REFERENCE GUIDE
Monmouth County
2022-23
Children & Youth
Behavioral Health
Resource Guide

Monmouth County CIACC
Children’s Inter-Agency Coordinating Council

www.monmouthacts.org
**Monmouth County Division of Behavioral Health**

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Deputy Director and County Alcohol and Drug Abuse Director
3000 Kozloski Rd, Freehold, NJ 07728
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**Board of County Commissioners**

Thomas A. Amone, Director
Susan M. Kiley, Deputy Director
Lillian G. Burry
Nick DiRocco
Ross F. Licitra

**Monmouth County Division of Behavioral Health**

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

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

**24/7 Emergency Services**

Crisis with Imminent Risk of Harm to Self, Others or Property …. Call 911

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

…………………………………………………………. 732 923 6999

**Hospital Hotlines 24/7**

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

**Other Hotline Numbers**

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

*County Funding Available to Serve Residents who Meet Income Criteria*
Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center free to families...732 923 6999

* Mental Health Association of Monmouth County: Lifelines
   .................................................................................. 732 542 6422
American Foundation for Suicide Prevention
   ................................................................. www.afsp.org.....1 800 333 2377
Suicide Prevention Lifeline
   www.suicidepreventionlifeline.org.................1 800 273 8255
Society for the Prevention of Teen Suicide
   .......................................................... www.sptsusa.org.....732 410 7900

O u t p a t i e n t S e r v i c e s

* Catholic Charities Monmouth Counseling Program
  Office: 732 747 9660; Access Center: 1 800 360 7711

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

* YMCA Counseling and Social Services Matawan
  ..............................................................................732 260 9040

Jewish Family & Children’s Services
  Asbury Park, Eatontown & Morganville...........732 774 6886

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

Family Crisis Intervention Unit (FCIU) 106 Apple St, Tinton Falls
  Intensive family services in community/in home; truancy, parent-child conflict
  Mon-Fri 9am-5 pm: ....................................................732 542 2444
  ................................................................. After hours:732 996 7645

*County Funding Available to Serve Residents who Meet Income Criteria
INFORMATION AND REFERRAL

Mental Health Association of Monmouth County .................................................. 732 542 6422
Monmouth County Division of Behavioral Health .................................................. 732 431 7200
NJ Children's System of Care .............................................................................. 1 877 652 7624
(Contracted System Administrator – PerformCare)

EDUCATIONAL PROGRAMS/TRAINING

Community Affairs & Resource Center (CARC) 732 774 3282
g w w w . c a r c n j . o r g
Monmouth Resource Network .................................................................................... monmouthresourcenet.org
NAMI-Monmouth ............................................. 732 4NAMI or 732-462 6448
Prevention First: Div. of Preferred Behavioral Health ........................................... 732 563 1800
Suicide Prevention Resource Center ...................................................................... www.sprc.org
Substance Use & Mental Health Services Administration ...................................... www.samhsa.gov/prevention
Society for the Prevention of Teen Suicide ............................................................. www.sptsusa.org
Teen Screen: Columbia University ........................................................................ 1 866 TEENSCREEN...866 833 6727

HELP LINES

2nd Floor - Youth Support Line ................................................................. 1 888 222 2228
g w w w . 2 n d f l o o r . o r g
Help Line (Information & Referral) ............................................................ 211
Monmouth ACTS ................................................................. monmouthacts.org

POST-VENTION

Traumatic Loss Coalition of Monmouth County (through YMCA of Greater Monmouth County) ... 732.956.7782
Crisis Response Crisis Counselors ................................................................. 732 431 6451
Monmouth ACTS ............................................................................................ monmouthacts.org

SUICIDAL CONCERNS-PREOCUPACIONES SUICIDAS
**SELF-HARM / SELF-MUTILATION**

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

**INTERVENTIONS**

SAFE (Self-Abuse Finally Ends) You’re Not the Only One: selfinjury.com ....................... 800 DON’T CUT or 800 366 8288

Mental Health Association of Monmouth County ...................................................... 732 542 6422
Monmouth County Division of Behavioral Health (Information & Referral) .................. 732 431 6451

Outpatient Therapy: Community providers and private practitioners through private insurance, sliding scale and clinics.

