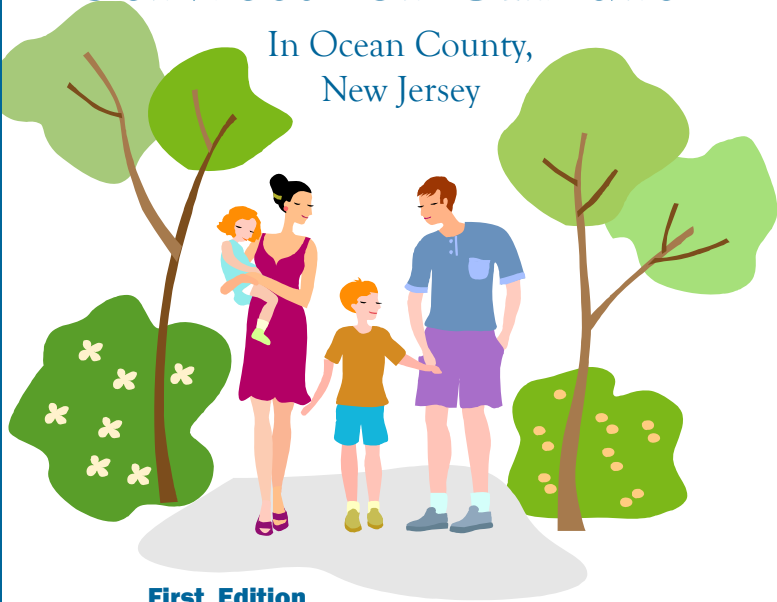




Services for Children

In Ocean County,
New Jersey



First Edition

**A Brief Guide to Navigating Services for
Families, Children, Youth and Young Adults**

- Children's Welfare and Parenting Education
- Health Care
- Education
- Developmental Disability Services
- Mental or Behavioral Health Care
- Substance Abuse Treatment
- Juvenile Justice

Table of Contents

About this Guide	4
About the Children's Inter Agency Coordinating Council	4
Where to Start?	5

In this guide, you will find information on...

...Child Welfare	6
------------------	---

All children deserve to grow up safe and well cared for. Services are available to assist families in providing a good environment for their children, which are considered "child welfare services."

...Parenting Education	8
------------------------	---

Learning to be a parent can be one of the most difficult yet rewarding jobs that a person may have. Many different classes and resources are offered to support Moms and Dads along the journey of parenthood.

...Health Care	10
----------------	----

Childhood and adolescence are periods of immense growth and development that set the foundation for our physical health during the rest of life. Your child needs check ups as well as care when he or she is sick.



Children [chil-druh n] *noun*
 — people between birth and full growth; individuals regarded as being strongly affected by others; sons and daughters.

...Education

13

Youth are entitled to an education, and some require additional supports to maximize this benefit. Schools offer a variety of supports to their students to encourage learning and general growth.

...Developmental Disability Services

18

Children with a condition that interferes with or impedes physical or mental development are considered to have a developmental disability, like autism spectrum, cerebral palsy, Down's Syndrome, deafness & blindness.

...Mental or Behavioral Health Care

20

It is estimated that 25% of people will experience needs related to their mental health over the course of their lifetime, which may be temporary or lasting. Evaluations, counseling, support groups and more intensive services comprise the continuum of mental or behavioral health care.

...Substance Abuse Treatment

22

Many youth experiment with alcohol, tobacco or other drugs, but substance abuse or addiction poses serious risks to health and functioning.

...Juvenile Justice

24

Juvenile Justice refers to the system of prevention, law enforcement, and rehabilitation for youth under 18. Imposing accountability for actions and addressing risk factors associated with delinquent behavior are the focus of Juvenile Justice.

Websites & Other Organizations

26

A list of websites for the agencies found in this guide, and other organizations in the community that you may find useful.

Other Resource Guides & Directories

30

Where to find resource guides on other related topics, like treatment agencies in the county by specialization, housing, youth and disability services.

About this Guide

This guide was created to assist families in navigating the myriad of services available to children, youth and young adults who may require temporary or ongoing help. The focus is on access or entry points, and typical service provisions. While the information contained here is not exhaustive, it is our hope that this tool will be useful for making the appropriate links into the continuum of services.

Please use this guide as an informational resource. This guide does not endorse or evaluate resources listed. It is intended to provide information that will help families consider which resources best suit their needs.

About the Children's Inter Agency Coordinating Council

The Children's Inter Agency Coordinating Council (CIACC; pronounced like "kayak") is an advisory board on children's behavioral health needs and services in Ocean County, representative of a partnership of parents, consumers, government, community organizations and service providers. Open public meetings are held monthly, and e-digests are released weekly. For more information, please contact Jamie Hart, CIACC Coordinator, at 732-506-5374 or visit the Department's website at www.co.ocean.nj.us/ocdhs/.

In addition to facilitating advisory bodies, the Department of Human Services also provides information to the public about human services.

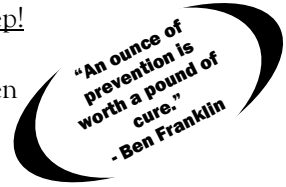
Where to Start

The First Step

It can be a confusing and frustrating time when you realize that your family needs help. You may be scared to let others know about your problems, or feel helpless like you don't know where to go or which way to turn to get things back on track.

Good news! You have already made the first step!

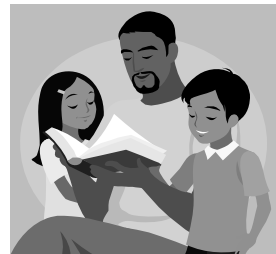
Identifying a problem is the first move towards solving it. It's perfectly okay to ask for help when you need it. Service providers are only there to improve your life and the life of your kids.



