

Mental Health
Reference
GUIDE

for
Monmouth
County Schools
2008-2009



Monmouth County Mental Health Board/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**
- Call Monmouth Medical Center
Child/Family Crisis Clinicians
732 923 6999 (9 a.m. - 9 p.m.)

County Hotlines 24/7

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

Hotline Numbers

National Hopeline Network **1 800 SUICIDE**
1 800 784 2433
www.hopeline.com

Girls and Boys Town National Hotline
1 800 448 3000

Suicidal Concerns - Hotlines

Prevention

- Children's Mobile Response & Stabilization System
1 877 652 7624 Provides on-site response within one hour to diffuse an emotional/behavioral disturbance that endangers the child's continued placement in their living arrangement.

Outpatient Services

- CPC Behavioral Healthcare
Freehold - Red Bank **732 842 2000 x 4221**
- Community YMCA Family Services
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 Services
Neptune **732 643 4363**
- Mercy Center Asbury Park **732 774 9397**
- Monmouth Medical Center, Pollak Clinic
Long Branch **732 923 6500**
- Riverview Behavioral Health Shrewsbury
First time appointment **732 869 2784 x2**
All other questions **732 345 3400**
- Private Practitioners are referred by private insurance

Information

- American Foundation for Suicide Prevention
www.afsp.org 212 363 3500

Suicidal Concerns - *Prevention*

Information and Referral

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

Educational Programs/Training

- Bridges - University of Medicine & Dentistry
intended for professional school staff **1 800 762 2989**
- SIGNS OF SUICIDE: Mental Health Screening
intended for high school students **www.mentalhealth.org**
- Six Seconds: A Non-profit organization dedicated to
bringing emotional intelligence into practice in schools
www.6seconds.org
- Teen Screen: Columbia University
1 TEENSCREEN **1 866 833 6727**
- Yellow Ribbon Suicide Prevention Program **303 429 3530**
www.yellowribbon.org

Help Lines

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

Post-vention

- Traumatic Loss Coalition of Monmouth County
732 431 7200
- Disaster/Critical Incident Response Team **732 923 6999**
or
732 431 7200

Suicidal Concerns ***Information, Referral & Education***

Self-Harm/Self-Mutilation

Self-mutilation is a disorder that causes the participant to intentionally harm or inflict pain on themselves

Interventions

- Hotlines
1 800 DON'T CUT
SAFE (Self-Abuse Finally Ends) **1 800 366 8288**
- 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 **732 502 0059**
- Legal Aid Society **732 869-5619**
- Ocean/Monmouth Legal Services
Freehold **732 866 0020**
Long Branch **732 222 3338**
- Office of the Child Advocate **1 877 543 7864**
- 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 serious disturbances in eating behavior, 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 Alliance on Mental Illness
www.nami.org/helpline
- National Eating Disorders Association
www.edap.org
- Medline Plus - Eating Disorders
www.nlm.nih.gov/medlineplus/eatingdisorders.html

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
- American Anorexia/Bulimia Association of NJ
AA/BA of NJ
1 800 522 2230
- Primary Care Physician for medical attention
- Private Practitioners - referred by private insurance

General Support References

- Monmouth County website
www.visitmonmouth.com
- New Jersey 211 Community Resource Website
www.nj211.org
- New Jersey 211 Call Center
2-1-1
- 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 B'Ware Productions
Take Action Against Bullying
www.bullybeware.com
www.bullyfree.com
www.bullystoppers
 - 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
 - Bullying and Your Child
www.kidshealth.org/parent/emotions/feelings/bullies.html

Traumatic Loss Terrorism/School Violence

RESOURCES

- Monmouth County Traumatic Loss Coalition
732 431 7200
- Monmouth County Critical Incident Response Team
732 431 7200
or
732 923 6999

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 **1 800 843 9262**
- Domestic Violence 24-Hour Hotline **1 888 843 9262**
- Program for offenders
male groups, female groups & Spanish groups
1 800 572 SAFE

PREVENTION

- Parents Anonymous **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**
- Red Bank Family Support Center **732 747 5790**

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, some emotional tactics include; threats to reputation, threats “not to like you”, and name calling

www.njcasa.org/drugs.htm

www.4woman.gov/faq/rohypnol.htm

www.teenadvice.about.com

Domestic Violence - *Sex Assault/Rape*

Sexual Orientation/ Gender Identity Issues

For various reasons the experience of gay, lesbian, and bisexual teenagers is often one of isolation, fear of stigmatization, and lack of peer or familial support

RESOURCES

- New Jersey Gay, Lesbian, Straight Education Network **www.njglsen.org**
- Gay Straight Alliance GSA for assistance in starting GSA in High Schools **www.njgsaforum.org**
- Red Bank Regional High School Gay/Straight Alliance **732 842 8000**
- Jersey Shore Q-Spot - GLBT Community Center **jsQspot.org 732 604 1791**

Substance Abuse

INTERVENTIONS

- Addiction Hotline of NJ **1 800 238 2333**
- Community YMCA Family Services **732 290 9040**
- CPC Addiction Recovery Services **732 842 2000**
- CPC Young Adult Support Group **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/Addiction Recovery Services **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 **www.latinoutreach.com**
- Hispanic Affairs and Resource Center of Monmouth
Asbury Park **732 774 3282**
Freehold **732 431 6977**
Red Bank **732 747 9000**

