



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING COMMUNITY

## COUNSELING & SOCIAL SERVICES



**A GUIDE TO YMCA COUNSELING & SOCIAL SERVICES**

### THE COMMUNITY YMCA

170 Patterson Ave.  
Shrewsbury, NJ 07702

P. 732.671.5505  
information@cymca.org

**TheCommunityYMCA.org**



**Here for all.**

Financial assistance is offered  
based on availability of funds.

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# WELCOME

The Y is the nation’s leading nonprofit strengthening communities through youth development, healthy living and social responsibility. Every day, The Community YMCA 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.

**THE COMMUNITY YMCA** is one of the more than 2,500 YMCAs nationwide and serves more than 20,000 individuals and families in Monmouth, southern Middlesex, and northern Ocean counties.

Since 1974, The Community YMCA has been helping families in Monmouth County and throughout the state of New Jersey through our Counseling & 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 & Social Services, The Community YMCA provides preschool programs, before and after school care in 39 schools across Monmouth County, teen leadership activities, summer camp, as well as health and wellness membership at our flagship facility in Red Bank.









# BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail | 945 Highway 36 | Leonardo, NJ 07737 | 732.497.3811 | [family\\_success@cymca.org](mailto:family_success@cymca.org) | [/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. – 5 p.m. | **Saturday:** 9 a.m. – 1 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 The Community YMCA 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 need. Examples are the Sandy Support Group, Parents of Special Needs 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

This is the primary focus of the Bayshore Family Success Center. 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@cymca.org | [f](#) /YMCAcounseling

### OFFICE HOURS

Monday – Friday: 9 a.m. – 5 p.m.

**T**he Community YMCA 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) Division of Children’s System of Care Services Programs.

## 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).

### > 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.

### > STABILIZATION & 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.

### > 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.

### > 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.

### > 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.





## COMMUNITY INITIATIVES

### > TRAUMATIC LOSS COALITION

The Community YMCA Counseling & Social Services team coordinates the Traumatic Loss Coalition for Youth Program in Monmouth County, a statewide youth suicide prevention 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 loss event, the coalition directs a response team to assist the school community and promote healing and resiliency. The coalition also works with local schools and organizations to prevent suicide.

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.

**RUTGERS**  
University Behavioral  
Health Care



### > YMCA GUARDIANS AGAINST CHILD SEXUAL ABUSE

Child sexual abuse is one of the most prevalent, most hidden risks that kids in our communities face. One in 10 children in the United States will be sexually abused before they turn 18, and still too few people know about the extent of this problem, and what all of us can do to keep kids safe.

The YMCA Guardians Against Child Sexual Abuse is a group of YMCA leaders in New Jersey and across the country that has come together to help activate the YMCA movement's power to address this challenge. We believe that YMCAs can play a powerful role in increasing awareness about child sexual abuse and how to prevent it.

We believe that learning the facts about child sexual abuse helps prevent it. Talking about it helps prevent it. Getting involved helps prevent it. The truth is, if child sexual abuse can be prevented, it can be stopped.

The Community YMCA has partnered with Darkness to Light to bring the Stewards of Children child sexual abuse prevention training to our communities. Stewards of Children is the only evidence-based training available nationally that is proven to increase knowledge and change child protective behavior. Our Y is working with schools, businesses, community organizations, faith groups, and more to train community members to keep our children safe.

For information on the Stewards of Children training, please call 732.544.4544.



## 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.



### > FAMILY SUPPORT

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

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.

### > FAMILY PRESERVATION SERVICES

Family Preservations Services (FPS) is an intensive, in-home (8 - 10 hour per week), crisis intervention and family education program. The program is targeted to families whose children are at imminent risk of abuse or neglect and out-of-home placement, or children who are returning from out-of-home placement where intensive reunification services are needed. The goals of the program are to: ensure child safety; stabilize the family; prevent out-of-home placement; improve family functioning and link families with appropriate community resources.

FPS services provide psycho-educational counseling to teach families new skills in order to help avoid repeating the reasons the family became involved with DCP&P.

FPS is a goal-oriented model that works with the family strengths and views the family as an equal partner in finding solutions within the family. FPS workers are available 24 hours a day, 7 days per week via cell phone to help manage emergencies.



### > 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 processes 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. Therapeutic Visitation referrals may be made through the Matawan Outreach office.

## OUTPATIENT SERVICES

**Counseling & Social Services Outpatient Office**

**166 Main Street | Matawan, NJ 07747 | 732.290.9040 | [outpatient@cymca.org](mailto:outpatient@cymca.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.

