

CPC Behavioral Healthcare provides a full continuum of services for children, teens and families ages 5-17 years old who live in Monmouth County.

Services are provided to children with behavioral and psychiatric conditions including depression, anxiety, substance abuse, ADHD, and others.

Services are located in Freehold and Middletown and are easily obtained by calling our Access Center for information and appointment scheduling.

Our staff include experienced and licensed professionals trained in evidence-based best practices. There is an emphasis on quality improvement and an expectation of achieving outcomes in all our programs.

CPC locations are easily accessed by public transportation and some programs can provide or arrange transportation when needed. Our hours are aimed to be convenient for students and working individuals and families.

Fees are based on income and a sliding scale is available for those who can verify need of assistance.

Helen Herrmann Counseling Center

270 Highway 35
Red Bank, NJ 07701

- **Children's Outpatient Services** – Monday thru Thursday 8:00 AM to 9:00 PM; Friday 8:00 AM to 5:00 PM
- **Children's Half-Day Partial Care Program** – Monday thru Friday 3:30 PM to 7:00 PM
- **Children's In Home Services** (hours arranged with family)

Freehold Counseling Center

37 Court Street
Freehold, NJ 07728

- **Children's Outpatient Services** – Monday thru Thursday 9:00 AM to 9:00 PM; Friday 9:00 AM to 5:00 PM

To Access Children's Mobile Response and Stabilization System, please call
CSA Value Options 1-877-652-7624



**Referrals and Appointments,
Call CPC's Access Office
732-842-2000 ext. 4221**



Services for
**CHILDREN
&
ADOLESCENTS**

MOBILE RESPONSE AND STABILIZATION SERVICES

This “urgent” 24-hour response service provides crisis intervention and stabilization services to children and adolescents ages 5-17 years old in Monmouth County seven days a week. Children who are experiencing a crisis related to behavioral or emotional problems are eligible for this service free of charge.

The goals of the response team are to de-escalate the crisis situation, maintain a safe living arrangement, prevent inappropriate hospitalizations or re-hospitalizations, and reduce the need of out-of-home placements.

Referrals for Mobile Response are made through the Contracted Service Administrator (CSA) Value Options by calling **1-877-652-7624**.

Services include:

- ✓ Crisis Intervention
- ✓ Assessment
- ✓ Safety Planning
- ✓ Linkage to Intensive Community Support Services for up to eight weeks, if necessary.

CHILDREN’S HALF-DAY PARTIAL CARE PROGRAM

Interdisciplinary team works with children ages 7-12 years old in a half-day, afterschool partial care program. The goal is to help these children overcome the problems that have interfered with their ability to function appropriately in the community and avoid out of home placements.

This program is located at CPC’s Helen Herrmann Counseling Center. There is no charge to families for this service. Children participate — up to 18 hours per week — afterschool and on weekends, typically for between 3-6 months.

Services include:

- ✓ Activity Therapy
- ✓ Social Skills Training
- ✓ Anger Management
- ✓ Medication Assessment and Monitoring

- ✓ Parenting Support
- ✓ Individual and Group Therapy
- ✓ Limited Transportation is provided
- ✓ Therapeutic Recreation on Weekends

OUTPATIENT SERVICES

Interdisciplinary team of professionals provide outpatient services to children and adolescents and their families.

Our goal is to provide evidence based treatment for the wide variety of disorders seen at our outpatient locations.

Services include:

- ✓ Family, Individual and Group Therapy
- ✓ Psychiatric Assessment and Medication Monitoring
- ✓ Anger Management
- ✓ Case Management Services
- ✓ Treatment of Co-Occurring Disorders

IN HOME SERVICES

In home treatment is provided to children, adolescents and their families who reside in Monmouth County. This population includes children and adolescents enrolled in the CMO, Youth Case Management, receiving services from Mobile Response and Stabilization, referred by DYFS, or other community providers.

The goal is to prevent out-of-community placement. A needs assessment will be completed to determine if this level of care is appropriate. All services are delivered in the home setting.

Services include:

- ✓ Family and Individual Therapy
- ✓ Crisis Management
- ✓ Advocacy
- ✓ Coordination with other providers

ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

Intensive outpatient services are provided to adolescents ages 13 to 18 with substance abuse/dependence issues. The goal is to help establish and maintain healthy coping skills and supports to be able to function in the community. The program’s integrated approach for co-occurring disorders addresses both the mental health and substance abuse needs of adolescents. Relapse prevention and family therapy are key to long term success in the community. Program is three days a week afterschool for three hours per session.

Services include:

- ✓ Group Therapy
- ✓ Substance Abuse Assessment and Urine Testing
- ✓ Group and Individual Treatment
- ✓ Family Therapy
- ✓ Relapse Prevention

JUVENILE COURT PROGRAM

All of the services are provided to youth involved at various levels in the Monmouth County Family Court system. Juveniles must be referred directly by Family Court Judges, Juvenile Probation Officers, Youth Detention Center (YDC) staff or local Juvenile Conference Committees for these grant-funded services.

Services include:

- ✓ Individual and Group Counseling (in YDC)
- ✓ Substance Abuse Evaluations (in YDC)
- ✓ Psychiatric Evaluations (in YDC)
- ✓ Crisis Evaluation and Stabilization (in YDC)
- ✓ Evaluation of Youth to Provide Input to the Judiciary Regarding Retention and Placement Needs
- ✓ Substance Abuse Education and Anger Management Groups

Visit www.cpcbehavioral.org to Watch
Our Success Stories

