers who have been through the system with a special-needs child.

Jewish Family & Children's Service
707 Alexander Road, Suite 102, Princeton, NJ 08540

Phone: (609) 987-8100
Web: www.jfcsonline.org

The **Social Skills for Kids Program** features child-centered play to build positive peer relationships, read social cues, and develop social self-confidence for 6-10 year old boys and girls. Learning comes from peer feedback and encouragement in using adaptive social skills.

Mercer County Hispanic Association (MECHA)
200 E, State Street, Trenton, NJ 08607

Phone: (609) 392-2446

Web: www.princetonol.com/yo/data/mecha.html

The **B.E.S.T. (Bilingual Employment Skills Training) Program** is a 6-8 week youth job-readiness program, followed by a 6-8 week internship placement designed for young Latinos and Latinas between the ages of 13-19 years old.

Mercer Street Friends
151 Mercer Street, Trenton, NJ 08611

Phone: (609) 396-1506
Web: www.mercerstreetfriends.org

The **Back On Track Program** is an after-school and summer program with group and individual counseling, educational and cultural enrichment, and recreation and community service. It is offered to young people ages 9-17 who have committed one minor offense and have been referred by the Trenton Police Department as an alternative to family court.

Mill Hill Child and Family Development Center
101-A Oakland Street, Trenton, NJ 08618

Phone: (609) 989-7333
Web: www.millhillcenter.org

The **Life Skills Program** is an after-school program for children ages 10-15 that features education on topics such as staying in school and anger management.

PEI Kids
231 Lawrence Road, Lawrenceville, NJ 08648

Phone: (609) 695-3739
Web: www.peikids.org

The **Girls at Risk: Urban Survival Program** is an after-school program in the Trenton School District for 6th grade girls transitioning from lower to middle school. It focuses on pre-adolescent and adolescent issues, and positive peer support.

PROGRAMS TO TEACH AND SUPPORT

PARENTS AND CAREGIVERS

Quick-Call List

ASPEN (Asperger)	(732) 321-0880
CHADD (ADHD)	(609) 683-8787
COSAC (Autism)	(800) 428-8476
Family Support Organization of Mercer County	(609) 581-6891
NAMI Mercer	(609) 799-8994
Statewide Parents Advocacy Network (SPAN)	(800) 654-7726
TSANJ (Tourette syndrome)	(732) 972-4459

PROGRAMS

ASPEN (Asperger Syndrome Education Network)
9 Aspen Circle, Edison, NJ 08820

Phone: (732) 321-0880
Web: www.aspennj.org

ASPEN offers education, support, and advocacy for families and individuals whose lives are affected by Autism Spectrum Disorders. Local chapter meetings are held monthly at the West Windsor library.

CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder)
Web: www.chadd.org

Phone: (609) 683-8787

CHADD's mission is to improve the lives of people affected by ADHD through education, advocacy, and support. The organization has support groups, education programs, and a family education course for parents. Meetings include one hour of facilitated small-group discussion and one hour with a speaker on ADHD with Q&A. Meetings are at the Riverside Elementary School, 58 Riverside Drive, Princeton, NJ.

Services

COSAC (Center for Outreach and Services for the Autism Community)
1450 Parkside Avenue, Suite 22 **Phone: (800) 4-AUTISM, (609) 883-8100**
Ewing, NJ 08638 **Web: www.cosacnj.org**

COSAC offers education, workshops, and support groups for parents and other family members, seminars, workshops, and special training to teachers and other professionals, consultations to school, work, or residential programs for individuals with autism, advocacy and promotion of autism awareness to the general public, and education of legislators and state officials about issues affecting New Jersey's autism community. COSAC holds an annual conference, one of the largest of its kind in the nation.

Family Support Organization of Burlington/Mercer County
3535 Quakerbridge Road, IBIS Plaza, Suite 400 **Phone: (609) 586-1200**
Hamilton, NJ 08619

This group provides one-on-one, peer-to-peer support for families with a child with emotional, behavioral or mental health needs. There are support groups, educational forums, and events, and also "warm-lines" for reassurance and information. Youth partnerships provide support through community service for children ages 14-21 who have been involved with the mental health, juvenile justice, or child welfare system. The staff are themselves parents and caregivers of children with special needs.

NAMI Mercer **Phone: (609) 799-8994**
3371 Brunswick Pike **Web: www.namimercer.org**
Lawrence Commons, Suite 124, Lawrenceville, NJ 08648

NAMI Mercer provides education, advocacy and support programs for families and children affected by mental illness.

Visions for Tomorrow. Trained volunteers present a twelve-hour course for parents and caregivers of children and adolescents with emotional, behavioral, and/or brain disorders. Topics covered include: ADD/ADHD; Conduct & Mood Disorders; Phobias & Anxiety Disorders; Early Onset Schizophrenia; The Biology and Structure of the Brain; Parents as Case Managers; Communication Skills; Coping and Self-Care; Justice, Advocacy, and Stigma; Problem Management; and more. Teachers are trained family members and caregivers who have experienced first-hand the rewards and challenges of raising children with mental health diagnoses. The course gives parents the skills and support to help their children manage and overcome their disorders and live full lives.

Services

Helpline Information and Support. Parent volunteers are available to discuss the difficulties of raising children with mental and emotional disorders, and to offer resource information. Call (609) 799-8994 for caring, confidential and free help.

SPAN (Statewide Parents Advocacy Network)
35 Halsey Street, 4th floor, Newark, NJ 07202

Phone: (800) 654-SPAN
Web: www.spannj.org

SPAN offers information, training, support, and advocacy for NJ children and families. Numerous workshops are available for parent and community groups, schools, and agencies on topics that include legal rights, school improvements, strengthening families, violence prevention, health and mental health, and more. The annual spring conference on advocacy and skills for parents includes program topics such as: The Effects of Domestic Violence on Children; IEP Participation; Students with Disabilities and Law Enforcement; and Inclusive Opportunities for High School Students with Disabilities.

TSANJ (Tourette Syndrome Association of New Jersey) Help Line: (908) 575-7350
50 Division Street, Suite 205, Somerville, NJ 08876 **Web: www.tsanj.org**

An online discussion board provides a centralized collection of questions, answers, and comments relating to Tourette Syndrome for (and by) visitors to the TSANJ website. A two-hour program for educators provides colleges, universities, residential facilities, police departments, and other community groups education about Tourette Syndrome and its associated disorders.

EMPOWERING CHILDREN



All of the programs listed in this guide are intended to empower children in one way or another. Children can benefit by helping solve their own problems using their own efforts. They learn that in some instances, they have the power to help heal themselves.

PROGRAMS

Innovative Therapies

Horsetime
P.O. Box 407, Crosswicks, NJ 08515

Phone: (609) 298-5189
Web: www.horsetime.us

This is an equine-assisted psychotherapy program that has recently been supported in a Columbia University study. The program relies on the extraordinary emotional and nonverbal sensitivity of horses. Horses, aided by licensed clinical social workers, Board-certified psychiatrist, and horse professionals, help children age 5 and up work through a wide range of emotional problems.

Vessels of Praise Ministries
700 W. State Street, Trenton, NJ 08618

Phone: (609) 394-7775
Web: www.vesselsofpraise.com

This program for children age 5 and up draws on the power of the arts as therapy. Creative arts after-school programs include movement improvisation, choreography, dance, drama, pantomime, and flag twirling. Vessels offers youth development training workshops on career, communication, leadership, and life skills.

Sibling Supports

Jewish Family & Children's Service
707 Alexander Road, Princeton, NJ 08540

Phone: (609) 987-8100
Web: www.jfcsonline.org

SibShop is a weekly group designed for 3rd, 4th and 5th graders who have siblings with special needs. Here they have a chance to form a support community, learn from and enjoy one another, and discuss the common joys and challenges that come with having a sibling with special needs. Sibshop is a recreational and activity-based program.

COSAC (Center for Outreach and Services for the Autism Community)
1450 Parkside Avenue, Suite 22 Ewing, NJ 08638

Phone: (800) 4-AUTISM or (609) 883-8100
Web: www.njcosac.org

Sibling Pen Pal Program provides a pen-pal list for sisters and brothers of individuals with autism or related disorders.

WEBSITES FOR KIDS AND TEENS

Kids can find their own communities and lots of information from a familiar source—the computer.

Depressed Teens

www.depressedteens.com

This site is dedicated to teenage depression and bipolar illness. It has great educational materials, access to information and testimonials. The award-winning video “Day for Night” about people with depression.