Get Ready

When looking for services, it may be helpful for you to sit with your family and support system to evaluate the situation that is prompting you to seek help and your needs. Services can help you address these needs, but it is up to you to pull it together and get the most out of it. Here are some questions to get you started:

- Think about the who, what, why, where and when that describe the problems *as well as your family's strengths*. How would you explain your situation to another person so that they understand what you are dealing with, the good things and the not-so-good things? Think about patterns and themes. Honesty is important!
- Can your family access natural supports to help you through, like extended family, neighbors, a spiritual community, and so forth?
- Do you have access to identification and important paperwork for you and your child, like birth certificates and social security cards?
- Can you contribute financially to paying for services and, if so, about how much? If you have health insurance, what is covered under your plan?
- What are your expectations or goals for the outcome after services? Knowing where you want to be, can help you get there.



Child Welfare

What is Child Welfare?

Welfare refers to basic needs: food, water, shelter, medical care, safety. Often, inadequate or lack of financial resources is at the root of child welfare issues. Ignoring child welfare needs may constitute as neglect or abuse, and can endanger a child during this fragile period of life.

What are Child Welfare Services?



The primary purpose of child welfare services is to protect children. Their objectives are to strengthen families to successfully care for their children, ensure permanency, and promote children's well-being. Services should be family-centered, strengths-based, and respectful of the family's culture, values, beliefs, and needs.

Where can I go for help?

To help Ocean County residents meet their basic needs, the County's Welfare Agency—the Board of Social Services—administers several assistance and support programs. This includes emergency housing (*Special Response*), income maintenance (*Temporary Assistance to Needy Families (TANF) & General Assistance (GA)*), Food Stamps, health care coverage (*NJ Family Care & Medicaid*) and other services for caregivers, seniors and individuals with disabilities. Also see page 10 on Health Care, which includes Nutrition.

The Salvation Army and Ocean's Harbor House collect and donate items of clothing to people who need them, as do some spiritual communities. Discounted clothes are also available at consignment and thrift shops.

Families can receive assistance towards purchasing a home, preventing foreclosure or maintenance of basic utility services through OCEAN, Inc. Ocean's Harbor House offers outreach and shelter for youth who have runaway, are homeless, or have been abused, neglected or abandoned.

Assistance is also available for child care services. Children's Home Society is the county's designated Lead Child Care Resource and Referral Agency and can help families defray some of the cost of day care or provide respite to special needs children, based on income eligibility guidelines.

Families who experience domestic violence and abuse can call the Providence House hotline to speak with a crisis counselor. Providence House also offers a shelter for abused women and their children. Counseling services for victims of sexual abuse and assault are available at St. Francis Counseling Center.

Child Advocacy Centers offer a multidisciplinary approach to child abuse prevention, intervention and treatment to victims of child abuse or neglect. In Ocean, the Prosecutor's Office hosts the Child Advocacy Center.

The Division of Youth and Family Services investigates reports of child abuse and neglect by any caretaker of a child, as well as conducts assessments of the welfare of a child. Concerned citizens and families can call the Statewide Central Registry Hotline to speak with an intake worker, who will ask questions about what is going on, provide information about and how to access the services that are needed, and may also dispatch a worker to perform an assessment or investigation.

Under NJ's Safe Haven Infant Protection Act, unwanted infants can be given up safely, legally and anonymously. Parents or someone acting on their behalf can bring a baby less than 30 days old to any hospital emergency room or police station. Call the hotline for more information.

Women or concerned family members of women who are or think they may be suffering from postpartum depression may call the Post Partum Depression Family Health Line for information and referrals to treatment.

Phone Numbers

NJ Division of Youth and Family Services Statewide Hotline to report abuse, neglect and child welfare concerns	877-NJ-ABUSE
Board of Social Services	732-349-1500
Child Advocacy Center, Ocean County	732-929-2027 x3295
Children's Home Society of Ocean County	732-557-9633
OCEAN, Inc.	732-244-9114
Ocean's Harbor House	732-929-0660
Post Partum Depression Family Health Line	800-328-3838
Providence House Domestic Violence Hotline	732-244-8259
Safe Haven Infant Safety Hotline	877-839-2339
Saint Francis Sexual Abuse & Assault Services	609-494-1554
Salvation Army	732-270-8393

Parenting Education

Children do not come with an instruction manual! Learning to become a parent is very complex and takes a special set of skills to meet the needs of the child and manage the demands and stress that accompany parenthood. To boot, parenting skills must adapt as our children grow and change. A variety of organizations offer classes to help and support Moms and Dads. Locations may change and fees may vary.



<i><u>Parenting Program</u></i>	<i><u>Location</u></i>	<i><u>Phone</u></i>
<u>Alcoholism & Drug Abuse Council of Ocean (ADACO)</u>		
Strengthening Families	Lakewood	732-367-5515
B.A.B.E.S.	Lakewood	732-367-5515
<u>Center for Kids and Family</u>		
Every Person Influences Children (EPIC)	Forked River	609-971-6100
Every Person Influences Children (EPIC)	Toms River	732-505-5437
Strengthening Families	Toms River	732-505-5437
<u>Children's Home Society of NJ</u>		
Birth Parent Counseling	Toms River	732-557-9633
Parenting Education	Toms River	732-557-9633
Promoting Safe & Stable Families (Adoptive)	Toms River	732-557-9633
Safe Adolescent Families through Empowerment	Toms River	732-557-9633
<u>Christian Counseling Center of Ocean County</u>		
Parenting Wisely	Toms River	732-244-3311
<u>Community Medical Center</u>		
Childbirth Education	Toms River	732-557-8034
<u>Family Planning Center of Ocean County</u>	Lakewood	732-364-9696

Parenting Program

Location

Phone

Family Resource Center of Southern Ocean County Hospital

Parenting & Childbirth Education Programs Manahawkin 609-978-3559

Lakewood Community Services Corp.