Developmental Disabilities

RESOURCES

A crisis is an intense behavioral episode (physical aggression, threats of aggression, self-abusive behavior, and/or destruction of property), that would threaten the stability of the living arrangement

- Center for Innovative Family Achievement
home-based services for children - child must be registered with Division of Developmental Disabilities
Mobile Crisis **1 609 394 2507**
- New Jersey Department of Education
Monmouth County office **732 431 7810**
www.co.monmouth.nj.us/education

INTERVENTIONS

- Center for Innovative Family Achievement
home-based services for children
1 609 394 2507
- Family Support Center of New Jersey
Information, family support programs and services
1 800 372 6510
- 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, 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**
For age 18+
- IEP Youth Services - Project Stepping Stone
732 431 5872
For ages 17 - 21
- Beacon House **732 502 9245**

Developmental Disabilities-Transitional Living

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) also known as the DCBHS System of Care for Children, is designed to keep children with emotional and behavioral challenges at home, in school and out of trouble. NJ resident parents and guardians of children may request service without regard to documented status.

www.state.nj.us/dcf/behavioral/

SINGLE POINT OF ENTRY STATEWIDE

24/7 Toll-free access line - Spanish & English

- **The DCBHS Contracted System Administrator (CSA)**

To obtain access to Mobile Response (crisis) services or to schedule an assessment to determine what level of care (below) your child is eligible to receive. Please note that families with private insurance that covers children's mental health will be directed to their insurance company if requesting an assessment. Mobile Response services are without regard to insurance status.

CSA (Value Options) **1 877 652 7624**

LEVELS OF CARE

- **Mobile Response and Stabilization Services (MRSS)**

Short-term intense services to keep children at home and stable

Referrals through the CSA **1 877 652 7624**

For information about the Mobile Response program call the CPC Access Center at 732-842-2000

- **Unified Case/Care Management**

Youth Case Management (YCM)

Face-to-face case management and access to specialized services

and the Care Management Organization (CMO)

Intense family involvement through creation of a Child and Family Team and access to specialized services

will be combined into a single entity

Referrals through the CSA **1 877 652 7624**

UNIFICATION WILL NOT AFFECT THE REFERRAL PROCESS

- **Family Support Organization (FSO)**

Family staffed and family run parent to parent support. Support groups in Spanish & English Youth Partnership for ages 13 - 20.

Call direct, no referral needed **732-571-3272**

Family-Based Services Association of NJ

NJ Child Behavioral Health Services

Abuse and Neglect

Any mistreatment or neglect of a child is abuse

POSSIBLE INDICATORS OF ABUSE OR NEGLECT

- Any pattern or unusual location of injuries
- A parent's explosive or suspicious behavior
- Major changes in the child's behavior
- Extreme behavior that is aggressive, disruptive or destructive
- An "uncared for" appearance - dingy or inappropriate clothing, poor hygiene, malnourished
- Lack of supervision
- A need for health care
- Educational Neglect

INTERVENTION

In NJ, every citizen, no matter what their occupation or relationship to the child, who comes in contact and observes behavior or conditions that might indicate abuse or neglect is required by law to report their suspicions. Then, state authorities can investigate and take appropriate action.

- Division of Youth and Family Services
Child Abuse Reporting Hotline - 24/7
1 877 NJABUSE (1 877 652)
Also schools should report to local law enforcement
- CPC Behavioral Healthcare - Anger Management
& Substance Abuse (adolescent & adult)
Access Center 732 842 2000 x 4221
- Riverview Medical Center - Outpatient Mental Health
& Substance Abuse Services **732 345 3400**
- Community YMCA Family Services
& Substance Abuse (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
to preserve placement **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 Support Organization **732 571 3272**
- Parents Anonymous **1 800 843 5437**

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**
- Call county screening at Monmouth Medical Center
732 923 6999
- Take child to local emergency room
- Call Monmouth County Child & Family Crisis
Clinicians 9 a.m. to 9 p.m. **732 923 6999**

Crisis with no Imminent Risk of Harm to Self/Others

INTERVENTIONS

- Center for Innovative Family Achievement CIFA
Children/youth must be registered with Division of
Developmental Disabilities to access this service
Mobile Crisis **1 800 987 7378**
- Monmouth Medical Center/Child and Family
Crisis Clinicians **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 9-5) **732 294 2804**
- Community YMCA Outpatient Services
732 290 9040
- Community YMCA Young People's Program
732 290 9040
- CPC Behavioral Healthcare Outpatient Services
732 842 2000
- CPC In-home Therapeutic 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 **732 643 4363**
- JSUMC - Children's Partial Care Program
732 869 2788
- JSUMC - Therapeutic Nursery Program
732 869 2784
- 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**
- Mon Cty Div of Mental Health & Addiction Svcs
732 431 7200

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PREVENTION

Mental Health Services and Supports (continued)

- Monmouth Medical Center Outpatient Svcs
732 923 7100
- Monmouth Resource Net
www.monmouthresourcenet.org
- National Alliance on Mental Illness (NAMI)
www.nami.org 1 800 955 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**
- Youth Partnership **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

www.nj.gov/mhstigmacouncil