Family Village

www.familyvillage.wisc.edu

Family Village is for children and adults with disabilities, their families, their friends, and allies. It brings together thousands of online resources in an organized, easy-to-use directory.

KidsHealth

www.kidshealth.org

KidsHealth has separate areas for children, teens, and parents. Each of these sections includes its own design, age-appropriate content and tone. There are many in-depth features, articles, animations, games, and resources developed by experts. For information on teen mental health, click on “teens,” and then click on “Your Mind” to access a broad array of resources.

Mindzone – Cope. Care. Deal.

www.copecaredeal.org

Mindzone is a mental health web site for teens that offers a range of helpful information. It is sponsored by the Annenberg Foundation Trust.

Reach Out!

www.reachout.com.au

This Australian-based site contains valuable information for any teenager to help improve mental health and well-being during the transition-age years. The interactive site includes coping tips, forums, fact sheets, personal stories, and resources regarding mental illness and life circumstances such as school, employment, and relationships.

PART TWO: AGENCIES



Allies, Inc.
State Highway 33, Suite 415, Hamilton, NJ 08690

Phone: (609) 689-0136
Web: www.alliesnj.org

Fee: None

Services: Supported employment (job development, job coaching, follow-along and job retention services.) Volunteer employment to develop skills, accompanied by a transition counselor. Functional work skills training at the Allies Learning Center. IEP meetings /transition planning to discuss vocational assessments and make recommendations for future vocational services and to assist families in navigating through the adult service system and its resources. Professional consultation to support schools in implementing transition programs and to allow the students to remain in their home school district. Community integration to teach appropriate social skills, behavior, hygiene and peer interaction. In coordination with child study teams and the Division of Vocational Rehabilitation

Eligibility: Children with disabilities

Referral: Division of Vocational Rehabilitation or school districts

AAMH (Association for the Advancement of Mental Health)

819 Alexander Road
Princeton, NJ 08540

Phone: (609) 452-2088
www.aamh.org

Fee: Sliding scale. Medicaid, Medicare, private insurance accepted

Services: Individual, group, and family counseling services for children age 5 and above. Child psychiatrist available.

Eligibility: Children living in Mercer County

Referral: Any

Anchor House, Inc.
482 Centre Street Trenton, NJ 08611

Phone: (609) 396-8329
Web: www.anchorhousenj.org

PROGRAMS

Anchor House Shelter

Phone: (609) 396-8329

Fee: None

Services: Emergency housing (average 13 days), crisis counseling, hotline crisis intervention, prevention counseling, information and referral, aftercare and follow up.

Eligibility: Ages 10-17 homeless, runaway, and abused youth. Exceptions: heavy drug and alcohol use; history of violence; and fire-setting

Referral: Self, Street, Division of Youth and Family Services, Family Court

Angel Wings

Phone: (609) 392-6100

Fee: None

Services: Emergency foster care for abused/neglected children up to age 12.

Placement in community homes with live-in foster parents

Eligibility: Ages birth-12

Referral: Division of Youth and Family Services

Anchor Line

Phone: (609) 989-1625

Fee: None

Services: Apartment-based transitional housing for youth requiring additional flexible support. This program uses the "housing first" model.

Eligibility: Youth needing housing

Referral: Self, Division of Youth and Family Services

Anchorage Transitional Living Program

Phone: (609) 989-1625

Fee: None

Services: Transitional housing for 15 homeless young adults, outpatient counseling, employment, education, and life skills training, drop-in information and referral.

Eligibility: Ages 18-21 and homeless. Exceptions: heavy drug or alcohol use; history of violence; and fire-setting

Referral: Any. Prescreening required

Anchor Link Outreach Programs

Phone: (609) 396-8329

Fee: None

Services: Street-based outreach to help homeless youth permanently leave the streets and to keep high-risk youth from becoming victims of exploitation. Provides crisis intervention, education and referral, survival aids, and links to emergency housing, and transitional living arrangements.

Eligibility: Ages 12-21 and in crisis

Referral: Any

Anchor Link School-Based Crisis Counseling

Phone: (609) 396-8329

Fee: None

Services: Counseling, information and referral for students identified as at risk in certain Mercer County schools

Eligibility: Ages 12-21 and in crisis. For information on schools participating, call 609-396-8329.

Referral: Staff and school counselors

Agencies

Trenton Police Department Runaway Project

Phone: (609) 396-8329

Fee: None

Services: Crisis intervention, counseling and referrals to youth and families.

Brief mediation for up to four sessions

Eligibility: Ages 12-17 and in crisis

Referral: Any

Big Brothers and Big Sisters of Mercer County

Phone: (609) 656-1000

535 East Franklin Street, Trenton, NJ 08610

Web: www.bbbsmercer.org

Fee: None

Services: Mentoring, matching children or teens with big brothers, big sisters, couples and school mentors who provide assistance and support

Eligibility: School-age children

Referral: Any

PROGRAMS

Traditional Community-based Program offers one-on-one time with a big brother or big sister, typically two to four times a month.

Couples Match matches a child with a husband and wife.

School-based Mentoring is performed by college students who spend one hour a week with kids at a local elementary or middle school during or after school. Professional case managers provide assistance and support to the matches on an ongoing basis.

Professional School-based Mentoring is made possible by companies that give employees one hour of their workweek during the academic school year to offer young children one-on-one time in school.

High School Bigs Program matches local high school students with elementary and middle schoolchildren for one hour per week at the children's school site. Case managers closely supervise and provide assistance.

Boys & Girls Club of Trenton and Mercer County

Phone: (609) 392-3191

212 Centre Street Trenton, NJ 08611

Web: www.bgctrenton.org

Fee: Membership in the Club is \$25 but can be waived for financial reasons.

Services: Provides small-group leadership development programs, homework help, tutoring, and career skills.

Eligibility: Participants must be members of the Boys & Girls Club. Most programs are after-school programs. Transportation is limited to Trenton.

Referral: Any

PROGRAMS

Keystone Club – Small-group leadership development program for ages 14-18.

Torch Club – Small-group leadership development program for ages 11-13.

Money Matters – Club promoting financial responsibility and independence, teaches basic money management skills. For ages 13-18.

Power Hour – Homework help and tutoring for ages 6-12.

Club Service – Provides education awards to Club members who serve their Clubs and communities. Club Service recognizes the service of young people ages 17-18, and Club alumni ages 19-24. It also helps young people access higher education opportunities and encourages them to pursue future careers as Club professionals.

Career Explorers – Career exploration for ages 13-15.

Career Tech – Teaches basic computer skills including word processing, spreadsheets, and other productivity software through enjoyable engaging lessons.

Job Ready! – Develops employment skills for ages 16-18. Includes Internet job search techniques, resume writing, interview skills, work habits, and dress.

Paid Internships – Opportunities for learning with paid internships, job shadowing, and job placement through partnerships with local businesses, financial institutions, retail establishments, and local government.

SMART Moves[®](Skills Mastery and Resistance Training) – Prevention and education program that addresses the problems of drug and alcohol use and premature sexual activity.

SMART Girls – Health, fitness, prevention/education, and self-esteem enhancement for girls ages 10-15.

Passport to Manhood[®] – Promotes and teaches responsibility to young males 11-14. Fourteen small-group sessions concentrating on specific aspects of manhood.

Act SMART – HIV/AIDS prevention program for ages 6-17.

Street SMART – Anti-gang, anti-violence program for ages 11-13.

Triple Play – Health and wellness program to empower youth to make informed decisions about their physical, mental, and social well-being.

Cavity-Free Zone – Oral health education and dental services for ages 6-18.

Adventure Camp – Weeklong summer camp sessions for ages 5-11. June through August.

Sports Camp – Includes basketball, baseball, soccer, swimming, and floor hockey. For ages 6-12. Weekly sessions run from June through August.

Teen Travel Camp – Trips, community service projects, team building, sports, and SMART Moves[®] for ages 12-15. Weekly sessions June to August.

Digital Arts Suite and Festivals – Web page design (Web Tech), graphic design (Design Tech), photo illustration (Photo Tech), music composition (Music Tech), and movie making (Movie Tech).

National Fine Arts Exhibit Program – Drawing, painting, printmaking, collage, mixed media, and sculpture displayed at local and regional exhibits.

ImageMakers: National Photography Program – Kids learn photography and express themselves through state-of-the-art photo curriculum. Opportunities to compete on a national level.