Family Success Center Lakewood 732-901-6001

Ocean County Family Support Organization

	Bayville	609-693-4121
Parents Empowering Parents—Parenting Children with Behavioral Health Challenges	Brick	609-693-4121
	Seaside Heights	609-693-4121

Parents Anonymous

24-Hour Stress Line and Family Help Line 1-800-The-Kids

Preferred Children's Services/ Lakewood Schools

Even Start Program	Lakewood	732-886-3674
FACES Program	Lakewood	732-886-3674
Healthy Families	Lakewood	732-886-3674
TANF Initiative for Families	Lakewood	732-886-3674

St. Barnabas Institute for Prevention

Strengthening Families Various 732-948-5020

St. Francis Community Center

Parent Center Long Beach Isl. 609-494-8861

The Open Door Pregnancy & Sexual Health Resource Center

Earn While You Learn Toms River 732-240-5504

Toms River Regional Schools

Strengthening Families Toms River 732-505-5792

Health Care

While health care services usually refer to services to treat us when we are sick, it also encompasses preventative care and wellness checkups. Taking care of health begins even before birth.

Remember, if you or your child is pregnant, taking care of the health of the baby means taking care of the health of the expectant mom. Prenatal care (visiting the doctor when you are pregnant), eating healthfully, and avoiding alcohol, tobacco and other drugs is very important for the health of a child. The Regional Perinatal Consortium of Monmouth & Ocean Counties can provide information and links to services for pregnant moms and childbearing families.

Where can I go for help?

If you have private health insurance, call your insurance carrier to discuss what services your plan covers for children and the providers who accept your insurance. The basic health care provider you should find is a pediatrician or physician for your child. Annual exams should be scheduled with a dentist (for teeth) and optometrist (for eyes). The pediatrician or physician may tell you about other specialists, depending on the needs of your child.

Health care coverage for families without insurance is available through the Board of Social Services: Medicaid and NJ Family Care (see page 6). Eligibility for these programs is based on income and family size. For help paying for prescription medications, many pharmacies and drug manufacturers offer programs to subsidize costs.

Ocean Health Initiatives is the County's Federally Qualified Health Center, with locations in Toms River and Lakewood, providing a variety of medical services to kids and adults. The Health Departments in Toms River and Haven Beach also offer some health care screenings, immunizations and clinics for children.

Where can I go when my child has health problems?

To meet the developmental and health related needs of young children who have delays or disabilities, the Early Intervention Program of the Ocean County Health provides quality rehabilitation services and support to families and their children. A comprehensive multidisciplinary assess-



ment of the activities relevant to the child and the child's family is coordinated and an Individualized Family Service Plan is then developed to specify the appropriate services that will be provided.

The Special Child Health Services Program through the Ocean County Health Department assists families by coordinating resources and services for children with special needs from birth and up. The Special Child Health Services Program also will assist a family in applying for the Catastrophic Illness in Children Relief Fund, which offers financial help to families with a seriously ill child.

Nutrition is an important part of health

The Women, Infants and Children (WIC) program to provide nutritional food for pregnant women and their children who are under 5 years old, is operated through the local Health Departments. There are also two food pantries that serve Ocean County—Hunger Relief and the Food Bank of Monmouth & Ocean – and, in addition, many religious organizations collect and donate food for the needy.

When children are going to school, income-eligible families can apply for free or reduced priced lunches. Contact your school principal for more information.

Phone Numbers

Catastrophic Illness in Children Relief Fund	800-335-FUND (3863)
Board of Social Services	732-349-1500
Food Bank of Monmouth and Ocean Counties	732-918-2600
Ocean Co. Health Department, Toms River	732-341-9700
Women, Infants & Children (WIC)	732-341-9700 x7520
Health Department, Haven Beach	609-492-1212
Women, Infants & Children (WIC)	609-492-1212
Hunger Relief, Ocean County	732-505-HELP
Ocean Health Initiatives, Toms River	732-552-0377
Ocean Health Initiatives, Lakewood	732-363-6655
Regional Perinatal Consortium of Mon/Ocean	732-363-5400

Health Care, continued

Teen Health

Being without health insurance is most common among young adults. Many private insurance carriers will allow children to be covered under their parent's plan until they are 23 if they are in school and some carriers make special provisions for children who are disabled to remain covered under a parent's plan. Talk to your insurance company about your plan's options.

Health care issues of teenagers

Body image and weight can be a big issue for preteens and teens. Many of us worry about maintaining a healthy weight, and others go to extremes which jeopardize their general health. Contact the Eating Disorders Program at the Princeton Medical Center, and look into counseling services on page 20 if your child is showing signs of an eating disorder. Center for Kids and Family hosts a support group for youth affected by eating disorders.

Teens also need to consider caring for their sexual health. For information, pregnancy and STD testing, and counseling, contact the Family Planning Center, The Open Door or the Health Department. Community and Kimball Medical Centers also host Family Health Centers that may be of assistance. Also consider the Parenting Education programs on page 8 if your child is pregnant or has a child of his or her own.

If your teenager is experiencing issues regarding their gender identity (feelings of being male or female) or sexual orientation (attraction to others), the local PFLAG chapter (Parents and Friends of Lesbians and Gays) is a place you can talk to other parents who are in the same situation.

Phone Numbers

Center for Kids and Family	732-505-KIDS
Eating Disorder Center at Princeton	877-932-8935
Family Health Center, Community Medical	732-552-0377
Family Health Center, Kimball Medical	732-363-1900
Family Planning Center, Ocean County	732-364-9696
Ocean Co. Health Department, Toms River	732-341-9700 x7502
Parents & Friends of Lesbians & Gays (PFLAG)	908-814-2155
The Open Door	732-240-5504

Education

Education is the foundation for independence and successful adulthood. Children are in school for a large part of their days and the program should be sensitive to the child's needs so that he or she gets the most out of it. School professionals can be a valuable partner in caring for your children. Schools are charged with providing General Education of academic, fine and performing arts, physical, industrial, and character instruction.

What if my child isn't old enough for school yet?

