

Mental Health
Reference
GUIDE

for

Monmouth
County Schools
2010 – 2011



Monmouth County Mental Health Board
Children's Inter-Agency Coordinating Council

OUR SCHOOL PAGE

Name: _____

School: _____

Office telephone # _____

Cell phone # _____

Fax # _____

Superintendent: _____

Principal: _____

Guidance Office # _____

Social Work # _____

Child Study Team # _____

School Nurse # _____

Other Important Phone #'s _____

Other Important Information: _____

Police # _____

Fire # _____

Interventions

Crisis with Imminent Risk of Harm to Self or Others

- **Call 911**
Monmouth County Psychiatric Emergency
Screening Services (PESS)
(Monmouth Medical Center) **732 923 6999**

County Hotlines 24/7

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

Hotline Numbers

- **National Hopeline Network 1 800 SUICIDE**
1 800 784 2433
www.hopeline.com
- **Boys Town National Hotline**
1 800 448 3000
- **National Suicide Prevention 1 800 273 TALK**

Suicidal Concerns – *Hotlines*

Prevention

- American Foundation for Suicide Prevention
www.afsp.org 212 363 3500
- Yellow Ribbon Suicide Prevention Program
www.yellowribbon.org 303 429 3530

Outpatient Services

- CPC Behavioral Health Care
Freehold - Red Bank **732 842 2000 x 4221**
- Community YMCA Counseling and Social Svc
Matawan **732 290 9040**
- Family and Children's Services
Long Branch **732 222 9111**
- Jewish Family & Children's Services
Asbury Park, Eatontown & Morganville
732 774 6886
- Jersey Shore Behavioral Health Svc (Meridian)
Neptune **732 643 4363**
- Mercy Center Asbury Park **732 774 9397**
- Monmouth Medical Center, Pollak Clinic
Long Branch **732 923 6500**
- Riverview Behavioral Health (Meridian)
732 869 2784
732 345 3400
- Family Crisis Intervention Unit (FCIU)
Intensive family services in community /
in home; truancy, parent-child conflict
Mon-Fri 9am—5 pm: 732-542-2444
After hours: 732-996-7645

Suicidal Concerns—*Prevention*

Information and Referral

- Mental Health Association of Monmouth County
Shrewsbury 732 542 6422
- Monmouth County Division of Mental Health
Services 732 431 7200
- NJ Division of Child Behavioral Health
1 877 652 7624
- (Contracted System Administrator – PerformCare)
- United Way - First Call for Help 211

Educational Programs/Training

- Bridges - University of Medicine & Dentistry
intended for professional school staff
www.ubhc.umdj.edu/opsr/training 1 800 762 2989
- Suicide Prevention Resource Center
Best Practices www.sprc.org
www.samhsa.gov/prevention
- Six Seconds: A non-profit organization dedicated to
bringing emotional intelligence into practice in
schools
www.6seconds.org
- Teen Screen: Columbia University
1 866 TEENSCREEN 866 833 6727

Help Lines

- 2nd Floor - Youth Support Line 1 888 222 2228
www.2ndfloor.org
- 211 Help Line (Information & Referral)

Post-vention

- Traumatic Loss Coalition of Monmouth County
732 431 7200
- Disaster Response Crisis Counselors 732 923 6999
or 732 431 7200

Suicidal Concerns

Self-Harm/Self-Mutilation

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

Interventions

- Hotlines
1 800 DON'T CUT
SAFE (Self-Abuse Finally Ends)
1 800 366 8288
1 800 273 TALK
(1 800 273 8255)
- Websites
Self-Injury: You're Not the Only One
www.selfinjury.com
- Outpatient Family Therapy - Community Providers and private practitioners through private insurance, sliding scale and clinics
- Monmouth County Division of Mental Health & Addiction Services (Information & Referral)
732 431 7200
- Mental Health Association (Information & Referral) **732 542 6422**

