



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGING LIVES TOGETHER

A GUIDE TO COUNSELING & SOCIAL SERVICES

**YMCA of Greater Monmouth
County transforms lives
through counseling
programs and services
to children and adults
in schools, homes and
the community.**



YMCA OF GREATER MONMOUTH COUNTY

170 Patterson Ave.
Shrewsbury, NJ 07702

P. 732.671.5505
information@ymcanj.org

YMCA NJ.org
f t i y u

Here for all.

Financial assistance is offered
based on availability of funds.

TABLE OF CONTENTS

YMCA of Greater Monmouth County Counseling & Social Services Guide

BAYSHORE FAMILY SUCCESS CENTER

SERVICES	5
Programs.....	5
Events.....	5
Information and Referral Services.....	5

OUTREACH SERVICES

CHILDREN'S SYSTEM OF CARE SERVICES PROGRAMS	6
Intensive In-Community Services.....	6
Family Stabilization and Support	6
Stabilization and Skills Development.....	6
Trauma Therapy.....	6
Behavioral Assistant Services	6
Independent Life Skills Services	7

COMMUNITY INITIATIVES	7
Traumatic Loss Coalition.....	7
Community Based Trainings.....	7

DIVISION OF CHILD PROTECTION AND PERMANENCY CONTRACTED PROGRAMS (formerly Division of Youth & Family Services)	8
--------------------------------------------------------------------------------------------------------------------------------	---

FAMILY CARE PROGRAM / MENTORING SERVICES	8
Child Mentor Program	8
Parent Mentor/Coach Program	8

IN HOME THERAPY SERVICES	9
Family Support Program	9
Foster Care Support Program	9

VISITATION SERVICES	9
Child Visitation.....	9
Family Engagement Visitation	9
Therapeutic Visitation	9

OUTPATIENT SERVICES

CHILDREN & ADOLESCENT MENTAL HEALTH SERVICES	10
Young People's Program	10
YPP In-School Counseling.....	10

ADOLESCENT SUBSTANCE ABUSE SERVICES	11
Complete Drug and Alcohol Evaluations.....	11
Counseling for Adolescents (13-18).....	11
Adolescent Intervention Services.....	11
Medication Evaluation and Monitoring.....	11

ADULT MENTAL HEALTH SERVICES	11
-------------------------------------------	----

ADULT SUBSTANCE ABUSE SERVICES	12
Substance Abuse Services	12
Complete Drug and Alcohol Evaluations.....	12
Adult Intervention Services	12
Adult Intensive Outpatient Program	12
Intoxicated Driver Services.....	13
Medication Evaluation and Monitoring.....	13
Urine Monitoring.....	13

MORE INFORMATION	14
-------------------------------	----

FREQUENTLY ASKED QUESTIONS	15
-----------------------------------------	----

OUTPATIENT SATELLITE OFFICE INFORMATION	15
------------------------------------------------------	----

SCHOOL BASED COUNSELING SITES*	16
---------------------------------------------	----

OUR TEAM	18
-----------------------	----

WELCOME

The Y is the nation's leading nonprofit strengthening communities through youth development, healthy living and social responsibility. Every day, YMCA of Greater Monmouth County works side-by-side with our neighbors, community partners and volunteers to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

YMCA OF GREATER MONMOUTH COUNTY is one of the more than 2,500 YMCAs nationwide and serves more than 36,000 individuals and families in Monmouth, southern Middlesex, and Ocean counties.

Since 1974, YMCA of Greater Monmouth County has been helping families in Monmouth County and throughout the state of New Jersey through our Counseling and Social Services. We offer a variety of programs for youth and families to support them through difficult situations and times of transition. Programs are designed to meet the ever-changing needs of the community and provide safe, confidential services which strengthen family life and individual growth.

Our team of caring and certified Y professionals are licensed to serve as counselors to youth, families and schools, specializing in social work, clinical counseling, and alcohol and drug counseling.

In addition to Counseling and Social Services, YMCA of Greater Monmouth County provides preschool programs, before and afterschool care in 39 schools across Monmouth County, teen leadership activities, summer camp, as well as health and wellness membership at our wellness facilities in Red Bank, Freehold and Old Bridge.





BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail | 945 Highway 36 | Leonardo, NJ 07737 | 732.497.3811 | familysuccess@ymcanj.org | [f /BayshoreFSC](https://www.facebook.com/BayshoreFSC)

OFFICE HOURS

Monday: 9 a.m. – 5 p.m. | Tuesday: 9 a.m. – 5 p.m. | Wednesday: 11 a.m. – 7 p.m.
Thursday: 11 a.m. – 7 p.m. | Friday: 9 a.m. – 3 p.m. | Saturday: 10 a.m. – 12 p.m.

The Bayshore Family Success Center is located at the Henry Hudson Trail Activity Center in Leonardo. The center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information and services. This Family Success Center is part of a statewide network of Family Success Centers funded by the Department of Children & Families, Division of Families and Community Partnerships. The Bayshore Family Success Center is operated by YMCA of Greater Monmouth County to assist community members of the Bayshore towns from Aberdeen down the Route 36 corridor to Highlands and Middletown. The state's goal is to have recognizable, designated places for families to obtain information, support and assistance before problems become crisis.

The purpose of Family Success Centers is to enrich the lives of children and parents by making families and neighborhoods stronger. Families receive support in dealing with the stress of parenting and everyday issues. The Bayshore Family Success Center is committed to strengthening families and inspiring parent, family and community involvement.