Agencies

Children Designing and Engineering – Combines practical skills with an understanding of aesthetic, social, and environmental issues as members use team problem-solving skills. The College of New Jersey designed and delivers the program. Participants meet twice weekly during the school year and then daily during summer camp.

Junior New Jersey Nets Basketball League – Basketball leagues for ages 6-8.

Intramural Sports – Includes NFL flag football, baseball, soccer, and golf.

ATA Karate – with the Princeton ATA Black Belt Academy.

Trenton BRIDGE Lacrosse – Members of the Princeton University Men's and Women's Lacrosse teams teach lacrosse to third through sixth graders. Includes field trips to the Princeton games.

The First Tee of Greater Trenton – The professional golf staff from Jasna Polana teaches golf to ages 7-13.

Capitol County Children's Collaborative
3535 Quakerbridge Road, Suite 800, Hamilton, NJ 08619

Phone: (609) 584-0888

Fee: None

Services: Links children to services through a referral process to outside agencies and private providers.

Eligibility: **ALL** of the following criteria are necessary for entry into CMO Care Management:

1. The child/youth demonstrates behavioral, emotional and/or functional needs and may have a DSM-IV diagnosis.
2. The CBHS Assessment and other relevant information indicate that the child/youth needs the CMO level of Case Management.
3. The child/youth meets the criteria for entry into a CMO.
4. The child/youth is between the ages of 5 and 17 (or 18 to 21 if the child/youth is actively involved with Child Welfare, Child Behavioral Health or Juvenile Justice at the time of his/her 18th birthday). Special consideration will be given to children under 5.

Referral: All referrals are made through Value Options.

Carrier Clinic
252 County Road 601, Belle Mead, NJ 08502

Phone: 800-933-3579

Web: www.carrier.org

Fee: Medicaid and many third-party insurance plans accepted.

Services: Inpatient services for adolescents who suffer from emotional, psychiatric, behavioral, and/or addiction illnesses. Treatment components include individual, group and family therapy, addiction treatment groups, art therapy, and self-help recovery program.

Eligibility: Young people ages 13-18 who are in crisis

Referral: Any

PROGRAMS

Dual Diagnosis Program – For young people with an addictive disorder as well as a psychiatric problem. Program uses a modified 12-step approach. Each adolescent works with a certified alcohol and drug counselor (CADC) in conjunction with a psychiatrist and other therapists.

Other programs may be in development. Contact the center or see their web site for up-to-date information.

Catholic Charities – Diocese of Trenton

Phone: (609) 984-9042

39 N. Clinton Avenue, Trenton, NJ 08609

Web: www.catholiccharitiestrenton.org

CENTERS

Behavioral Healthcare Division

47 N. Clinton Avenue, Trenton, NJ 08609

Phone: (609) 392-1200

PROGRAMS

New Choices

364 South Broad Street, Trenton, NJ 08608

Phone: (609) 984-9042

Fee: Fees paid through Division of Addiction Services, Mercer County Youth Services Commission, and parents.

Services: Intensive outpatient counseling for drug and alcohol

Eligibility: 13-17 years and residence in Mercer County

Referral: Probation, Division of Youth and Family Services, schools, parents, and self-referral

Mercer Outpatient Program

Phone: (800) 361-7711

39 N. Clinton Avenue, Trenton, NJ 08609

Fee: Sliding scale, Medicare, Medicaid and some private insurers

Services: Individual, family and group counseling, child psychiatric services

Eligibility: Mercer County children ages 5-18 with behavioral health concerns

Referral: Any source

Children's Futures Program

Phone: (609) 394-2056

342 Home Avenue, Trenton, NJ 08610

Fee: None.

Services: Focus on improving the health of children and their parents in the South Ward of Trenton.

Eligibility: Children birth to age three and their parents

Referral: Referrals accepted through Parent Child Centers, Healthy Start Centers, and mental health agencies

El Centro 1

Phone: (609) 394-2056

327 S. Broad St., Trenton, NJ 08608

Fee: None

Services: Multi-service family resource and community-building program serving Trenton and Mercer County. All services available in Spanish

Eligibility: Residents of Trenton and Mercer County

Referral: Any source

Agencies

Family Growth Mercer

Phone: (609) 394-5157

39 N. Clinton Avenue, Trenton, NJ 08609

Fee: No cost with referral from Division of Youth and Family Services (DYFS)

Sliding scale for others.

Services: Offers specialized treatment services for family violence, child abuse and neglect

Eligibility: Children and families under child protection supervision due to abuse or neglect

Referral: Self, Department of Children and Families, courts

In-Home Foster Care

Phone: (609) 278-1213

55 N. Clinton Avenue, Trenton, NJ 08609

Fee: None

Services: Ensures safety and enhances permanency for at-risk children under child protection supervision.

Eligibility: Children at risk for abuse or neglect

Referral: Department of Children and Families

Just One Step

Phone: (609) 394-5157

39 N. Clinton Avenue, Trenton, NJ 08609

Fee: None

Services: Provides in-home/community services for children and families, including needs assessment and intensive community and behavioral assistance

Eligibility: Services must be approved by the NJ Department of Child Behavioral Health.

Referral: Division of Children's Behavioral Health Services

Kinship Care/Resource

Phone: (609) 278-1213

55 N. Clinton Avenue, Trenton, NJ 08609

Fee: None

Services: Provides assistance and support to help families care for abused children who have been removed from the homes of relatives and are under child protection supervision.

Eligibility: Relatives providing foster care for abused and/or neglected children

Referral: Self-referral

Mercer Children and Family Services

Phone: (609) 278-1213

55 N. Clinton Avenue, Trenton NJ 08609

Fee: Sliding scale, Medicaid

Services: The Family Care Program provides addiction-treatment and intervention services

Eligibility: For parents whose children are under child protection supervision due to abuse or neglect

Referral: Division of Youth and Family Services

Milepost

Phone: (609) 278-1213

55 N. Clinton Avenue, Trenton, NJ 08609

Fee: None

Services: Provides treatment and support services for high-risk children and youth who have demonstrated sexually assaultive or potentially assaultive behavior

Eligibility: Children involved with the Department of Children and Family Services, courts, or Value Options

Referral: Division of Children and Family Services, courts, Value Options

Agencies

MRSS (Mobile Response and Stabilization Services) Phone: (609) 584-0790
3535 Quakerbridge Road, Trenton, NJ 08619

Fee: None

Services: Available 24 hours/ 7 days a week for children and families who are experiencing non-psychiatric crises. Intervenes in family crises that may result in the child being removed from his/her home or community setting. Arranges for services to help stabilize the living situation.

Eligibility: Children up to age 18

Referral: Value Options

Natural Parent Support Phone: (609) 278-1213
55 N. Clinton Avenue, Trenton, NJ 08609

Fee: None

Services: Ensures safety and enhances permanency for at-risk children under the care of the Department of Youth and Family Services by supporting reunification and permanency plans

Eligibility: Children involved with the Division of Youth and Family Services

Referral: Division of Youth and Family Services

CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder) Phone: (609) 683-8787
Riverside School, 58 Riverside Drive, Princeton, NJ 08540 Web: www.chadd.org

Fee: None

Services: Education and support groups. Local meetings devote one hour of facilitated small-group discussion and one hour to a speaker on ADHD with Q&A.

Eligibility: Adults and children with ADHD and their families

Referral: Self-referral

Children's Home Society Phone: (609) 695-6274
635 South Clinton Avenue, Trenton, NJ 08611 Web: www.chsofnj.org

PROGRAMS

Adoption Services Phone: (609) 695-6274

Fee: Adoptive parents pay

Services: Infant and toddler domestic adoption

Eligibility: Application process for adoptive parents

Referral: Self-referral

Post Adoption Services Phone: (609) 695-6274

Fee: Sliding scale and no fee with referral from Division of Youth and Family Services

Services: Counseling assistance for searches by birth parents and adoptees.

Reunion support and counseling

Eligibility: Adoptees over 21

Referral: Self-referral and Division of Youth and Family Services

International Adoption

Phone: (609) 695-6274

Fee: Adoptive parents pay

Services: Home Study, pre-adoption education, post-placement supervision, and post-finalization counseling, connections to international adoption agencies

Eligibility: Application process for adoptive parents

Referral: Self-referral

CUNA (means crib in Spanish)

Phone: (609) 695-6274

Fee: None

Services: A prenatal and postnatal health program for Latina population. Services include: child development; prenatal and postnatal health education; parenting skills; support groups; parent mentoring; and birthfather childbirth preparation.