Legal Services

RESOURCES

- Community Health Law Project **732 380 1012**
- Legal Aid Society **732 869 5619**
- Ocean/Monmouth Legal Services
Freehold **732 866 0020**
Long Branch **732 222 3338**
- NJ Protection & Advocacy **1 800 922 7233**
- Legal Services of NJ Hotline **1 888 576 5529**

Self Harm—*Self-Mutilation*—Legal

Eating Disorders

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

Information

- National Eating Disorders Association
www.edap.org
- Medline Plus - Eating Disorders
www.nlm.nih.gov/medlineplus/eatingdisorders.html
- National Alliance on Mental Illness
www.nami.org/helpline

Interventions

- Monmouth County Division of Mental Health & Addiction Services—Information and Referral
732 431 7200
- Mental Health Association of Monmouth County Information and Referral
732 542 6422
- Physician for medical attention

General Support References

- Monmouth County Website
www.visitmonmouth.com/educationinitiative
- New Jersey 211 Community Resource Website
www.nj211.org
- New Jersey 211 Call Center
2-1-1
or 877 652 1148
- MonmouthResourceNet website
www.monmouthresourcenet.org

Eating Disorders—*General Resources*

Bullying **RESOURCES**

- Prevention First 732 663 1800
- Bullying Websites:
 - Tips on How to Handle the School Bully
www.familyeducation.com
 - Bully Beware Productions
Take Action Against Bullying
www.bullybeware.com
www.bullyfree.com
www.bullystoppers.com
 - Stop Bullying Now
www.stopbullyingnow.com
 - Anti-Bullying Network
www.antibullying.net
- Websites for Families
 - Stop Bullying Now! - Prevention, tips & games
www.stopbullyingnow.hrsa.gov/kids
 - Bullying and Your Child
www.kidshealth.org/parent/emotions/feelings/bullies.html
- New Jersey Department of Education
Monmouth County Office 732 431 7810

Traumatic Loss ***Terrorism/School Violence*** **RESOURCES**

- Monmouth County Traumatic Loss Coalition
732 431 7200
- Disaster Response Crisis Counselors
732 923 6999
or 732 431 7200

Bullying—*Traumatic Loss/School Violence*

Domestic Violence

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

INTERVENTIONS Call Local Police or 911

- 180 Turning Lives Around 732 264 4111
or 1 888 843 9262
- Domestic Violence 24-Hour Hotline 1 888 843 9262
- Program for offenders
male groups, female groups & Spanish groups
1 800 572 SAFE
- G.E.M. Counseling 732 671 6222

PREVENTION

- Parents Anonymous 1 800 THE KIDS
1 800 843 5437
- Division of Youth and Family Services
1 877 NJABUSE (1 877 652 2873)
- Keansburg Resource Network 732 495 8222
- Long Branch Concordance 732 571 1670

Sexual Assault/Rape

INTERVENTIONS

- Hotline (24/7) 1 888 264 RAPE
- Catholic Charities - Family Growth Program
732 758 0094
- 180 Turning Lives Around 732 264 4111
- Domestic Violence 1 888 843 9262
- Police and Medical Emergencies 911
- Date Rape - Date Rape is forced or coerced sex between; partners, dates, friends, and friends of friends or general acquaintances. Date rape can be coerced both physically and emotionally.

www.njcasa.org/drugs.htm
www.4woman.gov/faq
www.teenadvice.about.com
www.rainn.org 1 800 656 HOPE
1 800 656 4673

Domestic Violence—*Sex Assault/Rape*

Sexual Orientation/ Gender Identity Issues

RESOURCES

- New Jersey Gay, Lesbian, Straight Education Network
www.njglsen.org/centralnj 609-448-8243
- Red Bank Regional High School
Gay/Straight Alliance 732 842 8000
- Jersey Shore Q-Spot—GLBT Community Center
www.jsQspot.org 732 604 1791
- PFLAG (Parents, Families & Friends of Lesbians & Gays)
www.jerseyshorepflag.org 908 814 2155