Preschool programs may start for kids as young as 3 or 4 years old. Head Start pre-school is available to 3 to 5 year old children of low income families. Head Start provides early childhood education, nutrition services and links to health screenings and care. In addition to other housing-related programs to combat poverty, O.C.E.A.N., Inc. runs Head Start programs all over the county, in Barnegat, Berkeley, Brick, Manchester, Toms River, and Tuckerton. The Head Start program in Lakewood is run by L.E.A.P., Inc.

See page 6 for the county's lead Child Care Agency, who can provide referrals to and information about other early childhood education programs in the area.

For concerns that your child may have learning difficulties or is developing differently even before they reach school, call the NJ Early Intervention System for a free preschool evaluation. This process will determine if your child may benefit from Special Education services that can be put in place as early as 3 years of age. The earlier that efforts are made to address developmental delays and learning difficulties, the greater the chances are to minimize negative effects. A child development checklist is available through Project Child Find to give parents an overview of risk and warning signs.

What services are available to children in school?

The most familiar support service through schools is Special Education. Parents can request an evaluation through their local public school for children who exhibit signs of a disability (or through the County Office of Education for children younger than school age, as explained above). The school's Child Study Team and School Psychologist work with families to

Education, continued

identify the student's Classification and create an Individualized Education Program (IEP) that will be reviewed every year. An IEP can dictate a wide variety of special circumstances and settings for the child while in school up to age 21.

Children who do not qualify for Special Education but have a physical or mental impairment that substantially limits major life activities, may be eligible for special planning and services under Section 504 of the Americans with Disabilities Act. A Section 504 plan can be similar to an IEP, including academic, social and testing accommodations for the student while in school. Call your local school for more information about Section 504 or to request an evaluation of your child's eligibility.

Intervention & Referral Services (I&RS) is a team planning approach for general education students to address learning, behavior and health issues. The school I&RS team—which varies by school and student—helps the family identify and link to school supports and agencies in the community that can address the needs of the student and his or her family.

Some schools in Ocean County operate School Based Youth Service programs in middle and high schools. School Based Youth Services include student support counseling, character development, recreation activities, and crisis intervention during school hours and after school.

What about *after* school?

After-school programs, clubs, sports, and activities are offered at many elementary, middle/ intermediate, and high schools. In addition to providing supervision for your child after school and before you may get home from work, getting your children involved in these activities can be a wonderful opportunity to learn new skills while building self-confidence, social skills, and positive friendships.

For students who need extra help working on homework and other assignments, tutoring or after-school learning programs may be a helpful option.



Who should I speak to?

Many people at your school may be able to assist you and direct you to appropriate places to find support and services. Here is a general description of some school personnel:

- Classroom teacher –for general issues and concerns about your child’s course work, classroom experience and education
- School Nurse—for issues about your child’s health and medication needs
- Guidance Counselor—regarding course work, class schedule and career planning
- School Psychologist and/or Child Study Team staff—for Special Education and issues regarding Individualized Education Plans (IEP)
- Social Work Counselor— counseling interventions during school hours for emotional/behavioral issues
- Student Assistance Coordinators (SACs) – for parent information, student support counseling, and information and referrals about substance abuse treatment services.
- Principal or Vice Principal—regarding disciplinary actions and grievance/complaint processes.

Phone Numbers

Head Start Program, L.E.A.P., Inc.	732-364-4333
Head Start Program, O.C.E.A.N., Inc.	732-244-9114
Office of Education, Ocean County:	
For contact information for local schools	732-929-2078
Office of Special Education, New Jersey	609-292-0147
NJ Early Intervention System	888-653-4463
Project CHILD FIND	800-322-8174

Education, continued

My child is older. What can we do now?

Your family may begin planning for your child's life after the school years as young as 14. A guidance counselor is a good place to start to discuss the options: college, university, job training, trade school, work, and so forth. It is also very important that your child has a voice in the decisions made regarding his or her future.

High School Options

Students who are enrolled in Special Education are entitled to remain in school until they are 21 years old. Since most day time programs for adults with disabilities are geared to those aged 21 and above, keeping your child in a Special Education program as long as possible is beneficial. Programs for youth with disabilities are listed on the next page.

The County Vocational Technical School offers field-specific training for high school students as well as adult education courses in culinary arts, allied health careers, cosmetology, construction, automotive and marine trades. Students attend a high school program for half of the regular school day, and a Vo-Tech program for the other half. Campuses are located in Brick, Jackson, Lakehurst, Manahawkin, Toms River, Waretown.

For students who are not able to obtain a High School Diploma, General Equivalency Diploma (GED) preparation classes are available at St. Francis Center. The GED requires a standardized test and serves in lieu of completing a high school program. Students can take the GED test at Ocean County College's Test Center. Be sure to discuss the pros and cons of a GED in comparison to a High School Diploma with respect to your child's career interests before making this important decision.

The College Choice

During senior year, students can apply to colleges and universities in order to begin courses during the Fall after graduation. The US Department of Education accredits higher education programs and you can search for school status and ratings on their website. Remember to submit a Free Application for Federal Student Aid (FAFSA) to see if your son or daughter qualifies for financial aid, grants or loans to help pay for tuition and other costs and fees.

Ocean County College is the local community college in Ocean County.



Most degree programs are two year associates degrees, although there has been developed a cooperative partnership with Kean College. The main campus is located in Toms River, but classes are also offered online and at many satellite locations such as Brick, Jackson, Lacey, Manahawkin, Point Pleasant, and Waretown.

In addition to OCC, there are many other colleges and universities located in New Jersey. Public State schools discount tuition rates for

those who have at least one year of residency in the state.

The World of Work

Young adults can begin working on a limited basis after their 16th birthday. Contact your local school about working papers, which certify that your child has met criteria that makes them eligible for work activities.

People who could use some help finding or keeping a job, can find it at one of the three area One Stop Career Centers. At the Center, job seekers can look for open positions, receive vocational counseling and training in basic job skills, and be linked to educational programs and support services that will help them gain and retain employment. A summer program is also available for youth to gain job experience or learn skills needed for work. Visit New Jersey's Workforce Public Information Network online at: www.wnjin.state.nj.us/.

