
PREVENTION

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center **732 923 6999**
- American Foundation for Suicide Prevention
www.afsp.org **1 800 333 2377**
- Suicide Prevention Lifeline
www.suicidepreventionlifeline.org .. **1 800 273 8255**
- Society for the Prevention of Teen Suicide
www.sptsusa.org **732 410 7900**

OUTPATIENT SERVICES

- Catholic Charities Monmouth Counseling Program
Office: **732 747 9660**; Access Center: **1 800 360 7711**
- CPC Behavioral Health Care
Freehold - Red Bank **732 842 2000 x4221**
- 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**
- Monmouth Medical Center, Pollak Clinic
Long Branch..... **732 923 5220**
- Riverview Behavioral Health (Meridian) **732 345 3400**
- Family Crisis Intervention Unit (FCIU)
Intensive family services in community/in home;
truancy, parent-child conflict

SUICIDE CONCERNS - PREVENTION

4

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SUICIDE CONCERNS - PREVENTION

4

INFORMATION AND REFERRAL

- Mental Health Association of Monmouth County
Shrewsbury **732 542 6422**
- Monmouth County Office of Mental Health **732 431 7200**
- NJ Children’s System of Care **1 877 652 7624**
(Contracted System Administrator – PerformCare)

EDUCATIONAL PROGRAMS/TRAINING

- Rutgers University Behavioral Health care
www.ubhc.umdnj.edu/opsr/programs **1 800 762 2989**
- Community Affairs & Resource Center (CARC) **732 774 3282**
..... **www.carcnj.org**
- Suicide Prevention Resource Center
..... **www.sprc.org**
- Substance Use & Mental Health Services Administration
..... **www.samhsa.gov/prevention**
- Society for the Prevention of Teen Suicide
..... **www.sptsusa.org**
- Teen Screen: Columbia University
..... **1 866 TEENSCREEN, 866 833 6727**

HELP LINES

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

POST-VENTION

- Traumatic Loss Coalition of Monmouth County **732 431 7200**
- Disaster Response Crisis Counselors **732 431 7200**

SUICIDAL CONCERNS

5

6.5”

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SUICIDAL CONCERNS

5

6.5”

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 or **1 800 366 8288**
 - SAFE (Self-Abuse Finally Ends)
 - 1 800 273 TALK or **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 Office of Mental Health
 - (Information & Referral) **732 431 7200**
 - Mental Health Association (Info & Referral)
 - **732 542 6422**

LEGAL SERVICES

Resources

- Community Health Law Project..... **732 380 1012**
- Legal Aid Society **732 869 5619**
- South Jersey Legal Services..... **732 414 6750**
- NJ Protection & Advocacy **1 800 922 7233**
- Legal Services of NJ Hotline **1 888 576 5529**
- Disability Rights New Jersey..... **1 800 922 7233**
- Div. of Mental Health & Guardianship Advocacy
- **732 869 2262**
- NJ Office of Advocacy..... **1 877 543 7864**

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BULLYING

Resources

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

- Bullying Websites:
 - www.familyeducation.com
 - www.bullybeware.com
 - www.bullyfree.com
 - www.bullystoppers.com
 - www.stopbullyingnow.com
 - www.antibullying.net
 - www.kidshealth.org

- 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
County Office of Mental Health.. **732 431 7200**

- Community YMCA Traumatic Loss Coalition
..... **732-956-7782**

BULLYING

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DOMESTIC VIOLENCE

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

INTERVENTIONS

Call Local Police or 911

- 180 Turning Lives Around732 264 4111
- Domestic Violence 24-Hour Hotline.....1 888 843 9262

PREVENTIONS

- Parents Anonymous...www.parentsanonymous.org
- National Parent Helpline.....1 855 427 2736
..... 1 800 843-5437
- Department of Child Protection & Permanency
.....1 877 NJABUSE (1 877 652 2873)
.....TTY 1 800 835 5510
- Long Branch Concordance Family Success Center
.....732 571 1670

SEXUAL ASSAULT/RAPE INTERVENTIONS

- Hotline (24/7) 1 888 264 RAPE
- 180 Turning Lives Around732 264 4111
- Catholic Charities - Family Growth Program
.....732 747 9660 (Office)
1 800 360 7711 (Access Center)
- Domestic Violence.....1 888 843 9262
- **Police and Medical Emergencies911**
- Date Rape - Date Rape is forced or coerced sex between: partners, dates, friends, friends of friends or general acquaintances. Date rape can be coerced both physically and emotionally.
- New Jersey Coalition Against Sexual Assault (NJCASA) www.njcasa.org/get-help-now
- National Sexual Assault Hotlinewww.rainn.org
..... 1 800 656 HOPE
.....1 800 656 4673

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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.nationaleatingdisorders.org
.....Helpline: **800 931 2237**
- Medline Plus - Eating Disorders
www.nlm.nih.gov/medlineplus/eatingdisorders.html
- National Alliance on Mental Illness.....**1 800.950.6264**
.....**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**
Dr. Donald Erwin Monmouth Psychological Associates
..... **732 530 9029**

GENERAL SUPPORT REFERENCES

- Acelero Learning - Head Start: free preschool for children ages 3 to 5 years old.....**732 570-5639**
http://almm.acelero.net/parent-guardian-interest-form
- Covenant House: food, clothing, hygiene, education & employment referrals; emergency shelter (ages 18-21)
Outreach: **732-674-4702 or 609-289-5359**
- Education Partnership Website
.....**www.educationpartnership-monmouth.org**
- New Jersey 211 Call Center .. **211 or 877 652 1148 or**
.....**www.nj211.org**
- NJ Center for Tourette Syndrome & Associated Disorders – 908-575-7350 Website:
.....**www.njcts.org**
- Monmouth Resource Net website
www.monmouthresourcenet.org
- Long Branch Concordance **www.LBC4help.org**
.....**732 571 1670**
- Ocean Township Human Services.....**732 531 2600**