Family Success Centers provide an array of education, enrichment, and support services to help strengthen families and improve the quality of life and well-being for all community residents. Depending on available resources, some services are provided directly by the Center and others are offered through collaborative relationships with other community based groups and organizations. Information and referral services for employment, housing, health and mental health programs, life skills, parent education, family activities and other services are available.

Y staff are available at no cost to help families navigate programs available through various agencies.

> SERVICES

The Bayshore Family Success Center in conjunction with their Parent Community Advisory Board (PCAB) develops services focusing on the target areas of:

- > Access to Child, Maternal and Family Health Services
- > Family Success Plans
- > Parent Education
- > Employment Related Services
- > Life Skills
- > Housing Related Services
- > Advocacy and Related Support
- > General Information and Referral/Linkages

These services are implemented through three delivery methods:

> PROGRAMS

Our programs are developed in direct response to community concerns. Examples are the Saturday Tutoring Program, Grandparents Support Group, Financial Literacy workshops, Parent Education workshops and others, created as needed.

> EVENTS

We host fun events to get the whole family engaged. Examples of these are the multiple holiday-themed family parties and seasonal events encouraging family togetherness and community networking.

> INFORMATION AND REFERRAL SERVICES

Center staff meet one-on-one with families and individuals who are seeking information and assistance by utilizing a proprietary database of localized resources, programs and services to link families with the most appropriate information and program. In addition, staff will work with these families as much or as little as is required to make the linkage successful.

All of our programs and services are listed on our monthly calendar and change often. Please view our calendar of events on the Web site and our Facebook page. We are happy to add your e-mail to the monthly electronic newsletter to keep you updated.



OUTREACH SERVICES

Counseling & Social Services Outreach Office

613 Hope Road, Bldg. 4, 2nd Floor | Eatontown, NJ 07724 | 732.544.4544 | outreach@ymcanj.org | [f /YMCACounseling](https://www.facebook.com/YMCACounseling)

OFFICE HOURS

Monday – Friday: 9 a.m. – 5 p.m.

The YMCA of Greater Monmouth County helps strengthen individuals and families through extensive outreach services through the New Jersey Division of Children's System of Care Services and the Division of Child Protection and Permanency (formerly Division of Youth and Family Services).

CHILDREN'S SYSTEM OF CARE SERVICES PROGRAMS

> INTENSIVE IN-COMMUNITY SERVICES

Intensive In-Community Services (IIC) provide emotional and behavior health services for children and their families. YMCA community-based services are family-driven, strength-based services that are culturally diverse and easily accessible. Specialized services areas include: anger management; substance abuse evaluations and counseling; autistic spectrum disorders; bi-polar, mood and anxiety disorders; sexual abuse, trauma and attachment disorders; domestic violence; grief and loss; Oppositional Defiant Disorder (ODD) and behavioral disorders; such as Attention Deficit Hyperactivity Disorder (ADHD).

Referrals are made through DCP&P or Perform Care.

> FAMILY STABILIZATION AND SUPPORT

Family Stabilization and Support (FSS) is intensive therapy (8 – 10 hours per week) by a Master's Level Clinician for a period of 30 days to work on family stabilization under the direction of a licensed clinician.

Referrals are made through DCP&P or Perform Care.

> STABILIZATION AND SKILLS DEVELOPMENT

Stabilization and Skills Development (SSD) is a 90-day program in which the family and youth will participate in intensive stabilization therapy through an individual therapist and skills development with a behavioral assessment.

Referrals are made through DCP&P or Perform Care.

> TRAUMA THERAPY

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is a supported treatment that has been evaluated and refined over the past 18 years to help children overcome trauma related to abuse, violence and grief. TF-CBT effectively addresses a child's anxiety, depression and behavioral difficulties in 12 – 16 sessions. Sessions are geared toward effectively helping children and adolescents (ages 3 – 18) overcome post-traumatic stress disorder, depression and feelings of shame as well as other behavioral and emotional difficulties.

Goals include: teaching children and their non-offending caregivers adaptive coping skills; assisting children to

process their traumatic experiences; reducing the emotional and behavioral reactions exhibited by children; facilitating children's adjustment to placement when needed; assisting non-offending caregivers responsiveness to their child's reactions and feelings related to the trauma(s); working with caregivers and children in joint sessions to improve interaction; enhancing communication and practice personal safety skills to help reduce the risk of future victimization.

Referrals are made through DCP&P or Perform Care.

> BEHAVIORAL ASSISTANT SERVICES

Using a Behavioral Assistance Individualized Service Plan to target specific behaviors affecting the lives of children and adolescents, behavioral assistants provide one-on-one support to increase functioning and development.

Behavioral Assistance (BA) is a goal-oriented program with mutually agreed upon goals established by the child, parent, referring agency and licensed therapeutic provider. Goals are intended to be short term, and behaviorally specific with measurable outcomes. BA provides service to the child referred, as well as the parent, in an effort to help incorporate new behaviors into the home and everyday life.

In accordance with Medicaid standards, Behavioral Assistants undergo a state-mandated certification process within the first six months of hire. In addition, criminal background, sex offender registry and motor vehicle checks are also conducted. BA program participants participate in regular supervision with a Licensed Clinical Social Worker and participate in ongoing training and education.

Specific behaviors that can be addressed with BA can include: anger management, parent/child conflict, aggressive behaviors, communication skills, impulse control, deceitful behaviors, social skills, hyperactivity, fear and phobias, social anxiety, problems with authority, runaway behaviors, decision making skills, isolation, coping skills, depression, self-abusive behaviors, delinquency, self-esteem and oppositional defiant behaviors.

Referrals are made through DCP&P or Perform Care.