**LEGAL SERVICES**

* Community Health Law Project.... CHLP.org 732 380 1012
** County Funding Available to Serve Residents who Meet Income Criteria

Legal Aid Society
monmouthbarassociation.com/legal-aid-society.com ............................................. 732 869 5619

South Jersey Legal Services .......... LSNJ.org 732 414 6750
Legal Services of NJ ............ LSNJ.org Hotline 888 576 5529

Disability Rights New Jersey ........... drnj.org 800 922 7233

Division of Mental Health & Guardianship Advocacy
...... nj.gov/defender/structure/mha/ 877-285-2844
NJ Office of Advocacy ........... nj.gov/dcf/about/divisions/oa ........................................ 877 543 7864

**SELF-HARM/MUTILATIONS / INTERVENTIONS / LEGAL SERVICES  6**

**MUTILACIONES INTERVENCIOS-SERVICIOS LEGALES**
**BULLYING**

Resources
Prevention First .................................. 732 663 1800
http://www.preventionfirst.net

Bullying Websites:
familyeducation.com
bullyfree.com
stopbullyingnow.com
antibullying.net
kidshealth.org

New Jersey Department of Education
Monmouth County Office .......... 732 431 7810

**TRAUMATIC LOSS**

**TERRORISM/SCHOOL VIOLENCE**

Resources
Disaster Response Crisis Counselors (DRCC)
Monmouth County Division of Behavioral Health
.............................................. 732 431 6451

Traumatic Loss Coalition of Monmouth County (through YMCA of Greater Monmouth County)
.............................................. 732.956.7782
**Domestic Violence**

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

**Interventions**

* Call Local Police or 911
  * 180 Turning Lives Around ....................732 264 4111
  
  Domestic Violence 24-Hour Hotline ......1 888 843 9262
  
  Community Affairs and Resource Center of Monmouth (CARC) Asbury Park .732 774 3282
  
  Freehold ............732 431 6977
  
  Project HEAL (Help Empower Lead) ......732 897 8190

**Preventions**

* Parents Anonymous...[www.parentsanonymous.org](http://www.parentsanonymous.org)
* National Parent Helpline .................1 855 427 2736
  
  ....................1 800 843-5437

* Department of Child Protection & Permanency
  
  1 877 NJABUSE (1 877 652 2873)
  
  ....................TTY 1 800 835 5510

**Sexual Assault/Rape Interventions**

* Hotline (24/7) ........................................1 888 264 RAPE
  
  * 180 Turning Lives Around ....................732 264 4111
  
  Catholic Charities - Family Growth Program
  
  .................732 747 9660 (Office)
  
  1 800 360 7711 (Access Center)

* Police and Medical Emergencies ...........911

**Date Rape**

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

* New Jersey Coalition Against Sexual Assault (NJCASA) ..................[www.njcaso.org/get-help-now](http://www.njcaso.org/get-help-now)
* National Sexual Assault Hotline .............[www.rainn.org](http://www.rainn.org)
  
  ....................1 800 656 HOPE, 1 800 656 4673

* County Funding Available to Serve Residents
  
  who Meet Income Criteria

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**Domestic Violence / Sexual Assault/Rape-violencia & doméstica-agresión sexual-violación**
Eating disorders involve behaviors, such as extreme and unhealthy reduction of food or severe overeating, as well as feelings of distress or extreme concern about body shape or weight.

Information
National Eating Disorders Association—nationaleatingdisorders.org
Helpline: 800 931 2237

Interventions
Monmouth County Division of Behavioral Health
Info and Referral—732 431 6451
Mental Health Association of Monmouth County —732 542 6422
GenPsych—GenPsych.com—855 436 7792
Penn Medicine—PrincetonHCS.org—888 437 1610

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

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

Eating Disorders / General Resources—Trastornos Alimentarios-Recursos Generales
### LGBTQ+ Resources

- **Garden State Equality**
  - 973 509 5428
  - gardenstateequality.org

- **Jersey Shore Q-Spot—LGBT Community Center**
  - 732 604 1791
  - qspot.org

- **Monmouth County Consortium on LGBT Youth**
  - makeitbetter4youth.org

- **New Jersey Gay, Lesbian & Straight Education Network (GLSEN)**
  - njglSEN.org
  - 609 448 8243

- **PFLAG (Parents, Families & Friends of Lesbians & Gays)**
  - jerseyshorepflag.org
  - 908 814 2155

- **Project R.E.A.L. (Real Empowerment on All Levels)**
  - 732 455 5516

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

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

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

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**LGBTQ+ Resources / Substance Use / Latino Resources**

**Recursos LGBTQ+ / Uso de Susancias / Recursos Latinos**
Within the NJ Department of Children and Families

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

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

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

PerformCare (CSA): 1 877 652 7624

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

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

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

  **Referrals to MRSS & CMO must be made through PerformCare 877 652 7624**

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

  **No referral needed call:**
  Family-Based Services Association of NJ 732 542 4502

The Children’s Inter-Agency Council exists to discover gaps and barriers to service and to report those gaps and barriers to the County and State. Having family voice as a part of the CIACC is critical. If you are interested in sharing your family’s story and/or becoming part of the Monmouth County CIACC, please email us at: CIACC@co.monmouth.nj.us
Families can call PerformCare when a youth is in a non-life-threatening mental health crisis for immediate assistance. Youth can also apply for “DD Eligibility” up to age 18 and call for direct services when in crisis or in need of behavioral supports, life skills, summer camp assistance, respite, educational advocacy, and assistive technology.