Eligibility: At-risk and isolated Latina pregnant women, mothers, and birth fathers

Referral: All sources

SAFE

Phone: (609) 695-6274

Fee: None/DYFS Contract

Services: Therapeutic foster care for young mothers and pregnant girls. Social workers and health educators assist trained foster mothers in living independently, completing high school, parenting effectively, and getting employment.

Eligibility: Pregnant and parenting women and girls aged 12-21 and involved with Division of Youth and Family Services

Referral: Division of Youth and Family Services

FACES (Family and Children Early Education Services)

Phone: (609) 695-6274

Fee: None

Services: Family therapy, play therapy, and social skills groups

Eligibility: Children birth-6 years residing in Trenton. Call directly for appointment.

Referral: All sources

Children's Futures and Family Success Center

Phone: (609) 393-2980

North Ward Parent Child Center

Fee: None

Services: Programs to improve birth outcomes, strengthen effective parenting, and improve early child literacy

Eligibility: Parents in Trenton's North Ward

Referral: All sources

Family Success Center

Phone: (609) 695-6274

Fee: None

Services: Collaborates with local partners to coordinate a network of services that include: child cognitive development and school performance; social and emotional development; physical health; and safety.

Eligibility: Children and families in Trenton area

Referral: Any

Agencies

KIKS (Kids Intervention with Kids in School)

Phone: 609-695-6274 ext. 151

Fee: Paid by individual schools. No charge to families.

Services: KIKS uses adolescents as positive role models working with groups of pre-adolescents. It helps students develop and enhance “life skills” and practice these skills throughout the school year to prevent high-risk behaviors.

Eligibility: 6th to 8th grade in multiple schools throughout Mercer County

Referral: All sources

Foster Care

Fee: None/DYFS Contract

Services: Foster care for medically fragile infants, temporary foster care for infants

Eligibility: Children involved with the Division of Youth and Family Services or agency program

Referral: Division of Youth and Family Services

Intensive Services Program (ISP)

Fee: None/DYFS Contract

Services: Programs to improve birth outcomes, strengthen effective parenting, and improve early child literacy.

Eligibility: Children involved with Division of Youth and Family Services or courts

Referral: Division of Youth and Family Services or court

Children’s Specialized Hospital at Hamilton

**3575 Quakerbridge Road
Hamilton, NJ 08619**

**Phone: (609) 631-2800, (888) 244-3736
Web: www.childrens-specialized.org**

PROGRAMS

Psychological Services

Fee: Accepts Medicaid, private insurance, self-pay, NJ Charity Care

Services: Individual, group, and play therapy, social skills group for children with ADHD, assessment, testing and psycho-education, and sensory integration treatment with an occupational therapist. Staff includes licensed psychologists, psychiatrists, clinical social workers, professional counselors, learning disability teacher-consultants.

Eligibility: Ages 3-21, with most diagnoses. Exceptions: children requiring wrap-around, hospital; or partial hospital services; sexual offenders; active substance abusers and eating disorders.

Referral: Any

Neuropsychology Services

Fee: Accepts Medicaid, private insurance, self-pay, NJ Charity Care

Services: Assessment, diagnosis, treatment, and therapeutic planning for a wide spectrum of neurological and learning disorders. Specializes in Autism and Pervasive Developmental Disorder. Performs comprehensive neuropsychological evaluations to assist other professionals in the diagnosis and assessment of the child’s level of functioning.

Eligibility: Youth with neurological-based psychological issues

Referral: Any

Agencies

CONTACT of Mercer County
1985 Pennington Road, Ewing, NJ 08618

Kidsline/Teenline: (609) 896-4434
Web: www.contactofmercer.org

Fee: None

Services: Provides a helpline staffed by volunteers who are trained to understand and help children and teens with suicidal thoughts.

Eligibility: Open

Referral: Any

Corner House
369 Witherspoon Street
Princeton, NJ 08540

Phone: (609) 924-8018
Web: www.princetontwp.org/CornerHouse

Fee: Sliding scale. No managed-care contracts but accepts out-of-network payment. Group fee is 1/2 of individual fee.

Services: Individual and group substance abuse counseling for teens and young adults in crisis or abusing drugs and their families. Programs include alcohol and drug evaluation, early intervention (individual and family treatment for youth experimenting with drugs and alcohol), various group treatment programs such as college student support groups and Latina and Latino groups. Check with the center for current programs.

Eligibility: Youth in crisis

Referral: Self-referral, inpatient, probation

PREVENTION PROGRAMS (*Princeton only*)

Academic Success Today – High school students mentor junior high students

Growing-up Accepted As an Individual in America (GAIA) – Multicultural workshops in school classrooms

Nuestra Voz (Our Voice) – Outreach program for Latina high school girls and their mothers

Peer To Peer – Student leaders from John Witherspoon Middle School conduct prevention workshops for 6th and 7th graders

Super Teens Acting Responsibly (STAR) – Support groups for “at risk” middle school girls

Teen Advisory Group – Peer leaders develop and deliver substance-abuse prevention education workshops in schools

Transitions – Support groups in schools for 9th and 10th graders

World of Work for Youth (WOWY) – Job preparation and life skills

Agencies

COSAC (Center for Outreach and Services for the Autism Community)

1450 Parkside Avenue, Suite 22
Ewing, NJ 08638

Phone: (800) 4-AUTISM or (609) 883-8100
Web: www.njcosac.org

Fee: None, but there is a fee to join COSAC, call or see web site for details

Services: Education, workshops and support groups for parents and other family members, seminars, workshops, and special training for teachers and other professionals, consultations to school, work or residential programs for individuals with autism, advocacy and promotion of autism awareness for the general public, education of legislators and state officials about issues affecting New Jersey's autism community. COSAC's annual conference is one of the largest of its kind in the nation, with over 1,300 attendees. Call or see the web site for current programs and conference dates.

Eligibility: Individuals and families affected by autism

Referral: Self-referral

Division of Child Behavioral Health Services (DCBHS)

Value Options Phone: (877) 652-7624
Web: www.state.nj.us/dcf/behavioral

Fee: Medicaid only

Services: Mentoring, in-home behavioral assistance and clinical therapy, and assessment and evaluation

Eligibility: Children and their parents involved with agencies listed below

Referral: Only through Division of Child Behavioral Health Services, Value Options, Capitol County Children's Operative, or Mobile Response Stabilization Services

Eden Family of Services

One Eden Way, Princeton, NJ 08540

Phone: (609) 987-0099
Web: www.edenservices.org

Fee: None, with referral

Services: Services include year-round education with teaching techniques based on the principles of Applied Behavior Analysis (ABA). Each student's curriculum is tailored to his or her specific needs and abilities. Programs begin in early childhood and continue through adulthood.

Eligibility: Children with autism, age 3-21

Referral: School district referral

Family and Children's Services of Central NJ
120 John Street, Suite 6, Princeton, NJ 08542
2-4 Kirkpatrick and New Streets
New Brunswick, NJ 08901

Phone: (609) 924-2098
Phone: (732) 545-0366

Web: www.nj-counseling.org

PROGRAMS

Family-Child Home Program

Fee: None

Services: An intensive, two-year, home-based program in which paraprofessionals model healthy parenting skills using educational books and toys. Demonstrated outcomes include the prevention of child abuse and neglect and preparation for school

Eligibility: Parents with children ages 18-36 months

Referral: Self-referral

Family Mentor Program

Fee: None.

Services: Screened and trained volunteers are matched with at-risk families to preserve family integrity and to offer friendship and emotional support. The mentor helps link the family to community resources and advocates for the family. He/she bonds and works closely with the entire family—almost as an extended family member—for up to two years

Eligibility: At-risk families

Referral: Any

Intervention and Support

Fee: None

Services: In-school counseling program of the East Windsor Regional School District to help families and adolescent students who are experiencing difficulties in school

Eligibility: Families of adolescent students who are experiencing difficulties in school

Referral: Any

Mental Health and Family Counseling

Fee: Third party insurance, sliding fee scale, Medicare, but not Medicaid

Services: Individual, group, and family therapy. Pre-teen counseling through family counseling

Eligibility: Open

Referral: Any

Substance Abuse Recovery Services Counseling

Fee: Third-party insurance, sliding scale, Medicare but not Medicaid

Services: Program for individuals, adolescents, couples, and families who were using or abusing alcohol or drugs or who were affected by someone who is. Groups for individuals in early recovery and convicted of drunk driving. Psychiatric evaluation and medication monitoring of adults in therapy is provided as needed.

