



# **Manalapan-Englishtown Regional Schools**

Community Mental Health Resources

## Purpose

This document will assist Building Administrators, Child Study Team members, School Counselors and Parents navigate mental health resources in our community.

## Risk Factor Determination Guide

- High Risk
  - There is an indication that a student is at significant risk to self or others as identifiable by behaviors, drawings, writings, and/or utterances.
- Moderate Risk
  - There is an indication that a student is experiencing significant difficulty coping and/or managing their emotions, it is significantly impacting their everyday functioning, and requires additional support.
- Low Risk
  - There is an indication that a student is having difficulty managing their emotions, may require additional support, however, it is not significantly impacting their everyday functioning.

**\*In the event of a life threatening mental health emergency, always dal 9-1-1**

Resources
<p style="text-align: center;"><b>High Risk</b></p> <ul style="list-style-type: none"><li>● <b>Hospitals with Children and Adolescent Behavioral Health and Psychiatry</b> - Will be able to conduct a comprehensive risk assessment and determine if further intervention is needed.<ul style="list-style-type: none"><li>○ <a href="#">Monmouth Medical Center</a> - Psychiatric Emergency Screening Services<ul style="list-style-type: none"><li>■ Monmouth Medical Center is a state-designed emergency screening service for Monmouth County. Crisis intervention, stabilization, mobile outreach, crisis hotline and family crisis services are provided</li><li>■ <b>Contact Information:</b> 732-923-6999</li></ul></li><li>○ <a href="#">Riverview Medical Center</a> - Behavioral Health Services - Mental Health Services<ul style="list-style-type: none"><li>■ Emergency psychiatric intervention, assessments, linkage and referrals for adults, adolescents, and children experiencing an acute psychiatric emergency, located within the Emergency Department.</li><li>■ <b>Contact Information:</b> 732-219-5325</li></ul></li><li>○ <a href="#">Jersey Shore University Medical Center</a> - Crisis Unit<ul style="list-style-type: none"><li>■ Jersey Shore's Crisis Unit serves as a consultant to the Emergency Department on all patients, adults, adolescents, and children experiencing a psychiatric emergency 24-hours each day, seven days a week.</li><li>■ <b>Contact Information:</b> 732-776-4555</li></ul></li></ul></li><li>● <a href="#">Insite Health</a> - Will complete crisis evaluations and make recommendations for next steps in terms of psychiatric and therapeutic support.<ul style="list-style-type: none"><li>■ <b>Contact Information:</b> 833-494-6724</li></ul></li><li>● <a href="#">Mobile Crisis Response and Stabilization</a> - Provided through Performcare. Will respond to the home within 1 to 24 hours depending on the intensity of the situation. Will evaluate the situation and make recommendations for follow-up care.<ul style="list-style-type: none"><li>○ <b>Contact Information:</b> 1-877-652-7624</li></ul></li></ul>

### Moderate Risk

- [High Focus Treatment Centers](#) - Treats a range of mental health concerns, including anxiety disorders, depression, bipolar, ADHD and trauma/PTSD. Their programming includes partial hospitalization (PHP) and intensive outpatient (IOP) options.
  - **Contact Information:** 732-303-9900
- [Jersey Shore University Medical Center Children's Partial Hospitalization Program \(PHP\)](#) - Half-day partial hospital program for children between the ages of 7 and 12 experiencing behavioral health difficulties impacting their functioning at home, school and in the community. Psychiatric assessment, medication monitoring and intensive group therapy provided.
  - **Contact Information:** 732-869-2784
- [Integrated Care Concepts and Consultation](#) - Focused on wellness recovery and is best suited for teens (14–18) and their families who are experiencing anxiety, depression, or who are recovering from trauma. Integrated Adolescence is an Intensive Outpatient Program (IOP) or Partial Hospitalization Program (PHP).
  - **Contact Information:** 732-387-7828

