

ABSEGAMI HIGH SCHOOL



A PARENT GUIDE TO
COMMUNITY
WELLNESS

Prepared by Absegami CST

Agencies

AtlantiCare Behavioral Health

Egg Harbor Township 609-646-5142 (adult outpatient)

www.atlanticare.org

Access Center 609-646-9159

Child and Adolescent Outpatient

2500 English Creek Avenue

Building 1000, Suite 1002

Egg Harbor Township NJ, 08234

609-272-0909

Atlantic City 609-572-6059

AtlantiCare Behavioral Health's (ABH) Child and Adolescent Outpatient Services provides behavioral health care to individuals from three to 17 years of age and their families. Services include:

- Individual counseling
- Family counseling
- Psychiatric evaluations with medication monitoring
- Group therapy for substance abuse

Children's Behavioral Health Services (DCBHS)

Phone: 1-877-652-2624 (24hrs.-a-day, 7 days a week)

Web site: www.nj.gov/dcf

DCF's DCBHS serves children and adolescents with emotional and behavioral health care challenges and their families. DCBHS is committed to providing these services based on the needs of the child and the family in a family-centered, community-based environment.

Cape-Atlantic Integrated Network for Kids (I.N.K)

Provides a full range of treatment and support services to children with the most complex needs.

Marmora 609-390-4448

www.aclink.org/intergenerational

Guidance Department

Mr. Dan Kern, Supervisor of Guidance

Mrs. Kathleen Cardwell, School Counselor

Ms. Carole Higgins, School Counselor

Mr. Joseph Monteleone, School Counselor

Mrs. Theresa Sartorio, School Counselor

Mrs. Jo-Ann Scarlett, School Counselor

Mrs. Bonnie Wade, School Counselor

Mrs. Carmella Bencivenga, Guidance Secretary and School Registrar

Mrs. Carrie Berret, Guidance Secretary and School Registrar

Child Study Team

Mr. Joseph Sabath, Supervisor of CST

Ms. Allie Panetta, Speech Pathologist

Ms. Jennifer Thoms, Speech Pathologist

Mrs. Christine Reina, Social Worker

Ms. Katie Taylor, School Psychologist

Mrs. Laura Czaikowski, Learning Disabilities Teacher Consultant

Mrs. Cori Koury, Social Worker

Mrs. Lynda Lovitz, CST Secretary

Greater Egg Harbor Regional High School District Administration

Mr. John Keenan, Superintendent

Mr. Thomas Grossi, Business Administrator-Board Secretary

Mrs. Margaret Doran, District Supervisor of Special Projects

Mr. Dave Berret, District Supervisor of Data and Technology

Mrs. Donna Blair, District Director of Curriculum

Ms. Meg Gawalis, District Supervisor of Special Services

Absegami High School Administration

Dr. Jeri-Lynn Vernon, Ed. D., Principal

Mr. Brian Aron, Assistant Principal, Supervisor of Social Studies

Mrs. Leslie Madison, Vice Principal, Supervisor of Performing Arts/ Fine Arts/
Music

Mrs. Jacqueline Mongelluzzo, Assistant Principal, Supervisor of World
Languages

Department Supervisors

Mrs. Brenda Callaghan, Mathematics/ Business

Mr. Steve Fortis, Athletic Director, Supervisor of Health & P.E./ Health Offices

Mr. Joseph Sabath, Supervisor of Special Education/ CST

Ms. Kass Schurtz, Supervisor of English/ Media/ ELL

Mr. Daniel Kern, Supervisor of Guidance/ Basic Skills

Mr. Ronald Schmid, Supervisor of Science/ Applied Technology/ Family &
Consumer Science

Agencies

Juvenile Family Crises

609-645-5862 ext. 4330 (daytime phone)

609-645-5861 (evenings)

The Juvenile/Family Crisis Center is a 24 hour, legally mandated service. This program is designed to assist families who are experiencing serious difficulties in managing the behavior of children aged 10-17, and in situations where the behavior of the children or parent results in a serious threat to the well-being and safety of the youth or other family members. This court-affiliated program aims to intercede in family conflicts and, where possible, to divert such cases from formal court and premature out of home placement pending exhaustion of community resources. Approximately 90% of the cases are diverted from court; with less than 5% of the cases requiring out of home placement. A primary objective of the Crisis Center is to promote and strengthen the integrity of the family unit. Services include short-term crisis stabilization, family assessment, case management, treatment planning, and referrals to appropriate community-based services.