Substance Abuse INTERVENTIONS

- Addiction Hotline of NJ 1 800 238 2333
- Community YMCA Counseling and Social Services
732 290 9040
- CPC Addiction Recovery Services 732 842 2000
- CPC Aberdeen Counseling Center 732 290 1700
- Monmouth County Division of Mental Health &
Addiction Services 732 431 6451
- New Hope Foundation - Inpatient 732 946 3030
Outpatient 732 308 0113
- Riverview Medical Center Behavioral Health
(Meridian) 732 345 3400

PREVENTION

- CentraState Health Awareness Ctr. 732 308 0570
- Prevention First 732 663 1800
- Alliances to Prevent Alcoholism and Drug Abuse
732 431 6451

Latino Resources

- Latino Outreach of Monmouth & Ocean
<http://www.latinoutreach.com>
- Hispanic Affairs and Resource Center of Monmouth
Asbury Park 732 774 3282
Freehold 732 431 6977
Red Bank 732 747 9000
- 180 Turning Lives Around 732 988 0390
- Mercy Center 732 774 9397

Developmental Disabilities

RESOURCES

- NJ Division of Developmental Disabilities
<http://www.state.nj.us/humanservices/ddd>
1 800 832 9173

INTERVENTIONS

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

PREVENTION

- Autism Family Services of New Jersey
www.autismfamilyservicesnj.com 1 877 AFS 4477
- ASPEN Asperger Syndrome Education Network, Inc.
Provides information, support and advocacy to individuals and families whose lives are affected by Asperger Syndrome, Pervasive Developmental Delays Not Otherwise Specified (PDD-NOS) and high-functioning Autism
www.aspennj.org
- COSAC The New Jersey Center for Outreach and Services for the Autism Community
www.njcosac.org 1 800 4 AUTISM

Transitional Living

- Collier House 732 264 3222
- IEP Youth Services 732 431 2663
- Beacon House 732 502 9245
- CPC Group Home 732 842 2000

***The New Jersey Division of Child
Behavioral Health Services***

WITHIN THE NJ DEPARTMENT OF CHILDREN AND FAMILIES

The NJ Division of Child Behavioral Health Services (DCBHS) provides emotional and behavioral health care services. **www.state.nj.us/dcf/behavioral**

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

PerformCare (CSA): 1 877 652 7624

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

- **Mobile Response and Stabilization Services (MRSS)**
Short-term intense services that come to guardian / child within one hour of request.

Referrals through PerformCare (CSA) 1 877 652 7624

To learn more, call:
CPC Access Center at 732-842-2000, press 3
www.cpcbehavioral.org

- **Unified Care Management (UCM)**
Longer term care management, connection to full range of treatment / support services, and a Child and Family Team that creates individual service plans.

Referrals through PerformCare CSA 1 877 652 7624

To learn more call:
Monmouth Cares at 732-222-8008
www.monmouthcares.org

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

No referral needed—call:

Family-Based Services Association of NJ **732-571-3272**

NJ Child Behavioral Health Services

Abuse and Neglect

Common Signs of Child Abuse and Neglect

Physical:

Bruises, welts, burns, lacerations, abrasions, fractures

Sexual:

Complaints regarding genital areas, sexually transmitted diseases, unusual knowledge about or preoccupation with sex (seduction), pregnancy, alcohol/drug abuse, excessive delinquency

Neglect:

Consistent hunger, poor hygiene, inappropriate dress, lack of supervision, unattended physical problems or medical needs, excessive absences

Emotional:

Aggressive or withdrawn behavior (inhibition of play), unusual fears or compulsive behaviors, running away, sudden change in mood or behavior, anti-social behavior

INTERVENTION

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

- To report suspicions - 24/7
 1 877 NJ ABUSE (1 877 652 2873)
 Also, schools should report to local law enforcement.
- CPC Behavioral Health Care - Anger Management
 & Substance Abuse (adolescent & adult)
 732 842 2000 x 4221
- Meridian Behavioral Health (Riverview/Jersey Shore)
 732 450 2900 or 732 345 3400
- Community YMCA Counseling and Social Services
 (adolescent & adult) **732 290 9040**
- Catholic Charities - Family Growth Program
 (substantiated sexual abuse) **732 758 0094**
- 180 Turning Lives Around - Amanda's Easel
 Art therapy for kids affected by domestic violence
 732 787 6503

