

Hours

Monday - Thursday 9:00 a.m. to 7:00 p.m.

Youth can be referred by others or be self/family referred.

To learn more about the Child and Adolescent Outpatient Behavioral Health Program, please call, 732-923-5355.

Our Location

300 2nd Avenue, Maysie Stroock Building
Long Branch, NJ 07740

Child and Adolescent Outpatient Behavioral Health Program



RWJBarnabas Health Behavioral Health, together with Rutgers University Behavioral Health Care, is a leading provider of integrated mental health and substance use treatment services, serving over half-a-million individuals each year.

RWJBarnabas
HEALTH

Monmouth
Medical Center



RUTGERS HEALTH
University Behavioral Health Care

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University Behavioral Health Care

Who we serve

Our Child and Adolescent Outpatient Behavioral Health Program is dedicated to meeting the emotional, behavioral and psychiatric needs of children, adolescents and their families. Serving individuals ages 5 to 17 we provide comprehensive mental health services that are evidenced-based and patient-centered. Our goal is to provide a safe, compassionate and trauma sensitive environment where youth and families can acquire skills, strategies, and techniques to effectively manage their presenting concerns in a healthy and sustainable manner.

Common issues we treat include:

- Depression and social isolation
- Mood swings
- Hyperactivity, restlessness or impulsivity
- School avoidance
- Anxiety and panic
- Behavioral difficulties
- Poor social skills
- Loss of motivation or energy
- Auditory or visual hallucinations
- Appetite or sleep disturbance
- Suicidal thoughts
- Family conflict
- Trauma
- Thoughts of self-harm
- Poor self-esteem/image
- Gender Identity
- Grief and loss

About our staff

Our team of highly qualified and caring mental-health professionals includes Advanced Practice Nurses, Licensed Clinicians, Case Managers and support staff—all with vast experience and specialization in working with children and families.

Services offered by our dedicated staff include:

- Comprehensive Biopsychosocial Assessment
- Psychiatric Evaluation with medication management
- Individual psychotherapy
- Family psychotherapy
- Group psychotherapy
- Advocacy and coordination of care with schools and community organizations
- Individualized referrals and linkage to support social determinants of health needs

Treatment modalities offered include, but are not limited to:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Eye Movement Desensitization Reprocessing
- Solution Focused Therapy