**W**ith a focus on strengthening family life and individual growth, **The Community YMCA** 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:

- > **Keyport** – St. Joseph’s School
- > **Little Egg Harbor** – Lighthouse Alliance Community Church
- > **Long Branch** – Long Branch Community Center
- > **Manahawkin** – Holy Spirit Lutheran Church
- > **Matawan** – YMCA Counseling & Social Services Outpatient Office & YMCA Children’s Achievement Center

### > 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; Asbury Park Middle School
- > **Freehold** – Park Avenue Elementary School
- > **Hazlet** – Raritan High School; Hazlet Middle School; Beers Street Elementary School
- > **Highlands** – Highlands Elementary School
- > **Long Branch** – All public schools K-12
- > **Middletown** – Ocean Avenue Elementary School; Harmony Elementary School, Port Monmouth Elementary School; Thorne Middle School; Bayshore Middle School.

Call our office for additional school sites.





## 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.

### > ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

The Adolescent Intensive Outpatient Program (IOP) is designed to address the needs of drug and alcohol involved adolescents and their families. The services included in this program are group, individual, and family counseling. The primary focus for each participant is recovery, followed by personal growth and improved family relations. A comprehensive evaluation is the first step in the treatment process. From the assessment, the clinical needs of each participant are identified for the purpose of an individualized treatment plan. This program is offered at the YMCA Children’s Achievement Center in Matawan.

### > 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
- > Anxiety
- > Bereavement
- > Depression
- > Independent Life Skills
- > Parenting Skills
- > Relationship Issues
- > 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 a 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.





## FAMILY SERVICES TRAINING

### > 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 processes 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.

Therapeutic Visitation referrals are made through the Matawan Outpatient office.



## MORE INFORMATION

“WHAT DO WE LIVE FOR, IF IT IS NOT TO MAKE LIFE  
LESS DIFFICULT FOR EACH OTHER?” — GEORGE ELIOT





# 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 Masters 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.



## YOUNG PEOPLE'S PROGRAM SATELLITE OFFICE INFORMATION

Please contact our office for all referrals

### THE COMMUNITY YMCA CHILD ACHIEVEMENT CENTER

201 Broad Street | Matawan, NJ 07747

Counseling hours:

Monday – Friday: 2:30 – 6:00 p.m.

### THE COMMUNITY YMCA 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.

### ST. JOSEPH'S SCHOOL

376 Maple Avenue | Keyport, NJ 07735

Counseling hours:

Monday – Friday: 12:00 – 8:00 p.m.

### LONG BRANCH COMMUNITY CENTER

231 Wilbur Ray Avenue | Long Branch, NJ 07740

Counseling hours:

Monday – Thursday: 11:00 a.m. – 8:00 p.m.

Friday: 1:00 p.m. – 6:00 p.m.

### 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.

### HOLY SPIRIT LUTHERAN CHURCH

333 Main Street | Manahawkin, NJ

Counseling hours:

Monday – Thursday: 1:00 – 8:00 p.m.





# SCHOOLS-BASED COUNSELING SITES\*

The Community YMCA Counseling & Social Services

## ASBURY PARK SCHOOLS

- BARACK H. OBAMA ELEMENTARY  
1300 Bangs Avenue | Asbury Park, NJ 07712
- BRADLEY ELEMENTARY SCHOOL  
1100 Third Avenue | Asbury Park, NJ 07712
- THURGOOD MARSHALL ELEMENTARY SCHOOL  
600 Monroe Avenue | Asbury Park, NJ 07712
- ASBURY PARK MIDDLE SCHOOL  
1200 Bangs Avenue | Asbury Park, NJ 07712

## FREEHOLD SCHOOLS

- PARK AVENUE ELEMENTARY SCHOOL  
280 Park Avenue | Freehold, NJ 07728

## HAZLET SCHOOLS

- HAZLET MIDDLE SCHOOL  
1639 Union Avenue | Hazlet, NJ 07730
- RARITAN HIGH SCHOOL  
419 Middle Road | Hazlet, NJ 07730
- BEERS STREET SCHOOL  
610 Beers Street | Hazlet, NJ 07730

## HIGHLANDS SCHOOLS

- HIGHLANDS ELEMENTARY SCHOOL  
360 Navesink Avenue (State Route 36)  
Highlands, NJ 07732

## KEYPORT SCHOOLS

- KEYPORT HIGH SCHOOL  
351 Broad Street | Keyport, NJ 07735
- KEYPORT CENTRAL SCHOOL  
335 Broad Street | Keyport, NJ 07735

