

CPC Behavioral Healthcare

54 Years of Service – 1960-2014

CPC Behavioral Healthcare was founded in 1960 as the Children's Psychiatric Center, the first mental health facility to offer outpatient services for children with emotional problems in Monmouth County, New Jersey. Since 1960, CPC has expanded to serve adults as well as children, and provides mental health and addiction recovery services, employee assistance programs, special education and residential services from one integrated source. The focus of CPC's behavioral health care programs is on wellness and recovery—on helping those with emotional disorders or disabilities live productive lives in the community.

CPC serves over 8,000 children, adolescents, adults and families who are living with depression, mental illness, substance abuse or other disabilities that impact learning and working. The over 400 employees include experienced and licensed professionals trained in evidence-based practices who provide care with an emphasis on improvement in clients' quality of life, with an expectation of achieving positive outcomes in all programs.

The mission of the Agency is: ***To provide behavioral health and education services that promote wellness, recovery and productive lives. We do this for all who come to us for help – regardless of their insurance status or their ability to pay.***

In recognition of the quality of its services, CPC Behavioral Healthcare is accredited by the Joint Commission (formerly JCAHO), the pre-eminent national accreditation organization for health care providers.

1960s

- Children's Psychiatric Center founded.
- Eatontown and Freehold Outpatient offices open.
- Evaluation and treatment program begins for Juvenile Justice System.
- First CPC school for emotionally disturbed children opens.

1970s

- CPC receives a grant to begin first Children's Community Mental Health Center in New Jersey.

- Day Activity Center serving chronically ill adults opens.
- High School established for emotionally disturbed adolescents.
- Residential program created for adolescents and pre-adolescents. High Point School facilities purchased.
- Department of Health licenses outpatient, addiction recovery counseling.

1980s

- TEACH Affiliate founded — parents striving to attain better long-term care for their adult children and to educate the community.
- Therapeutic Community Homes Program established.
- Community Alternatives Program developed to prevent hospitalization. Project ACT founded to provide services to the Family Court.
- Residential Treatment Homes for autistic adults established.
- High Point Schools for emotionally disturbed youth expanded, including the addition of chemical dependency services and family counseling. Campaign begins to build new facility.
- Supported Employment Services founded.

1990s

- CPC begins coordinated service with Marlboro Psychiatric Hospital to provide psychiatric staff to new Monmouth County Admission Unit.
- Chemical Dependency Services begins to provide community education services in addition to counseling.
- Lincroft Group Home is renovated.
- Supported Employment Program awarded Exemplary Status by the PEER Regional Network from The National Center on Employment and Disability Human Resources Center in 1990.
- The 1991 school year opens in the newly constructed High Point School building. Therapeutic Community Homes program is expanded.

- Intensive outpatient substance abuse treatment program for teenagers opens in 1992.
- Heritage House, an adult group home, opens.
- Adult Mental Health Services provides new programs for clients discharged from New Jersey psychiatric hospitals.
- Helen Herrmann Counseling Center in Middletown opens in 1993.
- To more accurately reflect CPC's goals and mission, CPC's name is changed to CPC Behavioral Healthcare in 1993.
- The High Point Elementary School is named a Blue Ribbon School by the U.S. Department of Education for its excellence in education in 1994.
- Program for Assertive Community Treatment for adults with severe and persistent mental illnesses is established.
- Integrated Case Management Services is added for adults with severe and persistent mental illness.
- CPC Behavioral Healthcare receives JCAHO accreditation with commendation in 1997.
- Anger Management Programs are added in High Point School and Addiction Recovery Services.
- CPC and Meridian Hospital Corporation form a Joint Venture, CPC/Meridian Behavioral Healthcare, LLC to manage our Outpatient Services as a continuum of care, providing better access to a range of services for Monmouth County residents.
- Campaign to renovate and expand school facility begins in 1999.
- CPC receives an Award of Excellence for Best Practices from the Mental Health Corporations of America, Inc. in 1999.

2000s

- Project ACT is cited as an "Exemplary Program" to be replicated statewide in a report issued by the Mental Health Association in New Jersey and the National Mental Health Association.

- High Point School Annex opened September 5, 2000.
- CPC supporters and staff celebrate CPC's 40th Anniversary throughout the first year of the new millennium (2000).
- Agency launches website and creates a presence on the worldwide web.
- During 9/11 (2001), CPC offered free counseling services to families and friends of 9/11 victims. For these outstanding efforts, CPC received an award by the Eli Lilly Behavioral Healthcare Leadership Award Program for "Leadership in a Time of Disaster". CPC also received a "Stars and Stripes" Award from the New Jersey Association of Mental Health Agencies.
- The New Jersey Partnership for Children selects CPC to create the Children's Mobile Response and Stabilization System in the fall 2002.
- The CPC Thrift Shop is opened in Matawan in 2002. It offers retail skills to High Point School students and Residential clients.
- CPC receives accreditation by the Joint Commission on Accreditation of Healthcare Organizations and a Gold Seal of Approval (scoring 95 out of 100) in 2003. The site survey included all CPC Programs.
- CPC is the winner of a \$98,000 grant awarded through Monmouth County's Children's Interagency Coordinating Council to provide after-school services to children served by or eligible for services under NJ's Partnership for Children. This program becomes Circle of Friends.
- In 2004, CPC launches Circle of Friends, a therapeutic after-school program for children ages 7-12 with behavioral and emotional problems.
- CPC plays a leading role in the development of the Keansburg Resource Network and the Red Bank Resource Center.
- CPC is chosen by UMDNJ to be a model program for evidenced-based practices. Clinical staff are trained in Motivational Enhancement Therapy (MET) and Cognitive Behavioral Therapy (CBT).
- PACT staff is selected for a pilot Recovery-Model Training on Illness Management and Recovery (IMR), funded by the NJDMHS in conjunction with the UMDNJ.
- The Substance Abuse and Mental Health Services Administration awards CPC a three-year federal grant for a new substance abuse intervention