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performcarenj.org
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877 652 7624

State website for health and early intervention information

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state.nj.us/health/fhs/sch/
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732 224 6950

Ombudsman for I/DD Individuals and Families

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disabilityombudsman.nj.gov/
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609-984-7764

Monmouth County Special Needs Registry

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mcsnrmnj.org/
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732 493 1919

ARC of Monmouth

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arcofmonmouth.org
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ASPEN Asperger Syndrome Education Network, Inc

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aspennj.org
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732 321-0880

Autism Family Services of NJ

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autismfalyservicesnj.org
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877 237 4477

Autism NJ

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Autismnj.org
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609-588-8200
Intellectual/Developmental Disabilities

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

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

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

Disability Rights NJ Advocacy, training, education, and technical assistance to individuals with disabilities
………………………………………………drnj.org/ 800-922-7233

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

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

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

SPAN Parent Advocacy Network
…………………………………www.spanadvocacy.org…800 654 SPAN

Transitional Living

Beacon House catholiccharitiestrenton.org
…………………………………732 502 9245

Collier House collieryouthservices.org ….732 264 3222

Covenant House: Food, clothing, hygiene, education & employment referrals; emergency shelter (ages 18-21)
Outreach:………………………… 732 674 4702 or 609 289 5359

Project Stepping Stone IEP youthservices.org
……………………………………………732 577 9906

Developmental Disabilities /Transitional Living 13
Discapacidades del Desarrollo/Vida de transición
Common Signs of Child Abuse and Neglect

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

**Intervention**

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

(N.J.S.A. 9:6-8.10)

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

*Schools should report to local law enforcement*

180 Turning Lives Around - Amanda’s Easel
Art therapy for kids affected by domestic violence

* Catholic Charities - Family Growth Program
(substantiated sexual abuse)……….732 747 9660 (Office)

............................... …..1 800 360 7711 (Access Center)

**Prevention/Information/Referral**

* CPC Behavioral Health Care - Anger Management & Substance Use (adolescent & adult) .................. 800 250 9811

Jersey Shore Behavioral Health Services: Neptune

.......................................................... 732 889 2784

* YMCA Counseling and Social Services (adolescent & adult)

.......................................................... 732 290 9040

Mobile Response and Stabilization Services….1 877 652 7624

Family Based Services .........................732 542 4502

Family Helpline ......................................1 800 843 5437

Division of Prevention & Community Partnerships

......................state.nj.us/dcf/prevention

Parents Anonymous .........................parentsanonymous.org

*County Funding Available to Serve Residents who Meet Income Criteria*
Emotional/Behavioral/Psychiatric

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

Crisis with Imminent Risk of Harm to Self or Others

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

Crisis with NO Imminent Risk of Harm to Self/Others

Family Crisis Intervention Unit (FCIU)........ 732 542 2444
Monmouth County Child & Family Crisis Clinicians at County Screening (PESS) at Monmouth Medical Center
 ................................................................. 732 923 6999
Mobile Response and Stabilization Services
 .......... 1 877 652 7624

Mental Health Services/Supports

Amanda’s Easel/180 Turning Lives Around
 ..................... 732 787 6503
* Catholic Charities Monmouth Counseling Program
      Office: 732 747 9660,
      Access Center 1 800 360 7711
* CPC Behavioral Health Care Outpatient Services
 ................................................................. 800 250 9811
Family Based Services (parent support) ... 732 542 4502
High Focus IOP & Partial Day Substance Use & Psychiatric Treatment Programs ............ 800 877 3628
Jersey Shore University Medical Center
JSUMC Outpatient Services ............... 732 643 4363
Jewish Family & Children’s Service ........ 732 774 6886
Mental Health Association—Monmouth... 732 542 6422
Mercy Center (Asbury Park)............. 732 774 9397

*County Funding Available to Serve Residents who Meet Income Criteria

Continued on next page...
Mental Health Services/Supports (continued)

Monmouth Resource Net...www.monmouthresourcenet.org

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

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

2ndFloor Helpline (Youth support).........................888 222 2228

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

**County Funding Available to Serve Residents who Meet Income Criteria

Stigma

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

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

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

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

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

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

Emotional/Behavioral/Psychiatric/Stigma