Eligibility: Open

Referral: Self-referral

Family Guidance Center
1931 Nottingham Way, Hamilton, NJ 08619

Phone: (609) 586-0668
Web: www.fgccorp.org

CENTERS

Behavioral Healthcare Service **Phone: (609) 586-0668, (609) 587-6641**

Fee: Insurance, Medicaid, sliding scale

Services: Child and adolescent counseling, family therapy, medication management by child psychiatrist

Eligibility: Ages 5-14

Referral: Any

Children's Day School **Phone: (609) 882-2288**

1925 Pennington Road, Trenton, NJ 08618

Fee: No cost with referral

Services: Education, psychotherapy, psychiatric consultation, special education school for students in grades K-10 classified with behavior disorders

Eligibility: Ages 5-16

Referral: Through child study teams

Children's Day Treatment Program **Phone: (609) 882-1898**

1925 Pennington Road, Trenton, NJ 08618

Fee: Medicaid or school district

Services: 12-month partial care for children with serious emotional difficulties (after-school program and full-day program in summer)

Eligibility: Children ages 6-14

Referral: Any

Family Preservation Service (FPS) **Phone: (609) 393-1626**

946 Edgewood Avenue, Trenton, NJ 08618

Fee: No cost with referral

Services: Short-term, intensive, in-home family education and crisis intervention services to help families with a child at risk of out-of-home placement. Therapists work with families in homes for approximately six weeks. FPS therapists provide families with anywhere from 5-20 hours per week of face-to-face contact. Therapists are available to families 24 hours per day/ 7 days a week.

Eligibility: Through NJ Division of Youth and Family Services

Referral: NJ Division of Youth and Family Services

UIH Family Partners
864 Bellevue Avenue, Trenton, NJ 08618

Phone: (609) 695-1492
Web: www.uih.org

PROGRAMS

New Empowerment Alternatives (NEA)

Fee: None

Services: Residential program for up to twelve pregnant and parenting teens and fourteen children. Program participants attend school, obtain a GED, or are involved in vocational education. They learn household management skills, computer skills, and have access to community social services.

Eligibility: Pregnant and parenting teen girls

Referral: Division of Youth and Family Services, Care Management Organization

MAC (Mother and Child) Programs

Fee: None

Services: Six-week summer camp (Camp MAC), after-school, and weekend program for adolescent mothers and their young children. MAC focuses on increasing interest and achievement in school, enhancing independent living skills, improving parenting skills, and providing positive role models and mentors.

Eligibility: Adolescent mothers and their young children living in Trenton

Referral: Division of Youth and Family Services and community referrals are accepted

Operation Fatherhood

Fee: None

Services: Vocational assessment, job skills preparation, job placement, and basic computer-training modules. The goal is to help fathers find and keep work, support their children financially, and be active fathers. Participants also learn computer skills.

Eligibility: Fathers of children 0-3, preferably teen fathers and living in Trenton

Referral: Children's Futures, Mercer County Board of Social Services, Youth Detention Center, and community referrals

The Father Center

Fee: None

Services: A multicultural resource center for fathers, offering parenting education, supervised visitation, and job-search information and resources. Fathers are encouraged to bring their children in for music and storytelling.

Eligibility: Fathers living in Trenton. Any age child

Referral: Children's Futures, Mercer County Board of Social Services, Youth Detention Center, community referrals

The Trenton Men's Collaborative

Fee: None

Services: Links to twenty-five agencies in Trenton that offer substance abuse treatment, housing assistance, job readiness, and computer training.

Eligibility: Fathers using the Father Center

Referral: Children's Futures

Family Support Organization of Burlington/Mercer
3535 Quakerbridge Road, IBIS Plaza, Suite 400
Hamilton, NJ 08619

Phone: (609) 586-1200

Fee: None

Services: One-on-one, peer-to-peer support for families receiving Care Management from Capitol Kids Collaborative, support groups, educational forums and events for any family with a child with emotional, behavioral, or mental health needs. There are also warmlines (similar to hotlines but for less urgent needs) for reassurance and information.

Eligibility: Open

Referral: Any

PROGRAMS

Youth Partnerships – Support and community service for youth ages 13-17 that have been involved with the mental health, juvenile justice, or child welfare systems. Staff are themselves parents and caregivers who have been “through the system” with a child with special needs.

Parent Education Classes – A course that uses The Total Transformation Program, that teaches parents techniques and skills to deal with problem child behaviors such as defiance, disrespectful attitudes, lying, and more. The program is offered in eight sessions, either 10 a.m. Monday mornings or 6 p.m. Thursday evenings. Referrals are through the Care Management Organization.

Spanish Speaking Parent Support Group – Support groups for parents whose native language is Spanish. Call for meeting times.

Greater Trenton Behavioral HealthCare

1001 Spruce Street, Suite 205
Trenton, NJ 08638

Phone: (888) 866-9565, (609) 396-6788
Web: www.gtbhc.org

PROGRAMS

Adolescent Day Services

Phone: (888) 866-9565, (609) 396-0800

1320 New Willow Street, Trenton, NJ 08638

Fee: Sliding scale, Medicaid, private insurance

Services: Partial care program for youth with emotional/behavioral problems including co-occurring use of drugs and alcohol. Other services include: case management; individual counseling and support; addiction treatment including random drug and alcohol screening; skill development in activities of daily living; relationships; anger management; and other essential skills; psychiatric evaluations; medication monitoring; and transportation.

Eligibility: Youth ages 12-18 (if still in high school)

Referral: All accepted

Agencies

Children's Futures Behavioral Health

Phone: (609) 369-6788 ext. 262

Fee: None

Services: The Children's Futures Behavioral Health Team works with Family Centers, Health Start Clinics, and other programs to ensure that pregnant and parenting women receive necessary services for depression and mental health, tobacco cessation, drugs, alcohol, and domestic violence. Services include: behavioral health assessments and linkage to services; in-home and center-based counseling; and education and support groups.

Eligibility: Pregnant women and women with children under six

Referral: Schools, social agencies

Home-Based Services

Phone: (888) 866-9565, (609) 396-6788 ext. 280

Fee: None

Services: Home-Based Services provides intensive, in-community services for families referred by the Case Management Organization, CSA, or Youth Case Management. Services are provided by clinically licensed staff and include individual and family treatment, family education and skill development.

Eligibility: Youth under 18 years and their families

Referral: Case Management Organization, Youth Case Management, Value Options

Outpatient Counseling – Birmingham Clinic

Phone: (888) 866-9565

832 Brunswick Ave. and East State St., Trenton, NJ

Phone: (609) 396-8877

Fee: Insurance, Medicaid, sliding scale

Services: Individual, family therapy, psychiatric evaluation, medication

Eligibility: Residents of Mercer County

Referral: Any

School-Based Services

Phone: (609) 396-6788 ext. 273

Fee: None

Services: The School-Based Program consists of three components in designated Trenton Schools: 1) ACTS serves children in grades 1-8 whose educational advancement is compromised by behavioral and/or emotional issues; 2) Truancy Outreach Services provide both school and home-based interventions for truant youth; and 3) Early Intervention Services are provided for children K-1. Services include crisis stabilization, observation and assessment, individual therapy, family work, group therapy, teacher consultation and support, linkage to other services, and case management.

Eligibility: Children in grades K-8

Referral: Accepted only from designated schools and Truancy Center

Youth Case Management

Phone: (609) 396-6788 ext. 280

Fee: None

Services: Targeted to seriously emotionally disturbed youth who have a history of are at risk of hospitalization. Services include outreach, engagement, and linkage with mental health, medical, financial, housing, and educational programs. Also provided are service coordination and advocacy, crisis intervention assistance. and discharge planning.

Eligibility: Children under 18 years and their families; children in danger of referral for residential placement or out-of-home placement

Referral: Value Options or Family Court

Agencies

Hampton Behavioral Health Center
650 Rancocas Road
Westhampton Twp., NJ 08060

Phone: (800) 603-6767
Phone: (609) 267-7000
Web: www.hamptonhospital.com

Fee: Reimbursable by most insurance companies, HMOs and Medicaid.

No sliding scale fees.

Services: Adolescent inpatient and partial hospital care program

Eligibility: Youth ages 12-17

Referral: Any

Hampton Academy
108 Burrs Road
Mount Holly, NJ 08060

Phone: (609) 267-2757
Web: www.hamptonacademy.com

Fee: None, paid for by the district

Services: Helps students learn to control their emotional responses sufficiently to return to their respective resident school districts.