Nancy Crafts Counseling Services

223 S Main St, Cape May Court House, NJ 08210
(609) 465-7788

Our agency offers a wide range of services and expert advice, including:

- Individual
- Family
- Marriage
- Drug & Alcohol Abuse
- Anger Management
- Eating Disorder
- Womens Issues & Domestic Abuse

Agencies

Family Service Association

Egg Harbor Township 609-569-0239

www.fsasj.org

Rainbow Place: Rainbow Place Partial Care Program serves adolescents ages 6 through 12 who are in need of behavioral health services. The goal of the program is to help each child attain his or her highest level of functioning while remaining in the community. During the school year, Rainbow Place meets Monday through Friday, from 3 pm. to 6:30 pm. In the summer, programming hours are expanded to 11 am. to 4:30 pm. Program participants are involved in an active, structured treatment program.

Juvenile Sex Offender Program: This program offers individual and group services to juveniles who have been charged with a sex offense. Any adolescent age 11 through 18 who are involved with the juvenile court system can participate in this active structured treatment program.

Safe Harbor Program: The most effective way to teach youth how to deal with the pressures of community life is to support and mentor them through the challenges they face. Safe Harbor provides therapeutic services to young people and their families. The goal is to help each individual attain his or her highest level of functioning within the community. Safe Harbor Program serves adolescents ages 13 through 17. During the school year, Safe Harbor meets Monday through Friday, from 3 pm. to 6:30 pm. In the summer, programming hours are expanded to 11 am. to 4:30 pm. Program participants are involved in an active, structured treatment program.

Social Skills Groups: This group is for children ages 10-13 who struggle socially due to ADHD, Asperger's Syndrome, or other challenges. Children will be taught social skills, conflict resolution strategies, "friendship skills," and other techniques to increase their success at school and in the community.

Adolescent Trauma Group: This group is for adolescents ages 12-18. Adolescents who have experienced emotional, physical, or sexual abuse; physical or sexual assault; natural disaster; or other traumatic events will be encouraged to support one another and learn coping skills in order to heal from the impact of trauma.

Suicide Prevention and Support

AtantiCare's Psychiatric Intervention Program

609-344-1118

AtlantiCare Regional Medical Center, City Campus

This serves as the Crisis Center for Atlantic County.

Services Provided:

- Crisis Counseling
- Community Referrals
- Psychiatric assessment/treatment
- Crisis stabilization
- Suicide Risk Assessments
- Community Outreaches (for over age 18)

Heartbreak to Healing

Support Group in Atlantic City, NJ

Contact Person: Dolores

609-345-3230 Adamsclassics@aol.com

Contact for meeting details and location

Atlantic County Traumatic Loss Coalition for Youth

609-626-3850 www.ettc.net/traumaticloss

Coalition meetings are open to school personnel, representatives from community & municipal agencies, school resource officers, police, emergency management responders, and any individuals interested in developing and maintaining a network of support for the children in our communities following a traumatic loss event.

Meetings are held the first Tuesday of every month unless otherwise noted. Meetings are held from 1-3pm at the Southern Regional Institute and ETTT, 10 West Jimmie Leeds Rd. Galloway Township

Substance Abuse Information, Counseling & Treatment

Strengthening Families Program

609-272-0101 x15

Parent, youth and family skills building curriculum designed to prevent future teen substance abuse and other behavior problems, strengthen parenting skills and family strength.

New Day Family Success

609-652-0239

Community based family center that offers a wide variety of community programs as well as resources of counseling, advocacy and linkage to other area services.

Suicide Prevention and Support

2nd Floor Youth Helpline

1-888-222-2228

2ndFloor.org

2nd Floor is a youth helpline serving all youth and young adults in the state of New Jersey.

