

Mental Health
Reference
GUIDE
for
Monmouth
County Schools



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 # _____

Suicidal Concerns - *Hotlines*

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 - *Prevention*

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 Health Care
Freehold - Red Bank **732 842 2000 x 4221**
- Catholic Charities Family & Community Services
Monmouth County **1 800 360 7711**
- 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, Red Bank **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 Medical Center
Red Bank **732 450 2900**
- Private Practitioners are referred by private insurance

Information

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

Information & Referral - *Education*

Information and Referral

- Mental Health Association of Monmouth County
Eatontown **732 542 6422**
- Monmouth County Division of Mental Health
Freehold **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**

Help Lines

- 2nd Floor - Youth Support Line **1 888 222 2228**
- FACES - Youth Support Line **1 877 NJFACES**
- **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**

Self Harm - *Self-Mutilation*

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 (Information & Referral) **732 431 7200**
- Mental Health Association (Information & Referral) **732 542 6422**

Eating Disorders

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 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

Bullying - School Violence

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

Domestic Violence - *Sex Assault/Rape*

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 5435**
- 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, 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

Sexual Orientation-Substance Use -Legal

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**

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**
- Monmouth County Division of Alcohol and Drug Abuse Services **732 431 6451**
- New Hope Foundation - Inpatient **732 946 3030**
Outpatient **732 308 0113**
- Riverview Medical Center/Addiction Recovery Services **732 450 2900**

PREVENTION

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

Legal Services

RESOURCES

- Community Health Law Project **732 502 0059**
- Legal Aid Society **732 776 7733**
- Ocean/Monmouth Legal Services **732 866 0020**
- Office of the Child Advocate **1 877 543 7864**

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 DDD
Mobile Crisis **1 609 394 2507**

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
1 877 AFS 4477
www.autismfamilyservicesnj.com
- 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
1 800 4 AUTISM
www.njcosac.org

Abuse & 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 2873)
Also schools should report to local law enforcement
- CPC Behavioral Health Care - Anger Management & Substance Abuse (adolescent & adult)
732 842 2000 x 4221

- Riverview Medical Center
Substance Abuse Treatment **732 450 2900**
- Community YMCA Family Services
Anger Management (adolescent)
& 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**
- Catholic Charities Family & Community Services
Access Line **1 800 360 7711**
- Community YMCA Intensive Outpatient Program **732 290 9040**
- Community YMCA Outpatient Services **732 290 9040**
- Community YMCA Young People's Program **732 290 9040**
- CPC Behavioral Health Care 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**
- FACES (Youth Support) **1 877 NJFACES**
- 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 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 Division of Mental Health **732 431 7200**
- Monmouth Medical Center Outpatient Svcs **732 495 8222**
- NJ Division of Child Behavioral Health **1 877 652 7624**
(Contracted System Administrator - Value Options)
- Project Start **732 842 2000 x4221**
- Riverview Medical Center Outpatient Svcs **732 450 2900**
- Riverview Adolescent Intensive Outpatient Program
Addiction Recovery Services **732 450 2900**
- 2nd Floor Helpline (Youth support) **1 888 222 2228**
- Youth Emergency Assessment (M-F 9-5) **732 294 2804**
- Youth Partnership **732 571 3272**

We would like to thank the following agencies and businesses for their support in making this reference guide possible.

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CPC Behavioral Healthcare

CentraState Hospital Foundation

Freehold Child Diagnostic Center

Jersey Shore University Medical Center

Keansburg Resource Network

Mayo Auto Service of Red Bank

Mental Health Association of Monmouth

MonmouthCares

Monmouth County Superintendent of Schools

Monmouth Medical Center

Traumatic Loss Coalition

For more information please contact the Monmouth County
Division of Mental Health **732 431 7200**