> INDEPENDENT LIFE SKILLS SERVICES

Independent living skills, or life skills, are important life lessons teens need to learn in order to successfully navigate the world when they become adults. These resources will help teens master the independent living skills they will need to live on their own and enjoy a happy, successful life. Designed to help youth transitioning from dependent care achieve their future goals of self-sufficiency, it provides access to a full range of independent living services to meet each youth's individual transition needs. Services include: life skills training, mentoring, family planning, housing assistance, educational support services, computer literacy, employment and career planning, and personal development.

Referrals are made through DCP&P or Perform Care.



COMMUNITY INITIATIVES

> TRAUMATIC LOSS COALITION

The YMCA of Greater Monmouth County Counseling & Social Services team coordinates the Traumatic Loss Coalition in Monmouth County and Ocean Counties as part of a statewide youth suicide prevention and traumatic loss postvention program.

The program brings together school personnel, mental health clinicians, juvenile justice personnel, law enforcement officials, social service agencies, child welfare workers and many others who work with youth and teens. In the event of a suicide or any traumatic death of a child or school personnel, the coalition directs a response team to assist the school community and promote healing and resiliency. The coalition also works with local schools, organizations and communities to prevent suicide through education, trainings, and outreach events.

The program is operated by Rutgers University Behavioral Health and funded by the New Jersey Department of Children & Families, Division of Children's System of Care.

> COMMUNITY BASED TRAININGS

The YMCA of Greater Monmouth County offers trainings in suicide prevention including QPR (Question, Persuade, Refer) and in collaboration with AFSP the Talk Saves Lives training. Other trainings available include Psychological First Aid and Understanding Mental Health and Mental Illness. For fees and trainer availability please contact Heather Church-Soto at hsoto@ymcanj.org

RUTGERS
University Behavioral
Health Care





DIVISION OF CHILD PROTECTION AND PERMANENCY CONTRACTED PROGRAMS

(formerly Division of Youth & Family Services)

> FAMILY CARE PROGRAM / MENTORING SERVICES

> Child Mentor Program

This support program provides positive adult role models to children and adolescents to increase their self-esteem and self-awareness. Social, recreational and education services are provided.

Referrals are made only through DCP&P.

> Parent Mentor/Coach Program

Any parent will tell you how challenging it is to raise a child. At any given time a parent can feel overwhelmed, defeated and hopeless. They can also feel pride and joy when their child achieves a goal or smiles at them in just the right way. The purpose of parent coaching is to help good times increase and bad times seem more manageable. Using the Common Sense Parenting curriculum, YMCA Parent Coaches provide support and guidance to the individuals, while helping them achieve the techniques needed to overcome obstacles they may be facing.

Common Sense Parenting (CSP) is a practical, skill-based parenting program that can be applied to every family. It was developed by Boys Town New York and offers CSP, as well as CSP for infant and toddlers, in both English and Spanish. The program's logical strategies and easy-to-learn techniques address issues of communication, discipline, decision making, relationships, self-control and school success.

CSP gives parents the tools to: correct and change problem behavior; minimize problems that disrupt family life; and raise responsible, caring children. Other specific areas of support include: basic parenting skills; parenting a child with emotional or behavioral needs; Do's and Don'ts of effective discipline; positive consequences; spending quality time with a child; behavior modification (including charts and contracts); how to stop yelling; time management; communication skills; organizational skills; stress management; budgeting; substance abuse education and support (for parent and child); how to keep your child safe and domestic violence.

Referrals are made only through DCP&P.



> IN HOME THERAPY SERVICES

> Family Support Program

The Family Support Program is an in-home therapeutic program that provides outstanding and innovative services to children and families living in Monmouth County. Working collaboratively with other treatment providers and referring agencies to assist each family in reaching their goals, the Family Support therapist uses individual and collective strengths to instill a sense of hope within the family and facilitate positive change.

Referrals are made only through DCP&P.

> Foster Care Support Program

The Foster Care Support Program provides supportive services to foster parents and children. Services consist of short-term therapy; intensive long-term therapy or case management services. The goal is to help maintain current foster placements, provide support services to foster children and their foster parents while making their experiences as positive as possible.

Referrals are made only through DCP&P.

> VISITATION SERVICES

> Child Visitation

This program transports foster children to and from meetings with their parents. Parents and children are overseen by program staff where the only focus is the protection and safety of the child and adult participants. Behavior and communication between child and parents are factually documented and reported to the referring agency. Referrals are made only through DCP&P.

> Family Engagement Visitation

This program combines supervised visits with an individualized parenting skills program and case management services. Program staff will conduct an assessment of basic parenting abilities through the administration of the Adult-Adolescent Parenting Inventory (AAPI-2). Staff will teach the skills that are lacking or deficient and coach the parents in implementing the new techniques during visits. Parent sessions can be held separately from the children to learn new parenting skills through a parenting curriculum. Parents must demonstrate the ability to apply their learning in following sessions when situations arise with their children, in order to progress through the program. Reports are provided identifying specific teaching goals and progress made.

Referrals are only made through DCP&P.

> Therapeutic Visitation

The program is administered by a licensed clinician with a focus on the positive development of the parent/child bond. The provider is able to use clinical judgment in determining the appropriate forms of communication and actively engages the child and parent in the discussion of relevant issues. The clinician retains the right to suspend or terminate therapeutic visitation if the child's psychological or physical safety is at risk. Reports reflecting visit progress from a clinical perspective are submitted. The clinician may make recommendations for other services as needed. Therapeutic visitation is not therapy nor does it take the place of therapy.

Referrals are only made through DCP&P.



OUTPATIENT SERVICES

Counseling & Social Services Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040 | outpatient@ymcanj.org | [f /YMCAcounseling](https://www.facebook.com/YMCAcounseling)

OFFICE HOURS:

Monday – Thursday: 9 a.m. – 9 p.m.