This is meant to be a prevention tool before issues become a crisis. The helpline offers a way to relieve some of the pressures and daily challenges that affect young people today.

Agencies

Family Service Association (continued)

Adolescent Trauma Group: This group is for adolescents ages 12-18 . Adolescents who have experienced emotional, physical, or sexual abuse; physical or sexual assault; natural disaster; or other traumatic events will be encouraged to support one another and learn coping skills in order to heal from the impact of trauma.

Anger Management for Adolescents: This group is for adolescents ages 13 and up. Adolescents who have a difficult time managing their anger physically or verbally will be assisted in identifying healthy outlets for their anger, learning coping skills, and providing feedback and peer support to one another.

Youth Case Management: The Youth Case Management Program serves children and adolescents who are in need of behavioral health services and are at a risk of Child Crisis Intervention Service. The Youth Case Management Program is responsible for the coordination of individualized services for each client and their family to assist them in accessing and receiving behavioral health services.

Self-Exploration for Young Adults: This group is for young adults ages 18-24 years old. Participants will be encouraged to support each other in their struggles to develop a sense of identity and navigate the transition from adolescence to adulthood.

**There are other adult services as well.

Mental Health Association (MHA)

Advocacy, education and support services

Galloway 609-652-3800

www.mhaac.info

The Network

Provides free family enrichment opportunities designed to strengthen family relationships.

Www.fsasj.org or www.wafsn.org 1-800-601-1293

Agencies

Jewish Family Services (JFS)

A multi-service family counseling agency
Margate 609-822-1108
www.jfsatlantic.org

Types of Counseling:

Child and Adolescent Counseling offers a variety of outpatient therapeutic services provided by experienced child and adolescent therapists. Outpatient counselors have extensive experience in the following areas:

- depression
- separation or divorce
- behavioral issues
- parenting skills
- emotional trauma
- developmental disabilities
- life transitions and changes
- grief and loss
- educational issues
- anger management
- eating disorders
- attention problems
- family conflict
- anxiety

Individual Counseling

Individual counseling is a unique, private relationship between a therapist and a client of any age. Counseling offers individuals the opportunity to build coping skills, gain an understanding of patterns in their life, & develop plans to change aspects of their life with professional guidance.

Family Therapy

Family therapy can be helpful in addressing family changes, concerns, conflicts and communication difficulties.

Couples/Marital Counseling

This approach is for couples who are looking to better understand & improve their relationship. Areas to address may include stress management, communication, effective interactions & intimacy.

Substance Abuse Information, Counseling & Treatment

Behavioral Crossroads Recovery, LLC

Egg Harbor Township 609-645-2500
www.behavioralcrossroads.com

Park Bench Counseling, Inc.

A progressive addiction treatment facility offering the most current successful therapeutic treatments available.

We provide individual therapy as well as a variety of intensive group experiences conducted by certified therapists who truly care about their clients.

Northfield 609-377-5273
www.parkbenchgroup.com

Atlantic Prevention Resources (APR)

Referrals and information to individuals and families suffering the effects of substance abuse in Atlantic County.

Absecon 609-272-0101

Substance Abuse Information, Counseling & Treatment

Atlantic County Division of Public Health

Referral, free confidential substance abuse screenings, detoxification, inpatient and outpatient services, halfway house programs and education.

Northfield 609-645-5945
www.aclink.org/PublicHealth 609-645-5932

John Brooks Recovery Center

The mission of JBRC is to provide quality, scientifically based, individualized substance abuse treatment services to NJ residents for the prevention, reduction and elimination of harm caused by substance abuse.

Atlantic City 609-345-4035
www.jbrcnj.org

Atlantic County Department of Youth Services TRY IT Program

609-645-5862 ext. 4334 or ext. 4331

- *The goal of TRY IT is to provide education, assist in breaking denial, and provide support for recovery.*
- Provides outpatient substance abuse services for ages 12-18 and their families. Services include assessment, treatment planning, referral, psycho educational group process & reintegration of youth to their homes & families upon return from residential treatment centers. Short term group services are offered at four sites in Northfield, EHT, Hammonton and Atlantic City.
- Referrals are accepted from multiple community based agencies, schools, Family Court, parents, DYFS, and other treatment agencies.