## LONG BRANCH SCHOOLS

- AMERIGO A. ANASTASIA ELEMENTARY  
92 Seventh Avenue | Long Branch, NJ 07740
- GREGORY ELEMENTARY  
201 Monmouth Avenue | Long Branch, NJ 07740
- MORRIS AVE ELEMENTARY SCHOOL  
318 Morris Avenue | Long Branch, NJ 07740
- GEORGE L. CATRAMBONE ELEMENTARY SCHOOL  
240 Park Avenue | Long Branch, NJ 07740
- AUDREY W. CLARK ELEMENTARY SCHOOL  
192 Garfield 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

## MATAWAN-ABERDEEN SCHOOLS

- MATAWAN REGIONAL HIGH SCHOOL  
450 Atlantic Avenue | Matawan, NJ 07747
- MATAWAN-ABERDEEN MIDDLE SCHOOL  
469 Matawan Avenue | Cliffwood, NJ 07721

## MIDDLETOWN SCHOOLS

- OCEAN AVENUE ELEMENTARY SCHOOL  
235 Ocean Avenue | Middletown, NJ 07748
- PORT MONMOUTH ELEMENTARY SCHOOL  
202 Main Street | Port Monmouth, NJ 07758
- HARMONY ELEMENTARY SCHOOL  
100 Murphy Road | Middletown, NJ 07748
- BAYSHORE MIDDLE SCHOOL  
834 Leonardsville Road | Leonardo, NJ 07737
- THORNE MIDDLE SCHOOL  
70 Murphy Road | Port Monmouth, NJ 07758

## NEPTUNE SCHOOLS

- NEPTUNE HIGH SCHOOL  
55 Neptune Boulevard | Neptune, NJ 07753
- NEPTUNE MIDDLE SCHOOL  
2300 Heck Avenue | Neptune, NJ 07753
- GREEN GROVE ELEMENTARY SCHOOL  
909 Green Grove Road | Neptune, NJ 07753



\*School listing as of April 2016

OUR TEAM

COUNSELING & SOCIAL SERVICES  
LEADERSHIP TEAM

**COLLEEN VERRIEST**  
Vice President, Counseling & Social Services  
cverriest@cymca.org

**DARCY DOBENS**  
Director, Bayshore Family Success Center  
ddobens@cymca.org

**HEATHER SOTO, LCSW**  
Director of DCP&P Services  
hsoto@cymca.org

**LEEANN WAGNER, LPC, LCADC**  
Director of Outpatient Services  
lwagner@cymca.org

THE COMMUNITY YMCA  
EXECUTIVE TEAM

**PRESIDENT & CEO  
RHONDA ANDERSON**

**JACK BEHR**  
Vice President, Facilities Management

**STEPHANIE FERRIER**  
Senior Vice President, Financial Development

**STACEY LASTELLA**  
Director, Human Resources

**BARRY MARTIN**  
Vice President, Family Health and Wellness & Camping

**ROSE MINTZ**  
Vice President, Child Achievement

**DAMODAR PERSAUD**  
Chief Financial Officer

**ANDREA PLAZA**  
Senior Vice President, Marketing and Communications

**COLLEEN VERRIEST**  
Vice President, Counseling & Social Services

YOUTH DEVELOPMENT

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

**CHILDREN’S ACHIEVEMENT CENTER**  
201 Broad Street | Matawan, NJ 07747 | 732.566.9266

**Y ARTS & OUTREACH**  
170 Patterson Avenue | Shrewsbury, NJ 07702 | 732.671.5505

HEALTHY LIVING

**FAMILY HEALTH & WELLNESS CENTER**  
166 Maple Avenue | Red Bank, NJ 07701 | 732.741.2504

**LASS AQUATICS CENTER**  
Camp Zehnder  
3911 Herbertsville Road | Wall, NJ 08724 | 732.836.9177

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

**ADMINISTRATIVE OFFICE**  
170 Patterson Avenue | Shrewsbury, NJ 07702 | 732.671.5505



“FOR A **COMMUNITY** TO BE **WHOLE** AND  
**HEALTHY**, IT MUST BE BASED ON PEOPLE'S  
**LOVE** AND **CONCERN** FOR EACH OTHER.”

— **MILLARD FULLER**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
**FOR SOCIAL RESPONSIBILITY**

## THE COMMUNITY YMCA

170 Patterson Ave.  
Shrewsbury, NJ 07702

P. 732.671.5505  
information@cymca.org

**TheCommunityYMCA.org**



**Here for all.**

Financial assistance is offered  
based on availability of funds.

416-2356-CSS