Phone Numbers

Ocean County College	732-255-0400
Ocean County College's GED Test Center	732-255-0530
One Stop Career Ctr, Lakewood	732-905-5996
One Stop Career Ctr, Rt 9, Toms River (main center)	732-240-5995
One Stop Career Ctr, Hooper Ave., Toms River	732-286-5616
St. Francis Center	609-494-8861
Vocational Technical School, Ocean County	732-431-3100
Free Application for Federal Student Aid	www.fafsa.ed.gov/
US Dept of Education – Database of Accredited Postsecondary Institutions and Programs	http://www.ope.ed.gov/accreditation/

Developmental Disabilities

What are developmental disabilities?

Developmental disabilities refer to a variety of conditions that impair, interfere with or impede physical or mental development and growth. The condition begins to occur before the child is 22 years old, is likely to continue indefinitely, and affects at least 3 of the following major life activities: self care, language, learning, mobility, self-direction, capacity for independent living and economic self-sufficiency.

How will I know if my son or daughter has a developmental disability?

Parents are usually the first to see indications of a developmental disability when their children aren't meeting typical milestones of development when they should be, like walking and talking. Developmental disabilities are generally identified through a series of tests by the child's pediatrician, a neurologist, and/or school professionals. If you suspect that your child has a developmental disability, share your concerns with one of these professionals, who can help you get the appropriate tests. Intensive evaluations for congenital or acquired neuro-developmental and behavioral disorders are available at the local Child Evaluation Center through Jersey Shore University Medical Center.

Where can I go for help?

The NJ Division of Developmental Disabilities (DDD) is the primary agent for services for children and adults who are experiencing these type of challenges. Every eligible family is assigned a case manager who is available to help the family choose and coordinate the services that they need now and in the future. DDD primarily relies on schools and families to serve children with developmental disabilities, but also offers programs through agencies in the community to provide respite or child watch services, after school care, equipment and supplies, and recreation. Sheltered workshops, day programs and group homes are available to adults over the age of 21.

The Social Security Administration (SSA) provides financial assistance to eligible children with disabilities and you should explore your options as soon as your child is diagnosed. Children who are disabled in families with limited income and resources may be eligible to receive Supplementary Security Insurance (SSI). Permanent disability status can provide Social Security Disability Insurance (SSDI) for your child after he or she reaches 18 years of

age. Call the SSA hotline for more information. Local Social Security Offices are located in Brick, Toms River and Egg Harbor Township.

Linkage to an array of information, opportunities, advocacy, educational workshops and support for individuals and families living with developmental disabilities is available through the Family Support Center of New Jersey. Contact the Ocean County Office for Individuals with Disabilities to request a comprehensive resource guide. DDD and the NJ Division of Disability Services (DDS) also offer resource guides online or through the mail.



When your child reaches high school age, you should contact DDD to begin planning for the transition and adult services. Youth with handicaps to their employability can also access the Division of Vocational Rehabilitation (DVR) for job training, placement and support. MOCEANS offers information, advocacy, independent living skills development training, and peer support to youth with disabilities who are transitioning into adulthood. The Center for Vocational Rehabilitation (CVR) provides supportive employment opportunities to individuals with special needs.

For families who wish to become more active advocates for all children with developmental disabilities, the Regional Family Support Planning Council #6 is the local volunteer advisory group who reflects the service needs of local families to DDD. The voice of the Regional Planning Councils is considered when DDD plans for the allocation of funds to implement new programs or expand existing ones.

Phone Numbers

NJ Division of Developmental Disabilities—Main	800-832-9173
Ocean and Monmouth County Office	732-863-4500
NJ Division of Disability Services	888-285-3036
NJ Division of Vocational Rehabilitation	732-505-2310
Center for Vocational Rehabilitation	732-244-7511
Child Evaluation Center, Jersey Shore Med Ctr	732-776-4178 x2
Family Support Center of NJ	800-372-6510
MOCEANS Center for Independent Living	732-571-4884
Regional Family Support Planning Council #6	800-216-1199 Opt 1
Social Security Administration	800-772-1213/ TTY: 800-325-0778

Mental or Behavioral Health

What's the difference between mental or behavioral health? Essentially, they are the same but have a slightly different focus. Mental health services most often focus on adults who are diagnosed with mental illness. Behavioral health services usually refer to services for people who are displaying problematic behaviors that may or may not point to mental illness.

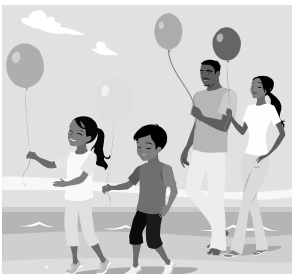
But my child isn't "crazy"!

Many people are afraid to admit that they have mental health needs for fear of stigma and labeling. But 25% of all people will need mental or behavioral health services in their lifetime. Some people's needs—including children—are temporary during an adjustment to a move, a divorce, a death in the family or another event that has occurred. In other cases, issues in childhood may persist into adulthood. Early intervention and treatment is the best remedy to protect against further, deepening issues.

Where can I go for help?

Remember from page 14 that schools may offer counseling for their students. Talking to someone at school may be the most comfortable setting for your child, especially if they have just started to experience difficulties.

If you have private health insurance, your plan may include coverage of mental or behavioral health services. Call your health insurance carrier to ask about your plan, the services that are covered, and providers that accept your insurance. If you don't have insurance, your family may qualify for NJ Family Care or Medicaid coverage, so contact the Board of Social Services (see page 6). Ocean Mental Health Services and Preferred Behavioral Health Services are the two Community Mental Health Centers in Ocean County that accept Medicaid as well as offer services at a discount or sliding scale according to your family's income. Catholic Charities and Saint Francis Center also offer some counseling services for children.



The first step is to arrange for an evaluation with a clinician, therapist or psychologist, who will ask about your family history and make recommendations for the treatment that your child needs. Counseling for a period of time is the most common treatment option. You may also go for an additional evaluation with a psychiatrist, who may prescribe medications to

address physical origins of mental or behavioral issues.