Eligibility: Youth ages 12-18

Referral: From the child's resident school district. No private referrals

HiTOPS
21 Wiggins Street, Princeton, NJ 08540

Phone: (609) 683-5155
Web: www.hitops.org

PROGRAMS

The Teen Health and Education Center

Phone: (609) 683-5155

Fee: Sliding scale

Services: Reproductive and holistic preventive health care services. Health screenings and health education, particularly relating to sexual and reproductive health, and healthy relationships. The Center offers brief counseling, information and referral to PFLAG (Parents, Families, and Friends of Lesbians and Gays).

Eligibility: Teens and young adults ages 13-27

Referral: Any

Education Program

Phone: (609) 683-5155, Ext. 234

Fee: Arranged with schools, agencies and other organizations.

Services: Workshops and presentations teach parents and professionals to counsel youth about risk-reduction strategies to make responsible decisions; their sexuality; avoiding unwanted pregnancy and sexually transmitted diseases; and developing respect and responsibility for themselves and others.

Eligibility: All organizations involved with teens and youth

Referral: Any

Agencies

Teen Council

Phone: (609) 683-5155

Fee: None

Services: Trains and offers peer education related to adolescent sexuality in schools across the state

Eligibility: All organizations involved with teens and youth

Referral: Any

SASS (Sexual Assault Survivor Support)

Phone: (609) 683-5155

Fee: None

Services: Support for young women who have experience sexual assault

Eligibility: Young women in Mercer County ages 13-27

Referral: Any

First & Third

Phone: (609) 683-5155

Fee: None

Services: Comprehensive, community support for gay, lesbian, bisexual, transgender youth and their allies. A “safe zone” for any youth facing difficulties at home or school because they are gay. Meetings are held twice weekly.

Eligibility: Gay, lesbian, bisexual, transgender youth and their allies

Referral: Any

PFLAG Princeton (Parents, Families, and Friends of Lesbians and Gays)

Web: www.pflagprinceton.org

Phone: (609) 683-9507

Fee: None

Services: PFLAG promotes the health and well-being of lesbian, gay, bisexual, and transgender (LGBT) persons and their families and friends through several activities. There is teacher training to prevent anti-gay harassment, community resources for teachers, parents and students grappling with LGBT issues, and educational resources for elementary and secondary schools.

Eligibility: Young people who are exploring LGBT issues and persons who support them

Referral: The Teen Health and Education Center

Jewish Family & Children’s Service

707 Alexander Road, Princeton, NJ 08540

(Other offices in Ewing and E. Windsor)

Phone: (609) 987-8100

Web: www.jfcsonline.org

Fee: Sliding scale, participation with insurance plans and Medicare

Services: Programs with unique approaches to challenging issues (see below)

Eligibility: Youth and families with the impact of social and environmental crisis

Referral: Open

PROGRAMS

Family and Individual Counseling for parent/child problems, depression/anxiety, psychiatric medication monitoring, alcohol/drug abuse. Bilingual services are available.

New Moms is a weekly group for new moms and their babies (up to nine months old) designed to help mothers connect and discuss the daily joys and challenges of a new baby in the family.

New Moms II allows moms to discuss the joys and challenges of their second baby.

Social Skills for Kids offers child-centered play over six evenings to help children build positive peer relationships, read social cues, and develop social self-confidence. For ages 6-10. Learning comes from peer feedback and encouragement in using adaptive social skills. The fee is \$80 per child.

ACT: Adopted Children Talk allows adopted children ages 8-12 to form a community of support to learn and discuss the common feelings and experiences unique to being adopted.

SibShop is a weekly group for third, fourth and fifth graders who have siblings with special needs. It is a recreational and activity-based support program that enables children to learn from one another, and to discuss the common joys and challenges that come with having a sibling with special needs.

Mercer County Hispanic Association (MECHA)
200 East State Street, Trenton, NJ 08607

Phone: (609) 392-2446

Web: www.princetonol.com/yo/data/mecha.html

PROGRAMS

B.E.S.T. (Bilingual Employment Skills Training)

Fee: None

Services: A 6-8 week youth job-readiness program, followed by a 6-8 week job-internship placement

Eligibility: Latinos/Latinas ages 13-19

Referral: Any

Summer Camp

Fee: None

Services: An educational and recreational program during July and August for 7 weeks that serves as a viable alternative for childcare. Development, and recreational activities.

Eligibility: Low-to moderate-income Latino children ages 6-13 residing in Trenton

Referral: Any

**Mercer County Traumatic Loss Coalition
Traumatic Loss Prevention Services Office (TLPS)**

Phone: (609) 278-7924

**Web: nj.gov/counties/mercerc/departments/hs/mental.html
Teen Connection: nj.gov/counties/mercerc/departments/hs/mental.html**

Fee: None

Services: The TLPS is an interactive, countywide network that offers collaboration and support by a voluntary group of professionals, community members, and professionals working with school-age youth. The goal is suicide prevention and traumatic loss assistance to schools following unfortunate losses due to suicide, homicide, accident and illness. Services include: crisis counseling and critical incident debriefing; suicide prevention awareness; education and outreach assistance for parents and the general community; countywide conferences; training; consultation; and technical assistance. The purpose is to ensure that those working with youth have knowledge about mental health issues and resiliency enhancement.

Eligibility: Residents of Mercer County

Referral: Any

**Mercer Street Friends
151 Mercer Street, Trenton, NJ 08611**

Phone: (609) 396-1506

Web: www.mercerstreetfriends.org

PROGRAMS

Mercer Street Friends Early Childhood Education Center Phone: (609) 989-7618

Fee: None

Services: Childcare for children aged 6 months to 5 years or who are in foster homes or protective services. Transportation can be provided

Eligibility: Children 6 months to 5 years or in foster homes

Referral: Division of Youth and Family Services

School-Age Child Care

Phone: (609) 278-2400

Fee: Sliding scale

Services: Before and after-school care at 6 elementary schools (K-5th grade) in Hamilton Township, including after-school care to the Special Services District schools of Mercer County

Eligibility: Hamilton public school students

Referral: Self-referral

Youth and Family Counseling

Phone: (609) 989-1925

Fee: None

Services: Individual, group, family and substance abuse counseling for children ages 12–19 and their families who are referred by the courts, other agencies, or by themselves. Psycho-education groups include anger management, family communication, relationship enhancement, parent education, parenting skills training, and drug and alcohol counseling.

Eligibility: Mercer County residents ages 12-19

Referral: Courts, agencies, self-referral

Student Assistance Services

Phone: (609) 989-1925

Fee: None

Services: Clinical services for youth and families offered as a component of other programs and agencies that serve young people on the site of these programs.

Eligibility: Youth in contracted programs and agencies

Referral: As arranged by agency contract

Back On Track

Phone: (609) 396-1506

Fee: None

Services: After-school and summer diversion program with group and individual counseling, educational and cultural enrichment, and recreation and community service. Operates in conjunction with the Trenton Police Department, as an alternative to Family Court.

Eligibility: Youth age 9-17 who have committed one minor offense

Referral: Trenton Police Department

Mill Hill Child and Family Development Center
101-A Oakland Street, Trenton, NJ 08618

Phone: (609) 989-7333

Web: www.millhillcenter.org

PROGRAMS

Early Childhood Education

Fee: Fees for children under age 3 based on a sliding fee scale and for children over age 3, there are no fees.

Services: Early childhood education for infants and toddlers (2 months to 3 years) and preschool children (ages 4-5) assessed as at risk of abuse or neglect. The program is accredited by the National Association for Education of Young Children.

Eligibility: Trenton/Mercer County residents

Referral: Self referral by parents, the Division of Youth and Family Services, and other child welfare agencies

Parenting Center

Fee: None

Services: In an informal setting, families receive education, support, brief counseling, and classes on topics including anger management and life skills such as resume writing.

Eligibility: Parents involved with the Division of Youth and Family Services and other agencies

Referral: Division of Youth and Family Services and other child welfare agencies

Family Outreach Program

Fee: Sliding scale

Services: Kindergarten-readiness for parents of children ages 3-5. The program uses the Parents as Teachers model, where parents are trained to provide pre-school education for their children and prepare them for kindergarten.