Friday: 9 a.m. – 5 p.m.

Saturday: 10 a.m. – 3 p.m.

With a focus on strengthening family life and individual growth, **YMCA of Greater Monmouth County** provides a comprehensive array of safe, confidential outpatient and psychiatric services to children, adolescents, adults and families in a caring and supportive environment.

Our highly qualified staff hold Masters Degrees and are licensed practitioners or are pursuing licensure. Substance abuse clinicians are Certified Substance Abuse Counselors or are pursuing certification. Our team works closely with our psychiatrist to deliver outstanding care and treatment to those we serve.

FEES: We accept Medicaid, private insurance and self-pay. Sliding scale fees are available based on income. State funding may be available for some of our services based on eligibility.



CHILDREN & ADOLESCENT MENTAL HEALTH SERVICES

> YOUNG PEOPLE'S PROGRAM

The Young People's Outpatient Program serves children ages 3 to 18 and their families. The program is tailored to meet the individual needs of the child and offers an opportunity for change through play. Specialized groups are also offered throughout the year. The program addresses school difficulties, parent/child conflicts; trauma issues; anger management; bereavement issues and adjustment to life changes.

The program provides individual and family counseling; parent/guardian support and training and Filial Play Therapy. Play Therapy is generally employed with children aged 3 through 11 and provides a way for them to express their experiences and feelings through a natural, self-guided, self-healing process. As children's experiences and knowledge are often communicated through play, it becomes an important vehicle for them to know and accept themselves and others.

Services are available at the following locations:

- > **Aberdeen** – Temple Shalom
- > **Freehold** – Visiting Nurse Association Health Group
- > **Little Egg Harbor** – Lighthouse Alliance Community Church
- > **Manahawkin** – Holy Spirit Lutheran Church
- > **Matawan** – YMCA Counseling & Social Services Outpatient Office
- > **Union Beach** – Union Beach Memorial Library
- > **Wall** – Camp Zehnder

Call our office for additional school sites.

> YPP IN-SCHOOL COUNSELING

This program is available at the following schools where the Y has contracted with school districts to provide services for children in a familiar environment:

- > **Asbury Park** – Barack H. Obama Elementary School; Bradley Elementary School; Thurgood Marshall Elementary School; Martin Luther King Jr. Middle School
- > **Eatontown** – Meadowbrook Elementary School; Woodmere Elementary School; Margaret L. Vetter Elementary School; Memorial Middle School
- > **Hazlet** – Raritan High School; Hazlet Middle School; Lillian Drive Elementary School
- > **Jackson** – Jackson Liberty High School; Christa McAuliffe Middle School; Crawford-Rodriguez Elementary School; Switlik Elementary School
- > **Lakewood** – Clifton Avenue School; Oak Street School; Spruce Street School; Piner Elementary
- > **Keansburg** – Joseph C. Caruso School; Joseph R. Bolger Middle School
- > **Keyport** – Keyport High School; Keyport Central School
- > **Long Branch** – All public schools K-12
- > **Matawan** – All public schools K-12
- > **Middletown** – All public schools K-12 by Fall 2019
- > **Neptune** – All public schools PreK-12
- > **Old Bridge** – (Fall 2019) Carl Sandburg Middle School; Madison Park Elementary School
- > **Red Bank** – Red Bank Middle School; Red Bank Primary School
- > **Toms River** – All public schools K-12 by Fall 2019
- > **Union Beach** – Memorial School

ADOLESCENT SUBSTANCE ABUSE SERVICES



> COMPLETE DRUG AND ALCOHOL EVALUATIONS

> COUNSELING FOR ADOLESCENTS (13-18)

Outpatient services are available in Matawan, in an environment that empowers young people to achieve a positive, productive, and drug-free lifestyle. Our program focuses on those considered to be “at-risk” for developing a drug or alcohol problem, as well as teens who are already struggling with drug and alcohol issues.

> ADOLESCENT INTERVENTION SERVICES

The Y provides intervention-oriented substance abuse services to adolescents ages 13 to 18 who are demonstrating at-risk alcohol/drug related behaviors—

such as a drop in grades; change of friends; legal trouble and family issues. The objective of intervention services is to interrupt the adolescent’s self-defeating behavior and replace it with a healthier approach to wellness. Support group and individual/family therapy services are available.

> MEDICATION EVALUATION AND MONITORING

(Counseling Clients Only) The stresses of the teen and young adult years can make youth especially susceptible to drug or alcohol abuse. Signs of a possible problem include: experimental or active drug or alcohol use; changes in attitude toward school, home or family; legal problems; changes in usual behavior and/or mood; changes in social relationships (i.e. “falling in with a bad crowd”); behavioral changes, including depression; anger; sensitivity; defensiveness; secrecy; aggression; spending time alone; or violence; physical changes, including hyperactivity; sleepiness; a haggard, drawn appearance; or dramatic changes in dress. Our program focuses on building individual strengths and minimizing risk factors to help adolescents grow up to be healthy, caring, and responsible. Research shows that the more of these assets a young person has, the less likely they are to abuse drugs, skip school, fight, or attempt suicide. We strive to help young people develop as many of these building blocks as possible—which will ultimately help them succeed in school, resist danger, maintain good health, overcome trouble and grow to their full potential.

