

New

Directions

Provides structured
therapeutic activities
five days a week.

Uses a multi-faceted
treatment approach to assist
troubled teenagers and their
families in finding new
solutions to serious
emotional problems.

Comprehensive Behavioral Healthcare, Inc. is a private, not-for-profit agency dedicated to providing the highest quality of behavioral healthcare services in a cost-effective manner to the people of northern New Jersey. Counseling, rehabilitation and residential services are available for all ages. The organization has facilities in Lyndhurst, Hackensack, Kearny, River Edge, Rutherford and Morris Plains.

Comprehensive Behavioral Healthcare, Inc. is licensed by the New Jersey State Department of Human Services, Division of Mental Health Services.

For more information about Comprehensive Behavioral Healthcare's wide array of services, contact us at:

Lyndhurst: 201-935-3322 or
Hackensack: 201-646-0333 or
River Edge: 201-441-9335

Or you can visit our Web Site at:
www.cbhcare.com

New Directions

Division of Adolescent Services
Comprehensive Behavioral Healthcare, Inc.
395 Main Street
Hackensack, NJ 07601

led by Anne R. Warner Public Relations

New

Directions

Comprehensive
Behavioral
Healthcare's
After-School
Partial Care
Program

A Comprehensive
Therapeutic Program
For Adolescents
And Their Families



New Directions is a therapeutic, after-school program for preteens and teenagers, ages 11 through 17, who are in need of intensive, structured therapy to address emotional problems. New Directions has proven to be an effective and relatively inexpensive alternative out-of-home placement for many at-risk youth.

The program offers:

- Group therapy
- Individual therapy
- Art therapy
- Family therapy
- Parent education workshops
- Parent support groups
- Computer lab
- Cooking group and dinner
- Recreational outings
- Psychiatric evaluation, medication monitoring and on-going psychiatric assessment
- Transportation to and from the program as necessary.

Monday through Thursday evenings, 4 to 7:15 p.m., plus week-end recreational outings. Family therapy sessions, intakes, evaluations, and psychiatric appointments are also scheduled outside of regular program hours.

Admission criteria

Adolescents with emotional problems. Adolescents who have a history of psychiatric hospitalizations or out-of-home placements, or behavior in the community that places the individual at risk of hospitalization.

Adolescents who require more intensive treatment services than would be available at a standard out-patient clinic.

Fees

Fees are based upon the family's income and ability to pay. New Directions recognizes that many families experience financial difficulties. Every attempt is made to develop a fee that is within each family's means. No resident of Bergen County will be denied services due to inability to pay.

Referrals to New Directions come from hospitals, schools, special education facilities, the Division of Youth and Family Services (DYFS) and other agencies, as well as the county-wide Case Assessment Resource Team (CART and the CMO (Care Management Organization)).

A comprehensive assessment is conducted prior to an adolescent starting New Directions to determine suitability for the program and to develop an individualized treatment plan, clearly defining each client's unique therapeutic goals and objectives in the program. Each individual's program schedule is tailored to best help the client achieve these goals.

Referring agencies can help expedite the evaluation process by forwarding relevant clinical documents, such as school or hospital records, at the time of the referral.

For more information

For further information or to make a referral call:

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