program called Project Start.

- High Point School launches its website, www.highpointschool.org, in 2005. On Oct. 20, 2006, the entire agency completed a comprehensive JCAHO survey and received JCAHO accreditation.
- CPC's Managed Psych Services expand to the Freehold Counseling Office (October 2006).
- CPC launched its new agency website which offers information for parents, educators and professionals (Nov. 1, 2006).
- CPC premieres a Training Institute designed to help licensed clinical social workers, school social workers, mental health professionals, counselors, teachers, and parents.
- CPC girls' residential student competes as a member of TEAM USA at the first Special Olympics World Summer Games on Oct. 2-11, 2007 in Shanghai, China, and wins gold medals for NJ's Track and Field Team.
- In 2009, CPC becomes certified in Dialectical Behavioral Therapy and becomes the only behavioral healthcare agency in Monmouth County to offer this type of therapy.
- Agency adopts the nationwide Wellness and Recovery Treatment Model Concept in clinical programs in 2009.
- CPC creates the Youth Enrichment Service to help school systems deal with the increasing demand for on-site counselors in 2009.
- CPC creates a new program to help teenage girls with co-occurring disorders in 2010.
- The Justice Assistance Grant (JAG) Program is created to help prisoners with major mental illness transition successfully into the community in 2010.
- CPC celebrates its 50th Anniversary of Service in 2010.
- CPC receives a SEED (Social Enterprise for Economic Development) grant from the NJ Department of Labor and Workforce Development Division of Vocational Rehabilitation Services (DVRS) to open a screen printing business. This business is staffed by clients from CPC's DDD, DCBHS or DMHS-licensed programs.

- CPC's Boy's Residence in Lincroft was renovated in 2011 with many improvements including: the creation of five single bedrooms and two double rooms; a new family room with an adjoining private room for therapy; an upgraded game room; and relocation of the staff office to the center of the house for better security and access.
- In October of 2011, there was a ribbon-cutting ceremony for the opening of the Sculpture Garden at HPS that was created by the students.
- In 2011, Dr. Alan Kazdin, Director of the Yale University Parenting Center and Child Conduct Clinic, provided an introduction to his evidence-based treatment, Parent Management Training, at a full-day conference. In 2012, a group of 12 CPC clinicians were certified in PMT, and two of the 12 continued on for certification as PMT instructors.
- CPC successfully completed its' sixth Joint Commission Accreditation Survey and received full accreditation with praise from the surveyor for the continuum of Child Behavioral Health Programs.
- The first boys' basketball competition was held in March 2012, and the team won.
- CPC installed its first behavioral health kiosk in it Helen Herrmann Counseling Center located in Red Bank, NJ, in late 2013. The first for the Agency -- and to the best of CPC's knowledge, the State of New Jersey as of May 2014 -- this is a pilot program aimed at improving long-term outcomes for adults with serious mental illness. Plans include implementation of the technology Agency-wide over the next several years.
- In 2013, CPC received a grant allowing two senior clinicians to complete training and certification in Mental Health First Aid, the nationally acclaimed program aimed at improving early detection of threats to mental health and effective referrals to support and treatment. CPC's grant provides opportunities for free training to first-responders throughout the State of New Jersey.
- 2013 saw the Agency increase its capacity to serve children in crisis through its Mobile Response and Stabilization Services program thanks to a special grant from the Division of Child Behavioral Health Services. Five additional staff positions were added.
- In the fall of 2013, CPC's High Point Schools introduced Cosmetology – a pre-vocational program for its adolescent students. The program emphasizes good business practices as well as teaching the

fundamentals necessary to qualify for post-secondary training and education as an esthetician.

- CPC's PACT Program (Program for Assertive Community Treatment) was profiled in "50 Years, 50 Stories: Celebrating Community Mental Health and Addictions Treatment", the National Council Magazine's special 50th anniversary edition published by the National Council for Behavioral Health.
- CPC was awarded a \$500,000 grant from the State of New Jersey Division of Mental Health Services to improve and expand services for persons needing treatment for co-occurring disorders, in early 2014.
- In 2014, CPC purchased a building in Freehold, NJ for its programs located in/serving the Western part of Monmouth County. The new building will allow the Agency to expand programming for a rapidly growing population of behavioral healthcare consumers in that region, and to improve access to special programs located there.