ADULT MENTAL HEALTH SERVICES

The Y provides traditional outpatient counseling for adults 18 years of age and older addressing a variety of life stressors. Areas of counseling include but are not limited to:

- | | |
|--------------------|---------------------------|
| > Anger Management | > Independent Life Skills |
| > Anxiety | > Parenting Skills |
| > Bereavement | > Relationship Issues |
| > Depression | > Employee Assistance |

This program is operated from the YMCA Counseling & Social Services Outpatient Office in Matawan and contracts with corporate and national employee assistance programs to deliver treatment to employees through a specific referral and evaluation process. All services are provided in a caring, supportive and confidential manner. The Y provides a variety of programs, which can relieve stress, promote individual growth, and enhance family life, to improve employee performance. Services are available for mental health and substance abuse issues, and are offered in an individual, family or group setting.



ADULT SUBSTANCE ABUSE SERVICES

> SUBSTANCE ABUSE SERVICES

Addiction is a disease. Nonetheless, individuals are still responsible for their actions and must learn to address their problems. While there is no “cure,” treatment can, and does, help people regain control of their lives and escape from the downward spiral of addiction. When someone is trying hard to hide their problem, here are some things to look for: criminal justice problems; child welfare system involvement; losing a job for no apparent reason; changes in attitude towards work or social situations; changes in relationships with friends and family members; physical changes such as hyperactivity; sleepiness; a haggard, drawn appearance; loss of appetite; behavioral changes, including isolation, depression; anger; sensitivity; defensiveness; aggression; spending time alone; or violence; serious consequences resulting from drug or alcohol abuse (blackouts, DWI).



> COMPLETE DRUG AND ALCOHOL EVALUATIONS

In most cases that involve the abuse of drugs or alcohol, there is the possibility that the court will order a drug and alcohol evaluation from a state certified treatment agency. We are committed to offering our clients a comfortable, private atmosphere during their visit to our office for a substance abuse evaluation. Clients are responsible for submitting all requirements and documentation, along with contact information for the person or agency that is to receive the assessment and recommendations.



> ADULT INTERVENTION SERVICES

Recovery from drug or alcohol abuse occurs over various phases. Not every phase is equally long or equally difficult. But, because drug or alcohol addiction is a lifelong illness, the recovery process exists forever, in one form or another. Treatment at the YMCA however, is a short-term process designed to help substance abusers develop the necessary skills to successfully maintain their ongoing recovery.

Intervention oriented substance abuse services are available to adults 18 and older who are demonstrating at-risk alcohol/drug related behavior. The objective of an Intervention group is to interrupt self-defeating behaviors and replace them with a healthier approach to wellness. Individual and/or family therapy services are available to group participants on an as-needed basis. For those who may be experiencing a co-occurring disorder, our staff psychiatrist is available for medication evaluation and monitoring.

> ADULT INTENSIVE OUTPATIENT PROGRAM

The Y's substance abuse Intensive Outpatient Program (IOP) addresses addiction issues while helping each individual explore the factors contributing to their illness and to identify all the measures necessary to sustain recovery, once it is achieved.

This is a step-down program starting at three times per week, which follows a drug-free model with a Twelve-Step orientation. Participation in a self-help recovery program is an integrated part of treatment. Didactic and psycho-therapeutic methods are used and urine screening is administered on a random basis. Treatment is aimed at spirit, mind and body recovery.

The program helps chemically-dependent adults take the crucial first steps towards recovery. This not only means accepting their physiological or psychological dependency, but also facing the relationship problems, economic hardships, or personal insecurities that may have pushed them to use drugs or alcohol in the first place. It means facing life on life's terms, accepting personal responsibility—and doing so clean and sober.



> INTOXICATED DRIVER SERVICES

The objective of the Intoxicated Driver Services is to ensure that all convicted Monmouth County residents comply with Title 39:4-50 et seq., Specifically 39:4-50 (f) of the NJ Statutes annotated, and accompanying Regulations of Chapter 162 (10:162-1.1 to 10:162-11.3). The program provides presentations about impaired driving in the community; conducts a court-ordered 12-hour education class providing information about New Jersey's alcohol and drug laws; and teaches the affect of alcohol and drugs on the body and driving ability. The program also conducts screenings for referrals to assessments and/or self-help groups for treatment of alcohol and/or drug issues and monitors offenders in treatment and/or attending self-help groups.

> MEDICATION EVALUATION AND MONITORING (COUNSELING CLIENTS ONLY)

Initially, many individuals utilize medication to support their sobriety on a short-term basis. These clients often require specialized treatment to address the different issues they encounter while utilizing medication in their sobriety. This treatment focuses on education; the development of a strong support network; positive coping skills and a sober lifestyle to help to ease the transition from medically assisted treatment to drug-free treatment.

> URINE MONITORING

Provides random and weekly collection and testing of urine samples for drugs of abuse. All samples are collected with direct observation by program staff and are handled in a chain-of-custody to ensure security of samples and validity of results. Services are available to agency partners and private citizens for a per test fee. Results may be released to a referral source.



MORE INFORMATION

“THE SECRET TO CHANGE IS
TO FOCUS ALL YOUR ENERGY,
NOT ON FIGHTING THE OLD,
BUT ON BUILDING THE NEW.”

– SOCRATES



FREQUENTLY ASKED QUESTIONS

WHAT IF I CAN'T PAY?

Our fees are based on a financial needs-based sliding scale. For those who have difficulty making payments, arrangements can be made.

WHAT ARE THE QUALIFICATIONS OF YOUR COUNSELORS/THERAPISTS?

Most of our therapists have a Master's degree in Social Work or Clinical Counseling. In addition, many clinicians are licensed or certified Alcohol and Drug Counselors, and many are specialized in different areas.

IS THERE A WAITING LIST?

Due to the high demand of some programs, there may be a short waiting period between the time the services are requested and the time services begin. Our agency will make every effort to provide services as quickly as possible.

