

# Community Resources

Please see the list below of all available agencies in our community:

## Emergency Services

### **Performcare - (877) 652-7624**

Performcare will schedule an in-home assessment or make referrals to the following:

*Mobile Response - (732) 842-2000* - Short-term intensive services that come to guardian/child within one hour of request

*Care Management Organization - (732) 222-8008* - Longer-term care management – connection to full range of treatment/support services, and a child/family team that creates individual service plans. Provided by Monmouth Cares.

### **Family Crisis Intervention Unit (FCIU)**

**(732) 542-2444 M-F (9am – 5 pm) OR (732) 996-7645 (after hours)**

Family Crisis Intervention Unit provides crisis intervention for families in Monmouth County on a 24-hour basis. The crisis situations involve serious conflict between the parent/guardian and the juvenile, serious threat, incorrigibility, runaway behavior, and truancy issues.

### **Monmouth County Psychiatric Emergency Screening Services (PESS) At Monmouth Medical Center – (732) 923-6999**

Monmouth Medical Center is a state-designed emergency screening service for Monmouth County. Crisis intervention, stabilization, mobile outreach, crisis hotline and family crisis services are provided through the Emergency Department or by calling the number above.

### **2<sup>nd</sup> Floor Youth Hotline - (888) 222-2228 – Call/Text 24 hours a day**

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play. Residents of New Jersey between the ages of 10 and 24 who need to talk about a problem they are facing.

## **Counseling Services**

### **Community YMCA Bayshore Family Success Center (732) 497-3811**

<http://cymca.org/locations/bayshore-family-success-center/>

The Bayshore Family Success Center promotes community connections and helps reduce feelings of isolation through resource and referral services, education and family events.

### **Community YMCA Counseling & Social Services Matawan (732) 290-9040**

The Y offers a variety of programs designed to meet the ever-changing needs of the community and provide safe, confidential services that strengthen family life and individual growth. Their team of caring and certified Y professionals are licensed to serve as counselors to youth, families and schools, specializing in social work, clinical counseling, and alcohol and drug counseling.

### **NJ Center for the Healing Arts - (732)747-2944 OR (732)747-8118**

<http://njcha.org/>

Located in Red Bank, one of the first models of integrative mental health in the country, the NJ Center for the Healing Arts integrates counseling and psychotherapy with the best practices of conventional, alternative and complementary medicine. Its model honors the importance of spirituality and community.

### **Common Ground Grief Center - (732)606-7477**

[www.commongroundgriefcenter.org/](http://www.commongroundgriefcenter.org/)

Located in Manasquan, the mission of Common Ground is to provide support in a safe place where children, teens and their families grieving a death can come together and share their experiences as they begin the journey through the grief process.

### **Catholic Charities' Family Growth Program - (732)747-9660**

<https://www.catholiccharitiestrenton.org/wp-content/uploads/2016/01/Trauma-Focused-Cognitive-Behavior-Therapy.pdf>

Trauma-Focused Cognitive Behavior Therapy (TF-CBT) helps children, teens and their parents cope with trauma. The therapy is typically provided to children ages 3 to 18 years. Talking about the trauma is done in a gradual, supportive way and is not done until the child has learned some coping skills. TF-CBT helps families manage feelings, talk about the trauma and develop plans for feeling safe in the future.

## **Family Support Organization (FSO) - (732) 542-4502**

<http://www.fbsanj.org/support/>

Family staffed to provide family-to-family peer support, education, and advocacy. Parent support groups in Spanish and English, as well as Youth Partnership program for ages 13-20.

## **CPC Behavioral Health - (732)842-2000 – Ext. 4221**

<https://cpcbehavioral.org/counseling-programs/children-adolescents/>

CPC offers a system of care for children, adolescents and families that includes a variety of treatment and programs. Each family works with their treatment team to create an individualized plan that meets their unique needs. CPC works with children and families who are experiencing problems ranging from: depression, anxiety, ADHD, OCD, mood disorders, trauma, oppositional defiant disorder, family conflict, school refusal, self-harm, substance abuse and co-occurring disorders, among others.

## **CPC Circle of Friends - (732)842-2000 – Ext. 4221**

<http://www.cpcbehavioral.org/counseling-programs/children-adolescents/intensive-outpatient-program/>

Circle of Friends is an intensive, after school outpatient program, for children aged 7-12 years old who have been identified by family, school or other community health providers as experiencing serious difficulties at home, in school or in other community settings. The program's goal is to teach children a new set of skills to help them lead a more productive life at home, at school and in the community. The Circle of Friends Program is located on the **High Point Schools** campus in Morganville which allows them the use of the recreational facilities there. The program runs after school during the school year and during the day over the summer months.

## **KHS - School Based Youth Services – (732)787-2007 Ext 2550**

<https://www.keansburg.k12.nj.us/Page/2441>

School Based Youth Services is provided out of Keansburg High School offers many programs that offer unique opportunities that service the mental health needs of our students. Their website offers additional emergency services that may be a great resource during times of stress and trauma.