

## ABOUT CATHOLIC CHARITIES

Catholic Charities, Diocese of Trenton, has been providing critical services for people in need for more than 100 years regardless of religion, race, ethnicity or income.

Counseling Services of Monmouth County is part of a four-county network of specialized counseling services that we provide. Catholic Charities is a non-profit recognized by the Chronicle of Philanthropy as one of the most fiscally efficient in the country.

The mission of Catholic Charities is to alleviate human suffering through service, advocacy and community building. We meet this mission through a wide variety of services that include behavioral healthcare, domestic violence prevention and treatment, help with basic needs, housing assistance, disaster response, addiction treatment, job training and supported employment.

Catholic Charities, Diocese of Trenton

### ***Family Growth Program of Monmouth and Ocean Counties***

145 Maple Ave, **Red Bank:**

Monday through Friday 9am – 8pm, Saturdays 9am – 1pm

1312 Allenhurst Ave, **Ocean Township:**

Monday through Friday 9am – 8pm, Saturdays 9am – 1pm

500 Kozloski Road, **Freehold:**

Monday through Friday 9am – 8pm

**Phone: 732.747.9660**

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Access, Help and Information Center

**800.360.7711**

**CatholicCharitiesTrenton.org**



# **FAMILY GROWTH PROGRAM**

## **OF MONMOUTH AND OCEAN COUNTIES**

**SPECIALIZED TREATMENT FOR SURVIVORS OF  
CHILDHOOD TRAUMA AND SEXUAL ABUSE.**



## ABOUT OUR PROGRAM

- All clinicians are Master's level counselors or social workers. We are a training site for graduate school programs for several academic institutions including Monmouth University, Rutgers University, Georgian Court University and the College of New Jersey.
- Our clinicians are trained in evidenced based, trauma treatment including Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Parent-Child Interaction Therapy (PCIT), Problematic Sexual Behavior Cognitive Behavior Therapy (PSB-CBT) and Eye Movement Desensitization and Reprocessing (EMDR) therapy.
- We are an experienced provider, serving Monmouth County since 1965.
- We offer a convenient location, accessible by bus or train.
- We are accredited by the Council on Accreditation (COA).

## OVERVIEW OF SERVICES

The Family Growth Program provides child abuse treatment and prevention through the provision of individual, group and family counseling for the following:

- Survivors of child sexual, physical and emotional abuse
- Adult survivors of childhood sexual abuse
- Children and adolescents with sexually acting out behaviors
- Non-offending caregivers and siblings of child trauma survivors

Psychiatric evaluation and follow-up available for child clients.

The Family Growth Program is contracted by the Division of Child Protection and Permanency to provide mental health treatment to victims of child abuse and their families. We maintain a strong affiliation with the Monmouth County Prosecutor's Office and Child Advocacy Center.

In addition to the provision of treatment, clinicians perform the following functions:

- Member of Child Advocacy Center Advisory Board
- Founding member of Multi-Disciplinary Team
- Therapeutic support for criminal court proceedings (including Grand Jury, trials, and sentencing)

Clinicians are specially trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). TF-CBT is a research-based therapy proven to help children, teens and their parents cope with trauma. It is a structured, short-term (4-6 month) treatment that helps families:

- Manage feelings
- Talk about the trauma, in a gradual and supported way
- Develop plans for feeling safe in the future