FOR WHAT AGES DO YOU PROVIDE SERVICES?

Our services are provided for ages three through adult.

DO YOU TAKE INSURANCE?

WHAT TYPE OF INSURANCE DO YOU TAKE?

Yes, we take Medicaid. We are a provider for Blue Cross Blue Shield, Horizon and Magellan, as well as Aetna and QualCare. We also accept out-of-network benefits.

HOW DO I ACCESS YOUR PSYCHIATRIST?

Our psychiatrist can only be accessed through our clinical staff by those receiving counseling services.



OUTPATIENT SATELLITE OFFICE INFORMATION

Please contact our office for all referrals and non-specified counseling hours | 732.290.9040

YMCA OF GREATER MONMOUTH COUNTY COUNSELING AND SOCIAL SERVICES

166 Main Street | Matawan, NJ 07747

Counseling hours:

Monday – Thursday: 9:00 a.m. – 9:00 p.m.;

Friday: 9:00 a.m. – 5:00 p.m.

Sat: 10:00 a.m. – 3:00 p.m.

YMCA OF GREATER MONMOUTH COUNTY CAMP ZEHNDER

3911 Herbertsville Road | Wall, NJ 08724

FAMILY JUSTICE CENTER

40 Monument Street | Freehold, NJ 07728

HOLY SPIRIT LUTHERAN CHURCH

333 Main Street | Manahawkin, NJ 08050

Counseling hours:

Monday – Thursday: 1:00 – 8:00 p.m.

K.E.Y.S. ACADEMY

Brookdale Community College | Lincroft, NJ 07738

LIGHTHOUSE ALLIANCE COMMUNITY CHURCH

455 Route 9 South, Suite 205

Little Egg Harbor Township, NJ 08087

Counseling hours:

Monday – Friday: 12:00 – 8:00 p.m.

TEMPLE SHALOM

5 Ayrmont Lane | Matawan, NJ 07747

Counseling hours:

Monday – Thursday: 3:00 – 9:00 p.m.

UNION BEACH LIBRARY

810 Union Avenue | Union Beach, NJ 07735

VISITING NURSE ASSOCIATION HEALTH GROUP

597 Park Avenue, Suite C | Freehold 07728

Counseling hours:

Monday – Thursday: 3:00 – 8:00 p.m.