Agencies

Jewish Family Services (JFS) continued

The Specialty Center for Youth Interventions

Poor school performance, temper tantrums, lack of confidence are all ways children show they are in need of extra support. The Specialty Center for Youth Interventions provides state-of-the-art, evidence-based interventions by a team of specially trained experts to provide assistance to children, adolescents & their families so they will successfully meet everyday challenges.

The Specialty Center for Youth Interventions represents a new chapter in a program which began at JFS nearly two decades ago. Department of Children's Behavioral Health Services (DCBHS) continues to fund these efforts and has charged JFS to bring additional evidenced-based programs to our community in an outpatient setting. The term evidenced-based means that a program meets guidelines for having an established track record of success. By bringing The Specialty Center for Youth Interventions to the community, JFS will round out the programs available to children and families in our region.

Parent Management Training (PMT)

Parent Management Training (PMT) is a successful approach developed by Dr. Alan Kazdin of Yale University for child and early adolescent behavior concerns. Whether parents are concerned about common behavior problems such as temper tantrums and refusal to do chores or severe aggression, PMT can help. Sessions are held with the parent(s)/caregiver and youth and when necessary, siblings are included. PMT generally requires 12-16 meetings. The program is designed for children ages 3-14 years old.

Trauma Focused Cognitive Behavior Therapy (TF-CBT)

About one in four American children will experience a traumatic event by the age of 16. These events may include an unexpected death in the family, a car accident or abuse. Although some children and adolescents may recover quickly after adversity, traumatic experiences can result in significant disruptions in child or adolescent development with serious long-term consequences. Trauma Focused Cognitive Behavior Therapy (TF-CBT) has been shown to reduce trauma symptoms in children and adolescents. These improvements last long after treatment ends.

Agencies

Cape Counseling

Children's counseling and partial care
Cape May Court House 609-465-4100
www.capecounseling.org

Children and Families, Learning Together — Outpatient Services.

Cape Counseling is aware that families face risks to raising children that were unknown in years past. In addition, we also know that parenting is the toughest and most important job that doesn't come with a job description.

Our professionals are recognized for their ability to work creatively with the courts, Division of Youth & Family Services, schools and other organizations such as Cape Atlantic INK (Integrated Kids Network) in providing services for special needs children and their families.

Cape Counseling has programs specific to the positive growth and development of our children and specific to the needs of today's parent.

- Conflict resolution
- Drug and alcohol prevention and intervention
- Family counseling
- Handling challenging behavior
- Parenting concerns
- Positive responses to peer pressure
- Talking to your adolescent
- Talking to your parent
- Understanding drug and alcohol addiction
- Hyperactive challenges
- School/academic conflicts

Agencies

Perform Care- CSA/Mobile Response

Phone: 1 (877) 652-7624

Provides emergency face to face in-house crisis response for a child's emotional or behavioral challenges. Can also provide additional services up to 8 weeks to stabilize behavior. Parents must consent to the services. (Must request Mobile Response)

Atlantic Cape Family Support Organization

Assistance for families who have children with emotional and behavioral issues.

www.acfamsupport.org 609-485-0575

The Network

The Network offers families tools to meet their goals regarding child well-being, healthy relationships and financial stability. This is provided for working, low-income families living in Atlantic County mainland communities.

Contact: Jennifer Ortiz 1-800-601-1293

Jennifer.Ortiz@fsas.org

3073 English Creek Ave. Egg Harbor Township

Types of free support offered:

- Budgeting Classes
- Court-Approved Parenting Classes
- Family-to-Family Mentors
- Family Enrichment Activities
- Information and Referrals
- Job search assistance
- Kinship Support Group & Navigator Program
- Linkage to Community Food Banks & other groups
- Literacy Tutoring for Adults
- Parent Support Group
- Basic English Class
- Resume Development
- Teen Group/Youth Mentoring