Eligibility: All children and families enrolled in Mill Hill early childhood education

Referral: Any source

In-home Clinical Services and Behavioral Assistance

Fee: Medicaid accepted

Services: In-home treatment for mental health problems and behavioral assistance

Eligibility: Children ages 3-17 with an emotional or mental disorder

Referral: Value Options

Out-of-Home Placement Support

Fee: None

Services: Multiple services supporting children and caregivers in foster care placement, including Saturday respite care, mentoring, supervised visitation, court readiness

Eligibility: Families involved with the Division of Youth and Family Services

Referral: Through the Division of Youth and Family Services

Trenton PEERS

Fee: None

Services: Anger management and gang Intervention, Sexual health education provided to young men and women in Trenton by peers who have been trained as educators. Workshops include: Postponing Sexual Involvement, Sexually Transmitted Disease Infection Prevention; and Dating Violence.

Eligibility: Open

Referral: Any

NAMI Mercer (National Alliance on Mental Illness) Phone: (609) 799-8994
3371 Brunswick Pike, Lawrence Commons Suite 124
Lawrenceville, NJ 08648 Web: www.namimercer.org

Fee: None

Services: Education, support, and advocacy for families and individuals affected by mental illness

Eligibility: Open

Referral: Any

PROGRAMS

Visions for Tomorrow – A twelve-hour course for parents and caregivers of children and adolescents with emotional, behavioral, and/or brain disorders. Topics covered include: ADD/ADHD; Conduct & Mood Disorders; Phobias & Anxiety Disorders; Early Onset Schizophrenia; The Biology and Structure of the Brain; Parents as Case Managers; Communication Skills; Coping and Self-Care; Justice, Advocacy, and Stigma; Problem Management; and more. Teachers are trained family members and caregivers who have experienced first-hand the rewards and challenges of raising children with mental health diagnoses. The course gives skills and support they will use to help their children manage and overcome their disorders.

Helpline – Parent volunteers are available to discuss the difficulties of raising children with mental and emotional disorders and to offer resource information and support. (609) 799-8994, Monday through Friday 9 a.m. to 4 p.m.

NAMI C.A.R.E.S Kids Support group – Monthly support group for parents and caregivers of children with mental illness.

Just Kids – Social and recreational activities for families with children with mental illness.

PEI Kids

231 Lawrence Road, Lawrenceville, NJ 08648

Phone: (609) 695-3739

Web: www.peikids.org

KIDS' PREVENTION PROGRAMS

Child Assault Prevention (CAP)

Fee: Varies by school

Services: In-class workshops using role-play and guided group discussion to teach children how to recognize potentially dangerous situations and how to stay safe. The program teaches practical prevention skills including communication, self-assertion, peer support, and reporting.

Eligibility: Pre-K through sixth grade within Mercer County

Referral: Any

Kids on the Block

Fee: Varies by school

Services: Puppet presentations in auditorium setting to educate kids about personal safety, sexual and physical abuse, anti-bullying, and understanding disabilities and differences among people

Eligibility: Within Mercer County

Referral: Any

No More Bullies, No More Victims

Fee: Varies by school

Services: Program designed to sensitize kids to problems and consequences of bullying

Eligibility: K-5th grade within Mercer County

Referral: Any

Peaceful Solutions

Fee: Varies by school

Services: Collaborative third-grade program designed to strengthen problem-solving skills and emphasize conflict resolution

Eligibility: 3rd grade within Mercer County

Referral: Any

INTERVENTION PROGRAMS

Crisis Intervention for Child Victims of Sexual Abuse

Fee: Sliding scale

Services: Immediate, short-term counseling for child victims of sexual abuse ages of 3-18 and their families after disclosure of abuse. Group meeting for parents, siblings, and adolescents occur two times a month. Counseling is available in Spanish and English. Crisis intervention also has an abuse-reactive counseling program for children under age 12.

Agencies

Eligibility: Children 3-18 years old who have made a disclosure and their parents/caregivers

Referral: Law enforcement, Division of Youth and Family Services, schools, Office of the Prosecutor

Juvenile Offenders Outreach Program

Fee: None

Services: Intensive 12-week program intended to help redirect young first- and second-time offenders towards more positive approaches and pursuits

Eligibility: Ages 13-18 involved in Juvenile Justice System

Referral: Probation officers

WhyTry Program

Fee: None

Services: Strength-based and school-based life skills program for middle school youth, focusing on truancy, behavior, and academics. The program helps young people learn important life skills through topics such as Anger Management; Problem Solving; Dealing with Peer Pressure; Living with Laws and Rules; Building a Support System; and Having a Vision for the Future.

Eligibility: Students ages 10-13 at participating schools throughout Mercer County

Referral: Participating school staff and administration

Trauma, Loss & Depression: Intervention for Young Children

Fee: None

Services: An individual counseling program to help kids cope with trauma, loss, and symptoms of depression; education and support for caregivers; and workshops for school personnel

Eligibility: Children ages 5-13 living in Mercer County

Referral: Schools, trauma centers, hospitals, crisis centers, DYFS, other human services agencies

Anger Management Project

Fee: None

Services: Evening program focusing on emotional control and redirection of aggression to help participants towards more positive approaches and pursuits

Eligibility: Ages 13-18

Referral: Probation and family court, DYFS, schools

Girls at Risk: Urban Survival

Fee: None

Services: After-school program implemented in the Trenton School District that focuses on pre-adolescent and adolescent issues, positive peer support, and issues particular to young women in urban settings

Eligibility: 6th grade girls transitioning from lower to middle school

Referral: Participating Trenton Schools

CLIENT SUPPORT SERVICES

Supervised Family Visitation Program

Fee: None

Services: Program that facilitates family visitation in the foster care system with the ultimate goal of reunification, permanent placement, or adoption

Eligibility: Families involved with the Division of Youth and Family Services

Referral: Division of Youth and Family Services

Transportation Plus

Fee: None

Services: Program that enables families and individuals involved in the foster care system to be transported to appointments that directly impact their care and welfare.

Eligibility: Families involved with the Division of Youth and Family Services

Referral: Division of Youth and Family Services

Princeton House Behavioral Health

Web: www.princetonhcs.org

PROGRAMS

Partial Care & Intensive Outpatient Programs (IOP)

300 Clocktower Drive, Suite 101, Hamilton, NJ 08690

Phone: (609) 688-2750

1460 Livingston Avenue, North Brunswick

Phone: (732) 729-3600

Fee: Accepts most insurance and Medicaid

Services: Program is 6 hours per day. Door-to-door transportation is provided. There is also an after-school intensive program.

Eligibility: Adolescents who need help with psychiatric problems or have a combination of substance abuse and emotional difficulties

Referral: Any

Intensive Outpatient Programs (IOP) is for adolescents who are able to remain in school but require help with emotional problems or substance abuse issues.

Three-hour Group meets three times a week. Transportation is available in some locations.

After-School IOP Addiction Recovery Program provides therapy, education, and support for adolescents and families struggling with issues related to substance abuse. Focus is on relapse-prevention planning. Staff are certified addiction professionals and licensed therapists.

Inpatient Substance Abuse Program

905 Herrontown Road, Princeton, NJ 08540

Phone: (800) 242-2550

Fee: Accepts most insurance and Medicaid

Services: Intensive short-term treatment for chemically dependent

Eligibility: Youth aged 13-18

Referral: Any

Agencies

Safe Harbor Family Solutions
652 Whitehead Road, Trenton, NJ 08648

Phone: (609) 695-5252

Fee: Medicaid is not accepted but private insurance is.

Services: Educational advocacy for families with children with special needs.

Eligibility: Open

Referral: Any source

St. Francis Medical Center C.A.R.E.S. Program
601 Hamilton Avenue, Trenton, NJ 08629

Phone: (609) 599-5304

Fee: Accepts Medicaid only

Services: Short-term intensive partial hospital treatment (4-6 weeks), Board-certified child psychiatrist

Eligibility: Ages 5-14

Referral: Any source

Caring Families Community Services

Phone: (609) 586-1256

Fee: Medicaid, self-pay, private insurance

Services: Intensive in-home clinical services, behavioral assistance, mentoring

Eligibility: Ages 3-21

Referral: Division of Children's Behavioral Health Services, Value Options, and self-referral

The College of New Jersey – TCNJ Clinic
Forcina Hall 124, 2000 Pennington Road
Ewing, NJ 08628

Phone: (609) 771-2700

Web: www.tcnj.edu

Fee: Sliding scale based on income

Services: The TCNJ Clinic offers counseling and family therapy services to children and their parents throughout Mercer County. Services are provided by graduate and postgraduate interns under the direct supervision of experienced and licensed professionals. The team approach to treatment utilizes live supervision and videotaping for the benefit of clients and families. The interactive therapy room provides an opportunity for children and adolescents to use art and creative play for expressing themselves. Other groups may be developed based on referrals and client needs.