SCHOOL BASED COUNSELING SITES*

YMCA of Greater Monmouth County Counseling & Social Services

ASBURY PARK SCHOOL DISTRICT

BARACK OBAMA ELEMENTARY SCHOOL
1300 Bangs Avenue | Asbury Park, NJ 07712

BRADLEY ELEMENTARY SCHOOL
1100 Third Avenue | Asbury Park, NJ 07712

MARTIN LUTHER KING JR. MIDDLE SCHOOL
1200 Bangs Avenue | Asbury Park, NJ 07712

THURGOOD MARSHALL ELEMENTARY SCHOOL
600 Monroe Avenue | Asbury Park, NJ 07712

EATONTOWN SCHOOL DISTRICT

MARGARET L. VETTER ELEMENTARY SCHOOL
3 Grant Avenue | Eatontown, NJ 07724

MEADOWBROOK ELEMENTARY SCHOOL
65 Wyckoff Road | Eatontown, NJ 07724

MEMORIAL MIDDLE SCHOOL
7 Grant Avenue | Eatontown, NJ 07724

WOODMERE ELEMENTARY SCHOOL
65 Raleigh Court | Eatontown, NJ 07724

HAZLET TOWNSHIP PUBLIC SCHOOLS

HAZLET MIDDLE SCHOOL
1639 Union Avenue | Hazlet, NJ 07730

LILLIAN DRIVE ELEMENTARY
28 Lillian Drive | Hazlet, NJ 07730

RARITAN HIGH SCHOOL
419 Middle Road | Hazlet, NJ 07730

JACKSON SCHOOL DISTRICT

CHRISTINE MCAULIFFE MIDDLE SCHOOL
35 South Hope Chapel Road | Jackson, NJ 08527

CRAWFORD-RODRIGUEZ ELEMENTARY SCHOOL
1025 Larsen Road | Jackson, NJ 08527

JACKSON LIBERTY HIGH SCHOOL
125 North Hope Chapel Rd | Jackson, NJ 08527

SWITLIK ELEMENTARY SCHOOL
75 W. Veteran's Highway | Jackson, NJ 08527

KEANSBURG SCHOOL DISTRICT

JOSEPH C. CARUSO SCHOOL
81 Frances Place | Keansburg, NJ 07734

JOSEPH R. BOLGER MIDDLE SCHOOL
100 Palmer Place | Keansburg, NJ 07734

KEYPORT PUBLIC SCHOOLS

KEYPORT CENTRAL SCHOOL
335 Broad Street | Keyport, NJ 07735

KEYPORT HIGH SCHOOL
351 Broad Street | Keyport, NJ 07735

LONG BRANCH PUBLIC SCHOOLS

AMERIGO A. ANASTASIA ELEMENTARY SCHOOL
92 Seventh Avenue | Long Branch, NJ 07740

AUDREY W. CLARK ELEMENTARY SCHOOL
192 Garfield Avenue | Long Branch, NJ 07740

GEORGE L. CATRAMBONE ELEMENTARY SCHOOL
240 Park Avenue | Long Branch, NJ 07740

GREGORY ELEMENTARY SCHOOL
201 Monmouth Avenue | Long Branch, NJ 07740

LONG BRANCH MIDDLE SCHOOL
350 Indiana Avenue | Long Branch, NJ 07740

LONG BRANCH HIGH SCHOOL
404 Indiana Avenue | Long Branch, NJ 07740

MORRIS AVE ELEMENTARY SCHOOL
318 Morris Avenue | Long Branch, NJ 07740

MATAWAN-ABERDEEN REGIONAL SCHOOL DISTRICT

CLIFFWOOD ELEMENTARY SCHOOL
422 Cliffwood Avenue | Cliffwood, NJ 07721

LLOYD ROAD ELEMENTARY SCHOOL
401 Lloyd Road | Aberdeen, NJ 07747

MATAWAN REGIONAL HIGH SCHOOL
450 Atlantic Avenue | Matawan, NJ 07747

MATAWAN-ABERDEEN MIDDLE SCHOOL
469 Matawan Avenue | Cliffwood, NJ 07721

RAVINE DRIVE ELEMENTARY SCHOOL
170 Ravine Drive | Matawan, NJ 07747

STRATHMORE ELEMENTARY SCHOOL
282 Church Street | Aberdeen, NJ 07747



MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

BAYSHORE MIDDLE SCHOOL

834 Leonardsville Road | Leonardo, NJ 07737

BAYVIEW ELEMENTARY SCHOOL

300 Leonardsville Road | Belford, NJ 07718

FAIRVIEW SCHOOL

230 Cooper Road | Red Bank, NJ 07701

HARMONY ELEMENTARY SCHOOL

100 Murphy Road | Middletown, NJ 07748

LINCROFT ELEMENTARY SCHOOL – FALL 2019

729 Newman Springs Road | Lincroft, NJ 07738

LEONARDO ELEMENTARY SCHOOL

14 Hosford Avenue | Leonardo, NJ 07737

MIDDLETOWN HIGH SCHOOL NORTH – FALL 2019

63 Tindall Road | Middletown, NJ 07748

MIDDLETOWN HIGH SCHOOL SOUTH – FALL 2019

900 Nut Swamp Road | Middletown, NJ 07748

MIDDLETOWN VILLAGE ELEMENTARY SCHOOL – FALL 2019

147 Kings Highway | Middletown, NJ 07748

NAVESINK ELEMENTARY SCHOOL – FALL 2019

151 Monmouth Avenue | Atlantic Highlands, NJ 07716

NEW MONMOUTH ELEMENTARY SCHOOL – FALL 2019

121 New Monmouth Road | Middletown, NJ 07748

NUT SWAMP ELEMENTARY SCHOOL

925 Nut Swamp Road | Middletown, NJ 07748

OCEAN AVENUE ELEMENTARY SCHOOL

235 Ocean Avenue | Middletown, NJ 07748

PORT MONMOUTH ELEMENTARY SCHOOL

202 Main Street | Port Monmouth, NJ 07758

RIVER PLAZA SCHOOL

155 Hubbard Avenue | Red Bank, NJ 07701

THOMPSON MIDDLE SCHOOL – FALL 2019

1001 Middletown-Lincroft Road | Middletown, NJ 07748

THORNE MIDDLE SCHOOL

70 Murphy Road | Port Monmouth, NJ 07758

NEPTUNE TOWNSHIP SCHOOL DISTRICT

GABLES ELEMENTARY SCHOOL

1 Gables Court | Neptune, NJ 07753

GREEN GROVE ELEMENTARY SCHOOL

909 Green Grove Road | Neptune, NJ 07753

MIDTOWN COMMUNITY SCHOOL

1155 Corlies Avenue | Neptune, NJ 07753

NEPTUNE EARLY CHILDHOOD CENTER

11 Memorial Drive | Neptune, NJ 07753

NEPTUNE HIGH SCHOOL

55 Neptune Boulevard | Neptune, NJ 07753

NEPTUNE MIDDLE SCHOOL

2300 Heck Avenue | Neptune, NJ 07753

SHARK RIVER HILLS ELEMENTARY SCHOOL

312 Brighton Avenue | Neptune, NJ 07753

SUMMERFIELD ELEMENTARY SCHOOL

1 Summerfield Lane | Neptune, NJ 07753

OLD BRIDGE SCHOOL DISTRICT

CARL SANDBURG MIDDLE SCHOOL

3439 Highway 516 | Old Bridge, NJ 08857

MADISON PARK ELEMENTARY SCHOOL

33 Harvard Road | Parlin, NJ 08859

RED BANK BOROUGH PUBLIC SCHOOLS

RED BANK MIDDLE SCHOOL

101 Harding Road | Red Bank, NJ 07701

RED BANK PRIMARY SCHOOL

222 River Street | Red Bank, NJ 07701

TOMS RIVER REGIONAL SCHOOLS

BEACHWOOD ELEMENTARY SCHOOL – FALL 2019

901 Berkeley Avenue | Beachwood, NJ 08722