PerformCare (PC) is the NJ Contracted Systems Administrator for children's behavioral health services. PC can authorize an assessment for your child and help you determine the services that he or she may benefit from, such as Behavioral Assistance, Intensive In-Community services, partial care, or case management. You may want to make the call while you are with professionals in your child's life, like a School Counselor or doctor, who can help you explain the situation and advocate for your child.

Where can I go for help ...right now?

For urgent help for your child if he or she is exhibiting behaviors, call PerformCare and ask for Mobile Response & Stabilization Services, a crisis intervention program. A worker can be dispatched to your home, school or another location within one hour to assist you in deescalating the immediate situation and can stay involved for 8 week to help connect your family with ongoing services as needed.

If your child is currently acting out—in a crisis— it is important to first consider the safety of the child and others around him or her. If you fear that your child is an imminent danger to him or her self (suicidal) or others and may require hospitalization, call the Psychiatric Emergency Screening Services (PESS) hotline. They will help you decide whether or not to call the police to assist you or to bring the child to a hospital emergency room. PESS may also send a Mobile Outreach clinician to the scene if possible.

Need help as a family?

As a caregiver of a child with mental or behavioral needs, you deserve support, too! The Family Support Organization is a group of parents helping other parents, which offers several support groups, educational workshops, social/leadership groups for youth, and a "Warm Line" for families to call.

Phone Numbers

Catholic Charities, Child & Family Services	732-350-4120
Family Support Organization	609-693-4121
Ocean Mental Health Services	732-575-1111
Preferred Behavioral Health Services	732-367-4700
Psychiatric Emergency Screening Services (PESS)	732-886-4474
PESS Toll Free	866-904-4474
PerformCare New Jersey	877-652-7624

Substance Abuse Treatment

While there is no universally accepted definition of substance abuse—no official line in the sand—a general description may be considered a pattern of use of any substance, including alcohol, illicit or prescription drugs, that has a negative impact on one’s job, school, friendships, family relationships and/or quality of life.

How do I know when experimentation becomes abuse?

It is increasingly common for people to consider some use or experimentation with drugs and alcohol a rite of passage for young people; a phase that the majority of youth will go through. Unfortunately, it is not possible to gauge someone’s potential for abuse until it is too late. It is best to refrain from underage drinking and from any drug use, including the use of prescription medications that are not prescribed to the person who is taking them. As a parent, your behaviors as well as your attitudes towards drinking and drug use will effect those of your child.

Where can I go for help?

Student Assistance Coordinators (SACs) are available to students in most high schools and several middle and elementary schools. If you suspect that your child is using, the school SAC can help support your family and make decisions about treatment.

The Ocean County Health Department provides substance abuse screenings out of the Alcohol and Drug Abuse Unit, as well as a comprehensive service directory. Screenings will assess the level of abuse, recommend a comprehensive assessment if needed to determine the appropriate treatment, and connect your family with agencies that provide that treatment.



If you have private health insurance, contact your carrier to see if substance abuse treatment services are covered under your plan, and which providers are in your network. Like behavioral health services, it is best to start with an assessment or evaluation. In some plans, a number of counseling sessions per year are included, along with a number of days in inpatient treatment facility if needed.

Through Preferred Behavioral Health, an Adolescent Early Intervention program is offered for teenagers who have not been in treatment before and may be just beginning involvement with drugs and alcohol. This program provides psychoeducation about substance abuse and its effects.

12 step programs and support groups like Alcoholics Anonymous and Narcotics Anonymous are available in many areas. Al-Anon and Ala-Teen groups are intended to support family members of individuals with substance abuse issues.

Agencies in or around Ocean County that provide substance abuse counseling include: Agape Counseling Services in Lacey, Alcoholism and Drug Abuse Council of Ocean in Lakewood, Lighthouse in Manahawkin, Ocean Mental Health Services in Bayville, Preferred Behavioral Health in Lakewood, and Seashore Family Services in Brick. Your school SAC or the Health Department can help you choose the agency that is conveniently located for you and can meet your family's needs.

Phone Numbers

Addiction Hotline of New Jersey	800-322-5525
Agape Counseling Services	609-693-1333
Alcoholics Anonymous (AA)	800-245-1377
Al-Anon and Ala-Teen	888-425-2666
Alcoholism & Drug Abuse Council of Ocean (ADACO)	732-367-5515
Lighthouse at Ocean County	609-489-0787
Narcotics Anonymous (NA)	800-992-0401
Ocean County Health Department	732-341-9700 x7535
Ocean Mental Health Services	732-575-1111
Preferred Behavioral Health Services (PBH)	732-367-4700
PBH-Adolescent Early Intervention	732-367-1710
Seashore Family Services	732-920-2700

Juvenile Justice

What makes Juvenile Justice different than Criminal Justice?

Imposing accountability for actions is the focus of the justice system. Special emphasis is placed on rehabilitation in juvenile justice, for minors who are charged with an offense that occurs before their 18th birthday. Special considerations are made for confidentiality in Juvenile Justice that will not be found in the adult Criminal Justice system.

What can I do to prevent my child from becoming involved in the Juvenile Justice system?

Research shows that a strong, involved family is the best prevention against criminal and gang activity among youth. So, talk to your kids, be active in their lives and be watchful of warning signs.

The Family Crisis Intervention Unit (FCIU) is a program to call if you suspect that your son or daughter is headed down a harmful path. FCIU can arrange to meet with you and your family and link you to services and interventions that are appropriate to your child's behaviors.

Who do I contact for help if my child is involved in Juvenile Justice?

Your local police department (or the department where an offense occurs) is the first agency to deal with a situation where there is an allegation that a local ordinance or State law has been violated. Several departments have Juvenile Officers who specialize in dealing with youth.

The office that processes complaints of delinquency from police departments is the Probation Intake Unit of the Family Court. With the Office of the County Prosecutor, complaints are directed to either Juvenile Conference Committees, mediation, Family Court or other mechanisms.