Eligibility: All children and parents

Referral: Any source

Agencies

Trinity Counseling Service
22 Stockton Street, Princeton, NJ 08540

Phone: (609) 924-0060
Web: www.trinitycounseling.org

Fees: Sliding scale. Not in insurance networks but will work with patients for out-of-network reimbursement.

Services: Individual and family counseling. Child psychiatrist available.

Eligibility: Any child with an emotional problem

Referral: Self-referral

The Youth Anxiety and Depression Clinic at Rutgers (YAD-C)

Rutgers Department of Clinical Psychology
152 Frelinghuysen Road, Piscataway, NJ 08854

Phone: (732) 445-6111
Web: www.Yad-c.org

Fee: Sliding scale

Services: Services to Rutgers and surrounding communities, including assessment and counseling. The approach is Cognitive Behavioral Therapy

Eligibility: Youth ages 8 to 16

Referral: Self-referral

A GLOSSARY OF TERMS USED IN CHILD AND ADOLESCENT MENTAL HEALTH

From the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Knowledge Exchange Network

Assessment – A professional review of a child and family needs, conducted when they first seek services. It includes a review of physical and mental health, intelligence, school performance, family situation, and behavior in the community. The assessment identifies the strengths of the child and family. Together, the professional and family decide what kind of treatment and supports, if any, are needed.

Case Manager – An individual who organizes and coordinates services and supports for children with mental health problems and their families. Alternate terms: service coordinator, advocate, facilitator.

Case Management – A service that helps people arrange appropriate and available services and supports. As needed, a case manager coordinates mental health, social work, education, health, vocational, transportation, advocacy, respite, and recreational services. The case manager makes sure that the child's and family's changing needs are met.

Child Protective Services – Designed to safeguard the child when there is suspicion of abuse, neglect, or abandonment, or when there is no family to take care of the child. Examples of help delivered in the home include financial assistance, vocational training, homemaker services, and day care. When in-home supports are insufficient, the child may be removed from the home on a temporary or permanent basis. The goal is to keep the child with his or her family whenever possible.

Children and Adolescents at Risk for Mental Health Problems – Children are at higher risk for developing mental health problems when certain factors occur in their lives or environment. Some of these factors are physical abuse, emotional abuse or neglect, harmful stress, discrimination, poverty, loss of a loved one, frequent moving, alcohol and other drug use, trauma, and exposure to violence.

Day Treatment – Day treatment includes special education, counseling, parent training, vocational training, skill building, crisis intervention, and recreational therapy. It lasts at least 4 hours a day. Day treatment programs work with mental health, recreation, and education organizations and may be provided by them.

DSM-IV (Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition) – An official manual of mental health problems developed by the American Psychiatric Association. This reference book is used by psychiatrists, psychologists, social workers, and other health and mental health care providers to understand and diagnose a mental health problem. Insurance companies and health care providers also use the terms and explanations in this book when they discuss mental health problems.

Early Intervention – A process for recognizing warning signs that identify individuals at risk for mental health problems and taking early action against factors that put them at risk. Early intervention can help children get better more quickly and prevent problems from becoming worse.

Emergency and Crisis Services – A group of services that are available 24 hours a day/ 7 days a week to help during a mental health emergency. When a child is thinking about suicide, these services could save his or her life. Examples: telephone crisis hotlines; crisis counseling; crisis residential treatment services; crisis outreach teams; and crisis respite care.

Family-Centered Services – Help designed for the specific needs of each individual child and his or her family.

Family Support Services – Help designed to keep the family together and to cope with mental health problems that affect them. These services may include consumer information workshops, in-home supports, family therapy, parent training, crisis services, and respite care.

Home-Based Services – Help provided in a family's home for a defined time or for as long as necessary to deal with a mental health problem. Examples include parent training, counseling, and working with family members to identify, find, or provide other help they may need. The goal is to prevent the child from being placed out of the home. Alternate term: In-home supports.

Independent Living Services – Support for a young person in living independently and getting a job. These services can include therapeutic group care or supervised apartment living. Services teach youth how to handle financial, medical, housing, transportation, and other daily living needs, as well as how to get along with others.

Individualized Services – Designed to meet the unique needs of each child and family. Services are individualized according to need, strengths, age, and stage of development.

Inpatient Hospitalization – Mental health treatment in a hospital setting 24 hours a day. The purpose of inpatient hospitalization is: (1) short-term treatment in cases where a child is in crisis and possibly a danger to self or others; and (2) diagnosis and treatment when the patient cannot be evaluated or treated appropriately in an outpatient setting.

Managed Care – A way to supervise the delivery of health care services. Managed care may specify the caregivers that the insured family can see. It may also limit the number of visits and kinds of services that will be covered.

Mental Health – Mental health refers to how a person thinks, feels, and acts when faced with life's situations. It is how people look at themselves, their lives, and the other

people in their lives, how they evaluate the challenges and the problems and explore choices. This includes handling stress, relating to other people, and making decisions.

Mental Health Problems – Mental health problems are real. These problems affect one's thoughts, body, feelings, and behavior. They can seriously interfere with a person's life. They can cause a person to become disabled. Some of these disorders are known as depression, bipolar disorder (manic-depressive illness), attention deficit hyperactivity disorder, anxiety disorders, eating disorders, schizophrenia, and conduct disorder. Alternate term: mental disorders.

Mental Illnesses – This term is usually used to refer to severe mental health problems.

Plan of Care – A treatment plan designed for each child or family. The caregivers develop the plan with the family. The plan identifies the child's and family's strengths and needs. It establishes goals and details appropriate treatment and services to meet special needs.

Residential Treatment Centers – Facilities that provide treatment 24 hours a day and can usually serve more than 12 young people at a time. Children with serious emotional disturbances receive constant supervision and care. Treatment may include individual, group, and family therapy, behavior therapy, special education, recreation therapy, and medical services. Residential treatment is usually more long-term than inpatient hospitalization.

Serious Emotional Disturbance – Diagnosable disorders in children and adolescents that severely disrupt daily functioning in the home, school, or community. Some of these disorders are depression, attention deficit hyperactivity, anxiety, conduct, and eating disorders. Serious emotional disturbances affect 1 in 10 young people.

Therapeutic Foster Care – A home where a child with a serious emotional disturbance lives with trained foster parents with access to other support services. These foster parents receive special support from organizations that provide crisis intervention, psychiatric, psychological, and social work services. The intended length of this care is usually from 6 to 12 months.

Therapeutic Group Homes – Community-based, home-like settings that provide intensive treatment services to a small number of young people (usually 5 to 10 persons). These young people work on issues that require 24-hour-per-day supervision. The home should have connections within an interagency system of care. Psychiatric services offered in this setting try to avoid hospital placement and to help the young person move toward a less restrictive living situation.

Wraparound Services – A "full-service" approach to developing help that meets the mental health needs of individual children and their families. Children and families may need a range of community support services to fully benefit from traditional mental health services such as family therapy and special education.

ACRONYMS

CAPP	Child Assault Prevention Project
CCIS	Children's Crisis Intervention Services
CIACC	Children's Interagency Coordinating Council
CIU	Crisis Intervention Unit
CMHC	Community Mental Health Center
CMHS	Center for Mental Health Services
CMO	Care Management Organization
CSA	Contract System Administrator
CSW	Certified Social Worker
DCBHS	Division of Child Behavioral Health Services
DCF	Department of Children and Families
DDD	Division of Developmental Disabilities
DDS	Division of Disability Services
DFD	Division of Family Development
DHS	Department of Human Services
DMHS	Division of Mental Health Services
DVR	Division of Vocational Rehabilitation
DYFS	Division of Youth and Family Services
FSO	Family Support Organization
HMO	Health Maintenance Organization
ICP	Individualized Crisis Plan
IEP	Individual Education Plan
JJC	Juvenile Justice Commission
LCSW	Licensed Clinical Social Worker
LGBT	Lesbian, Gay, Bisexuals, Transgendered
LPC	Licensed Professional Counselor
MCBSS	Mercer County Board of Social Services
MRSS	Mobile Response and Stabilization Services
NAMI	National Alliance on Mental Illness

Acronyms

NIMH	National Institute of Mental Health
RFP	Request for Funding Proposal
SAMHSA	Substance Abuse and Mental Health Services Administration
VO	Value Options
YCM	Youth Case Management

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