### Low Risk

- **PerformCare** - PerformCare New Jersey is the single point of access to a wide array of behavioral health, intellectual and developmental disability services, as well as substance use treatment for youth and families throughout New Jersey.
  - **Contact Information:** 1-877-652-7624
  - [New Jersey System of Care Brochure](#) - English
  - [New Jersey System of Care Brochure](#) - Spanish
- **Community Mental Health Resources**
  - [Insite Health](#) - Full scope of therapeutic support and interventions including psychiatric evaluations, groups and individual counseling, family counseling, and medication management.
    - **Contact Information:** 833-494-6724
  - [YMCA Counseling and Social Services](#) - Offer a variety of programs in-person and through Telehealth designed to meet the ever-changing needs of the community and provide safe, confidential services that strengthen family life and individual growth. Their team consists of certified professionals who are licensed to serve as counselors to youth, families and schools, specializing in social work, clinical counseling, and alcohol and drug counseling.
    - [Outpatient Office](#) - Matawan, New Jersey
      - **Contact Information:** 732-290-9040
      - **Email:** [outpatient@ymcanj.org](mailto:outpatient@ymcanj.org)
    - [Outreach Office](#) - Eatontown, New Jersey
      - **Contact Information:** 732-544-4544
      - **Email:** [outpatient@ymcanj.org](mailto:outpatient@ymcanj.org)
  - [Preferred Behavioral Health Group](#) - A trauma-informed organization, providing a full range of professional and compassionate behavioral health services for children, teens, adults, and families. Their goal is to bridge the gap between mental and physical health and provide everyone with access to quality care.
    - **Contact Information:** 732-367-4700
  - [Exceptional Wellness Counseling](#) - Offers a variety of outpatient counseling services utilizing a variety of approaches to meet the needs of children and adolescents.
    - **Contact Information:** 908-415-2042
  - [Mental Health Association of Monmouth County](#) - Offers confidential and compassionate outpatient therapy for children, youth, and adults. To address mental health concerns, their team of counselors uses trauma-informed care and evidence-based treatments, including eye movement desensitization and reprocessing (EMDR), cognitive behavioral therapy, Nurtured Heart, Sand Play, and mindfulness.

- **Contact Information:** 732-542-6422
- [CPC Integrated Health](#) - Their goal and mission is to support individuals, families, and the community in achieving whole health through an integrated system of care designed to promote well being, recovery, and productive lives. CPC Integrated Health has locations throughout Monmouth County.
  - **Contact Information:** 800-250-9811
- [Jewish Family and Children's Services of Monmouth County](#) - Offers comprehensive Health and Wellness, Food Security, Holocaust Survivor and Senior Programs in Monmouth County, helping individuals achieve stability, and live with dignity.
  - **Contact Information:** 732-744-6886
- [Catholic Charities Family and Community Services](#) - Offer several programs in Monmouth County that provide assistance to individuals, children, and families.
  - **Child/Adolescent Counseling** - Mental health counseling for children and adolescents with emotional and behavioral challenges. Services include psychiatric evaluations and medication monitoring.
    - **Contact Information:** 800-360-7711
- [Monmouth County Department of Human Services - Division of Behavioral Health](#) - The Monmouth County Division of Behavioral Health serves residents through mental health and addiction services resources. In 2020, the Monmouth County Board of County Commissioners combined the offices of mental health and addiction services as a step towards becoming stigma free.
  - **Contact Information:** 732-431-6451

#### **Hotlines/Helplines**

- [Suicide and Crisis Lifeline](#) - Provide support, assessment and, if needed, intervention in the most cooperative and least restrictive manner.
  - **Contact Information:** 988
- [2nd Floor](#) - A confidential and anonymous helpline for New Jersey's youth and young adults.
  - **Contact Information:** 888-222-2228
- [The Trevor Project Lifeline](#) - A 24/7 crisis and suicide prevention helpline for LGBTQ youth and young adults.
  - **Contact Information:** 866-488-7386
- [National Sexual Assault Hotline](#)
  - **Contact Information:** 800-656-HOPE (4673)
- [Department of Children and Families Hotlines and Helplines](#)

#### **Additional Resources**

- [NAMI \(National Alliance on Mental Illness\)](#) - Provides advocacy, education, support, and public awareness so that individuals and families affected by mental health can build better lives.
  - **Contact Information:** 800-950-6264
- [National Eating Disorder Association](#) - The largest non-profit organization dedicated to supporting individuals and families affected by eating disorders.
  - **Contact Information:** 1-866-662-1235
- [PFLAG](#) - Their mission is to create a caring, just, and affirming world for LGBTQ+ people and those who love them.
  - **Contact Information:** 908-814-2155
- [CHAAD \(Children and Adults with Attention Deficit/Hyperactivity Disorder\)](#) - Their mission is to improve the lives of people affected by ADHD.
  - **Contact Information:** 1-866-200-8098