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**SEXUAL ORIENTATION/
GENDER IDENTITY ISSUES**

Resources

- New Jersey Gay, Lesbian & Straight
Education Network (GLSEN)
www.njglsen.org 609 448 8243
- Jersey Shore Q-Spot—LGBT Community Center
www.qspot.org 732 604 1791
- PFLAG
(Parents, Families & Friends of Lesbians & Gays)
www.jerseyshorepflag.org 908 814 2155
- Monmouth County Consortium on LGBT Youth
www.makeitbetter4youth.org

SUBSTANCE USE

Interventions

- Addictions 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 Use
..... **732 431 6451**

LATINO RESOURCES

www.latinoutreach.com

- 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**

SEXUAL ORIENTATION-SUBSTANCE USE-LATINO RESOURCES 10

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LATINO RESOURCES

www.latinoutreach.com

- 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**

SEXUAL ORIENTATION-SUBSTANCE USE-LATINO RESOURCES 10

CHILDREN'S SYSTEM OF CARE

Within the NJ Department of Children and Families

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

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

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

PerformCare (CSA): 1 877 652 7624

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

- **Mobile Response and Stabilization Services (MRSS)**
Short-term intense services that come to guardian / child within one hour of request.
Services provided by CPC Behavioral Healthcare
..... **732 842 2000**
- **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.
Services provided by MonmouthCares
..... **732 222 8008**

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**

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DEVELOPMENTAL DISABILITIES

Resources

NJ Children's System of Care
www.nj.gov/dcf/about/divisions/dcsc
www.performcarenj.com

- SPAN/Statewide Parent Advocacy Network
www.spanadvocacy.org 1 800 654 SPAN
- ARC Monmouth Unit www.arcofmonmouth.org
..... 732 493 1919
- LADACIN Network www.ladacin.org 732 493 5900
- Easter Seals nj.easterseals.com..... 732 257 6662

Interventions

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

Prevention

- Autism Family Services of New Jersey
www.autismfamilyservicesnj.org 1 877 237 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.autismnj.org 1 800 4 AUTISM
- SEARCH Day Program (Autistic Spectrum Disorder)
www.searchdayprogram.com . 732 531 0454
- CHADD (Children & Adults with Attention
Deficit/Hyperactivity Disorder)
www.chadd.org 732 552 8012

TRANSITIONAL LIVING

Beacon House

www.catholiccharitiestrenton.org 732 502 9245

Collier House www.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

CPC Group Home www.cpcbehavioral.org 732 842 2000

PROJECT STEPPING STONE

www.iepyouthservices.org 732 577 9906

DEVELOPMENTAL DISABILITIES - TRANSITIONAL LIVING 12

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- Visiting Nurse Association www.vnahg.org
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www.autismfamilyservicesnj.org 1 877 237 4477
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DEVELOPMENTAL DISABILITIES - TRANSITIONAL LIVING 12

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
..... **1 877 NJ ABUSE (1 877 652 2873)**

Schools should report to local law enforcement

- CPC Behavioral Health Care - Anger Management & Substance Use (adolescent & adult)
..... **732 842 2000 x4221**
- Meridian Behavioral Health (Riverview/Jersey Shore)
..... **732 450 2900**
- Community YMCA Counseling and Social Services (adolescent & adult)..... **732 290 9040**
- Catholic Charities - Family Growth Program (substantiated sexual abuse)..... **732 747 9660 (Office)**
1 800 360 7711 (Access Center)
- 180 Turning Lives Around - Amanda's Easel
Art therapy for kids affected by domestic violence
..... **732 787 6503**

Prevention/Information/Referral

- 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
..... **www.state.nj.us/dcf/prevention**
- Parents Anonymous...**www.parentsanonymous.org/**

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**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) at Monmouth Medical Center
..... **732 923 6999**
- Take child to local emergency room

Crisis with NO Imminent Risk of Harm to Self/Others

Interventions

- 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
- CHADD—ADHD Information & Support..... **732 552 8012**
- Community YMCA Outpatient Program & Children's Program (YIPPEE) **732 290 9040**
- CPC Behavioral Health Care Outpatient Services
..... **732 842 2000**
- Family and Children's Services **732 222 9111**
- 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 (Meridian) **732 643 4363**
- JSUMC - Children's Partial Care Program & Therapeutic Nursery Program (Meridian)..... **732 869 2784**
- Jewish Family & Children's Service **732 774 6886**
- Long Branch Concordance **732 571 1670**
- Mental Health Association—Monmouth **732 542 6422**
- Mercy Center (Asbury Park)..... **732 774 9397**

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**MENTAL HEALTH
SERVICES/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**
- NAMI-Monmouth..... **732 4NAMI 4U or 732 462 6448**
- Riverview Behavioral Health Child & Adolescent Services
Therapeutic Groups & Adolescent IOP
..... **732 345 3400**
- Riverview Medical Center Outpatient Services
..... **732 345 3400**
- 2ndFloor Helpline (Youth support) **1 888 222 2228**
- Family Based Services **732 542 4502**
- CentraState Youth Emergency Assessment Services
Monday—Friday from 8:30am to 4:30pm
..... **732 294 2804**

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.
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