Based on income eligibility, your child may be eligible for a Public Defender to legally represent him or her in Court proceedings. The Ocean County Bar Association can refer you to a private attorney or law firm if needed.

Commonly, juveniles are sentenced to a term of Probation after being adjudicated delinquent of an offense (in other words, being found guilty or pleading guilty). The Juvenile Supervision Unit of the Family Court



supervises terms of Probation. Court-ordered conditions of Probation may include compliance with school programs, counseling or other rehabilitation/ treatment options.

The Juvenile Detention Center is the secure facility where juveniles may be placed while a case is in progress or as part of sentencing. The Detention Center has around-the-clock supervision to keep all residents safe.

Parole through the NJ Juvenile Justice Commission is similar to Probation. It is a term of supervision for youth who are returning to the community after a commitment to a State facility as a result of their delinquency.

What can I do to help make my community safer?

Municipal Alliances coordinate local community events, provide educational programming and organize prevention outreach—and are always looking for more volunteers! Contact the Ocean County Health Department for information on how to contact your local Alliance.

Local citizens can also volunteer for Juvenile Conference Committees (JCCs). In a confidential setting, JCC panels hear and decide matters involving alleged juvenile offenders, and make recommendations to the judge for a resolution to aid in the juvenile's rehabilitation. For information, call the Probation Intake Unit of the Family Court.

Phone Numbers

Family Crisis Intervention Unit (FCIU)	732-864-2117
Juvenile Detention Center	732-341-1365
Juvenile Supervision, Main	732-831-7999
Lakewood Office	732-367-6091
West Creek Office	609-597-2046
Ocean County Bar Assn, Lawyer Referral Service	732-240-3666
Ocean County Health Department	732-341-9700 x7537
Probation Intake Unit, Family Court	732-506-5515
Prosecutor's Office, Ocean County	732-929-2027
Public Defender's Office, Ocean County	732-286-6400
Youth Services Commission, Ocean County	732-288-7792

Websites for the organizations that are referenced in this guide

Ocean County Departments

Board of Social Svcs.....www.co.ocean.nj.us/SocialServices
 Department of Human Services.....www.co.ocean.nj.us/ocdhs
 Department of Juvenile Services.....www.co.ocean.nj.us/ocjs
 Health Department.....www.ochd.org
 Office of Education.....www.co.ocean.nj.us/Superintendent/index.htm

Agencies and Organizations

Alcohol and Drug Abuse Council of Ocean.....www.adaco.org
 Catholic Charities, Trenton Diocese.....www.catholiccharitiestrenton.org
 Children’s Home Society of NJ.....www.chsofnj.org
 Community Medical Ctr..www.sbhcs.com/hospitals/community_medical/
 Eating Disorder Center at Princeton Medical Center
www.princetonhcs.org/page4773.aspx
 Family Support Center of NJ.....www.fscnj.org
 Family Support Organization of Ocean County.....www.ocfso.org
 Food Bank of Monmouth & Ocean Counties.....www.foodbankmoc.org
 Food Stamps..... <https://foodstamps.dhs.state.nj.us/forms/frmHome.aspx>
 Health Dept of Long Beach Island.....www.lbihealth.com
 Kimball Medical Ctr www.saintbarnabas.com/hospitals/kimbal_medical/
 Lighthouse at Mays Landingwww.lighthouseatmayslanding.com
 MOCEANS Center for Independent Living.....www.moceanscil.org
 NJ Div. of Child Behavioral Health Svcs.....www.state.nj.us/DCF/behavioral
 NJ Division of Developmental Disabilities (Dept of Human Services)
[.http://www.state.nj.us/humanservices/ddd/index.html](http://www.state.nj.us/humanservices/ddd/index.html)
 NJ Division of Disability Services (Dept of Human Services)
<http://www.state.nj.us/humanservices/dds/index.html>
 NJ Division of Vocational Rehabilitation (Dept of Labor)
<http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html>
 NJ Div. of Youth and Family Services.....www.state.nj.us/DCF/abuse

Other Organizations

211, NJ's Information & Referral Line **2-1-1** **www.nj211.org**

One easy access point to the community resources and government assistance. Search the database on line, or call 2-1-1 from any telephone.

Association for Children of NJ **973-643-3876** **www.acnj.org**

ACNJ works with policymakers to shape and track legislation affecting children. Also sponsors conferences about children and family issues.

Association for Special Children & Families **973-728-8744** **www.ascfamily.org**

Community awareness programming, advocacy, peer support and educational workshops for families with special needs children.

Big Brothers & Big Sisters **732-905-5349** **www.bbbsoc.org**

Matches caring adult mentors to children ages 5 to 17 years in the community or at school in some cases, who provide support and friendship.

Boy Scouts of America—Jersey Shore Council

732-349-1037 or 609-698-2855 **www.jerseyshore-bsa.org**

Boy Scouts build friendships, learn leadership & citizenship skills, and gain fitness & knowledge through camping excursions and other activities.

Child Support Enforcement Hotline (NJ) **800-621-KIDS**

Child Support Information Line (NJ) **877-NJ-KIDS-1**

24-hour information on payments, services, tax offset, visitation, emancipation, custody, credit bureau reporting, and how to apply for child support.

www.NJChildSupport.org

Foster & Adoption Services (NJ)

877-NJFOSTER **800-99-ADOPT** **www.nj.gov/njfoosteradopt/**

Resources for those who are or are looking to become foster or adoptive parents to children who have been abandoned, abused or neglected.

Community Health Law Project **732-502-0059** **www.chlp.org**

Advocacy and (civil) legal services organization dedicated to serving the needs of low-income people with disabilities.

Girls Scouts of the Jersey Shore **732-349-4499** **www.girlscoutsjs.org**

For girls 5 to 17, Girls Scouts host age-appropriate troops, activities, and day camps to build courage, confidence and character.