PREVENTION

- Mobile Response and Stabilization Services
 1 877 652 7624
- Monmouth County Division of Social Services
 732 431 6000
- Monmouth County Department of Human Services
 732 431 7000
 for contact information: **732 308 3770**
- Family Based Services **732 571 3272**
- Parents Anonymous **1 800 843 5437**
- Division of Prevention & Community Partnerships
 www.state.nj.us/dcf/prevention

Abuse & Neglect

Emotional/Behavioral/Psychiatric

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

Crisis with Imminent Risk of Harm to Self or Others

INTERVENTIONS

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

Crisis with no Imminent Risk of Harm to Self/Others

INTERVENTIONS

- Monmouth County Child & Family Crisis
Clinicians at County Screening (PESS)
(Monmouth Medical Center) **732 923 6999**
- Mobile Response and Stabilization Services
1 877 652 7624

PREVENTION

Mental Health Services and Supports

- Amanda's Easel/180 Turning Lives Around
732 787 6503
- CentraState/Youth Emergency Assessment
(M-F 8:30-4:30) **732 294 2804**
or Crisis Hotline: **732 780 6023**
- Community YMCA Outpatient Program
732 290 9040
- Community YMCA Young People's Program
732 290 9040
- CPC Behavioral Health Care Outpatient Services
732 842 2000
- CPC Circle of Friends Partial Care Program
732 842 2000
- Family and Children's Services
732 222 9111
- Family Based Services (parent support)
732 571 3272
- Jersey Shore University Medical Center JSUMC
Outpatient Services (Meridian)
732 643 4363
- JSUMC - Children's Partial Care Program
(Meridian) **732 869 2788**
- JSUMC - Therapeutic Nursery Program
(Meridian) **732 869 2791**
- Jewish Family & Children's Services **732 774 6886**
- Keansburg Resource Network **732 495 8222**
- Long Branch Concordance **732 571 1670**
- Mental Health Association **732 542 6422**
- Mercy Center (Asbury Park) **732 774 9397**
- Monmouth Cty Div of Mental Health & Addiction Svcs
732 431 7200

continued on next page

Emotional/Behavioral/Psychiatric/Stigma

PREVENTION

Mental Health Services and Supports (continued)

- Monmouth Family Health Center 732 923 7100
- Monmouth Resource Net
www.monmouthresourcenet.org
- National Alliance on Mental Illness (NAMI)
www.nami.org 1 888 999 NAMI
- Riverview Behav Health Child & Adolescent Svcs
Therapeutic Groups & Adolescent IOP
732 345 3400
- Riverview Medical Center Outpatient Services
732 345 3400
- 2nd Floor Helpline (Youth support) 1 888 222 2228
- Family Based Services 732 571 3272

Stigma

Stigma is an attribute, behavior, or reputation which is socially discrediting in a particular way; it is a form of discrimination that causes an individual with mental illness to be classified by others in an undesirable, rejected stereotype rather than in an accepted, normal one.

Mental health stigma is fueled by the misconception of what mental illness looks like. Too often, the public perception of mental illness is—in actuality—a perception of mental illness untreated. Understanding that mental illness can be treated just like any other illness is the key to wellness and recovery.

NJ Governor's Council on Mental Health Stigma
Respect. Understanding. Change. Everyone is touched by mental illness at some point in their lives. The Council's mission is to raise awareness of mental health and address stigma as a top priority in New Jersey's effort to create a better mental health system. Mental illness *can* be treated.

RESOURCES

The NJ Governor's Council on Mental Health Stigma has created a clearing house for those seeking information and resources about mental health and mental health stigma.

NJ Governor's Council on Mental Health Stigma
Department of Human Services
Division of Mental Health Services
50 East State Street
Capital Center, PO Box 727
Trenton, NJ 08625-0727

800 382 6717

www.nj.gov/mhstigmacouncil

Emotional/Behavioral/Psychiatric/Stigma