CEDAR GROVE ELEMENTARY SCHOOL – FALL 2019

173 Cedar Grove Road | Toms River, NJ 08753

EAST DOVER ELEMENTARY SCHOOL

725 Vaughn Avenue | Toms River, NJ 08753

HOOPER AVENUE ELEMENTARY SCHOOL – FALL 2019

1517 Hooper Avenue | Toms River, NJ 08753

INTERMEDIATE EAST – FALL 2019

1519 Hooper Avenue | Toms River, NJ 08753

INTERMEDIATE NORTH – FALL 2019

150 Intermediate N Way | Toms River, NJ 08753

INTERMEDIATE SOUTH – FALL 2019

1675 Pinewald Road | Beachwood, NJ 08722

JOSEPH A. CITTA ELEMENTARY SCHOOL

2050 Lakewood Road | Toms River, NJ 08753

NORTH DOVER ELEMENTARY SCHOOL – FALL 2019

1759 New Hampshire Avenue | Toms River, NJ 08755

PINE BEACH ELEMENTARY SCHOOL – FALL 2019

101 Pennsylvania Avenue | Pine Beach, NJ 08741

SILVER BAY ELEMENTARY SCHOOL – FALL 2019

100 Silver Bay Road | Toms River, NJ 08753

SOUTH TOMS RIVER ELEMENTARY SCHOOL – FALL 2019

419 Dover Road | Toms River, NJ 08757

TOMS RIVER HIGH SCHOOL EAST

1225 Raider Way | Toms River, NJ 08753

TOMS RIVER HIGH SCHOOL NORTH – FALL 2019

1245 Old Freehold Road | Toms River, NJ 08753

TOMS RIVER HIGH SCHOOL SOUTH – FALL 2019

55 Hyers Street | Toms River, NJ 08753

WALNUT STREET ELEMENTARY SCHOOL

60 Walnut Street | Toms River, NJ 08753

WASHINGTON STREET ELEMENTARY SCHOOL – FALL 2019

500 W Earl Court | Toms River, NJ 08753

WEST DOVER ELEMENTARY SCHOOL – FALL 2019

50 Blue Jay Drive | Toms River, NJ 08755

UNION BEACH SCHOOL DISTRICT

UNION BEACH MEMORIAL SCHOOL

221 Morningside Avenue | Union Beach, NJ 07735

* School listing as of Fall 2019

OUR TEAM

COUNSELING & SOCIAL SERVICES LEADERSHIP TEAM

LEEANN WAGNER, LPC, LCADC

Interim Vice President, Counseling & Social Services
Director of Outpatient Services
lwagner@ymcanj.org

DARCY DOBENS

Director, Bayshore Family Success Center
ddobens@ymcanj.org

HEATHER CHURCH-SOTO, LCSW

Director of Outreach Services
hsoto@ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY EXECUTIVE TEAM

PRESIDENT & CEO LAURIE GOGANZER

DENISE BUCCIERO

Executive Director Freehold YMCA

JENNIFER DUNN

Chief Operating Officer

TEICIA GAUPP

Vice President Marketing & Communications

PAM HAVLICK HEARN

Chief Financial Development Officer

JOHN KELLY

Chief Financial Officer

STACEY LASTELLA

Vice President Child Achievement

KATIE MCADOO

Executive Director Red Bank Family YMCA
& Camp Zehnder

MAUREEN SIMONS

Chief Human Resources Officer

LEEANN WAGNER, LPC, LCADC

Interim Vice President, Counseling & Social Services

YOUTH DEVELOPMENT

CAMP TOPANEMUS

Outdoor Recreation Center
380 Monmouth Road | Millstone, NJ 08510 | 732.294.7727

CAMP ZEHNDER & LASS AQUATICS CENTER

Outdoor Recreation Center and Lass Aquatics Center
3911 Herbertsville Road | Wall, NJ 08724 | 732.836.9177

YMCA PRESCHOOL

5 Ayrmont Lane | Matawan, NJ 07747 | 732.566.9266

Y ARTS & OUTREACH

41 Center Street | Freehold, NJ 07728 | 732.845.5273

HEALTHY LIVING

FREEHOLD YMCA

470 East Freehold Road | Freehold, NJ 07728 | 732.462.0464

OLD BRIDGE YMCA

1 Manino Park Drive | Old Bridge, NJ 08857 | 732.727.0704

RED BANK FAMILY YMCA

166 Maple Avenue | Red Bank, NJ 07701 | 732.741.2504

SOCIAL RESPONSIBILITY

COUNSELING & SOCIAL SERVICES

Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040

Outreach Office

613 Hope Road, Bldg. 4, 2nd Floor | Eatontown, NJ 07724 | 732.544.4544

BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail Activity Center
945 State Highway 36 | Leonardo, NJ 07737 | 732.497.3811

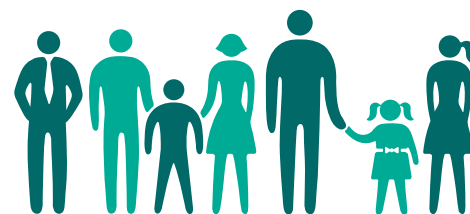
FREEHOLD BORO COMMUNITY CENTER

41 Center Street | Freehold, NJ 07728 | 732.845.5273

TEAM HEADQUARTERS OFFICE

170 Patterson Avenue | Shrewsbury, NJ 07702 | 732.671.5505

At the Y, strengthening community is our cause. The Y is a 501(c)3 charitable, nonprofit organization that offers financial assistance for individuals and families based on need. In 2018, YMCA of Greater Monmouth County provided \$925,000 in financial assistance to over 3,000 children and families.



The Y is for Youth Development, because we believe that all kids deserve opportunities to discover who they are through school, camp, arts and outreach programs designed to help kids reach their full potential.

The Y is for Healthy Living, improving the nation's health and well-being. We bring families closer together, encouraging good health choices and physical activity, and fostering connections through fitness, sports, water safety, fun and shared interest.



The Y is for Social Responsibility, giving back and providing support to our neighbors. We listen and respond to the communities' most critical needs and foster the care and respect all people need and deserve.

“**WE RISE BY LIFTING OTHERS**”

– ROBERT INGERSOLL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

819-4810-CSS

YMCA OF GREATER MONMOUTH COUNTY

170 Patterson Ave.
Shrewsbury, NJ 07702

P. 732.671.5505
information@ymcanj.org

YMCANJ.org

Here for all.
Financial assistance is offered
based on availability of funds.