Mutual Aid/Self Help Group Clearinghouse 800-FOR-MASH**www.njgroups.org**

Contacts for over 4,500 local self-help groups in New Jersey. Also helps those interested in joining with others to start new self-help groups.

National Alliance on Mental Illness (NAMI) of NJ, Ocean County Chapter**732-244-4401 www.namiNJ.org**

NAMI provides education, support and systems advocacy to empower families and persons with mental illness. Local self-help groups offer emotional support, information and advice about treatment and community resources.

National Center for Missing & Exploited Children**800-The-Lost
www.MissingKids.com**

NCMEC's mission is to help prevent child abduction and sexual exploitation; help find missing children; and assist victims of child abduction and sexual exploitation, their families, and the professionals who serve them.

New Jersey Helps**www.njhelps.org**

An online tool to screen for eligibility for an array of assistance programs, like health care, income, employment, and support services.

Ocean County Library 732-349-6200 www.TheOceanCountyLibrary.org

The Ocean County Library hosts various fun and educational programs for kids and families throughout the year at its 21 branches in the area.

Ocean Monmouth Legal Services 732-341-2727 www.lsnj.org

Free legal assistance to low-income people in civil matters.

Planned Lifetime Assistance Network of NJ 732-563-0300 www.plannj.org

Assists families in financial, legal, and social service planning for the lifelong care of a child or other family member with special needs.

Special Parent Assistance & Resources for Kids for Life & Education (SPARKLE)**www.geocities.com/sparkleofucp/**

Supportive resource, workshops, networking, and advocacy for families with children who have developmental disabilities.

Statewide Parent Advocacy Network (SPAN) 973-642-8100 www.SPANnj.org

SPAN offers training and advocacy to empower, support, inform & involve families and others interested in the child development and education.

YMCA of Ocean County 732-341-9622 www.ocymca.org

The Ocean County YMCA offers camps; before/after school care; child care; and arts, health, fitness programs for kids and families.

Other Resource Guides

The following is a list of other resource directories and guides that are available in our community.

Adolescent Resource Guide

Published by the Ocean County Health Department. Call 732-341-9700 or visit www.ochd.org/PDF/CountyResources/GOLRD.pdf.

Alcoholism and Drug Abuse Resource Directory

Published by the Ocean County Health Department. Call 732-341-9700 or visit www.ochd.org/PDF/ResourceDirectory2007.pdf.

Cultural Access Network of NJ

One-stop information on accessible venues, performances and cultural events at www.CulturalAccessNetwork.org or 973-540-0515 x15.

Disability Services—Local Resource Directory

Published by the Ocean County Office for Individuals with Disabilities, Department of Human Services. Call 732-506-5374 or visit www.co.ocean.nj.us/ocdhs/oftd/index.html.

Disability Services—State Resource Directory

Published by the Division of Disability Services. Contact 1-888-285-3036 or visit www.state.nj.us/HumanServices/dds/RD_09.pdf.

Hotlines and Telephone Numbers

Published by the Ocean Advisory Commission on the Status of Women. Call 732-506-5374 or visit www.co.ocean.nj.us/ocdhs/women/index.html.

Housing Resource Guide for Ocean County

Published by the Ocean County Office for Individuals with Disabilities, in partnership with the Board of Social Services and Office of Senior Services. Call 732-506-5374 or visit www.co.ocean.nj.us.

Housing Resource Center for New Jersey (NJHRC)

A collaboration of the NJ Dept of Community Affairs, the Division of Disability Services, and the Housing and Mortgage Finance Company, NJDRC's affordable housing, accessible housing options and other housing information is online at www.NJhousing.gov/.

Mental Health Resource Directory

Published by the Ocean County Mental Health Board. Call 732-506-5374 or visit www.co.ocean.nj.us/ocdhs/mhb/index.html.

Navigating the Mental Health Labyrinth

Published by the NAMI Ocean County. Call 732-244-4401.

Ocean County Resources

Published by the Ocean County Library. Visit TheOceanCountyLibrary.org/OceanCountyInfo/OceanCountyResources.htm.

Ocean Resource Net

Community-based resources for children and families, maintained by Ocean Partnership for Children. www.OceanResourceNet.org.

Online Health Directory

Published by the Ocean County Health Department. Contact 732-341-9700 or visit www.ochd.org/PDF/CountyResources/OHL.pdf.

Options Manual

A tool to assist families in accessing public and private resources for people with disabilities and their families, published by the Family Support Center of NJ. Support programs, advocacy, education, recreation, financial assistance and practical parent tips. Contact 800-372-6510 or visit www.fscnj.org/docs/pdf/2008Options.pdf.

Prevention Services—Community Program Directory

Published by the Division of Prevention and Community Partnerships. Call 609-984-0678 or visit www.state.nj.us/dcf/prevention/directory.html.

Senior Services Consumer Resource Directory

Published by the Ocean County Office of Senior Services. Call 732-929-2091 or toll free at 877-222-3737. Available online at www.peerplace.com/njportal/?county=ocean.

Youth Directory

A brief guide to empower youth to access services. Published by the Ocean Advisory Commission on the Status of Women. Call 732-506-5374.



This is an activity of the
Ocean County Board of Chosen Freeholders

John C. Bartlett

John P. Kelly

James F. Lacey

Gerry P. Little

Joseph H. Vicari

CHILDREN'S INTER AGENCY COORDINATING COUNCIL
Jamie Hart, Coordinator
Jessica Davis, Assistant

Ocean County Dept of Human Services
Jill S. Perez, Director
Tracy Maksel, Assistant Director
1027 Hooper Avenue, Building 2, 3rd Floor
Toms River, NJ 08754-2191

Phone: 732-506-5374 Toll Free: 800-544-7184
Fax: 732-341-4539
E-mail: JHart@co.ocean.nj.us JeDavis@co.ocean.nj.us
Website: www.co.ocean.nj.us/ocdhs

This publication has been printed by the
Ocean County Printing and Graphics Department.