

West Bergen Mental Healthcare

FAMILY AND INDIVIDUAL SERVICES

West Bergen's Center for Children and Youth provides individual and family therapy designed to address clients' concerns and problems, as well as to strengthen overall functioning. Our therapists are well trained in family systems, psychodynamic, cognitive behavioral, and interpersonal therapeutic techniques.

INDIVIDUAL, GROUP AND COUPLES COUNSELING

The West Bergen Counseling Group offers individual and group therapy designed to promote personal growth, address concerns and improve each individual's sense of well being. In addition, our highly trained clinical staff is also available to assist couples in understanding and resolving their relational issues.

PARTIAL CARE PROGRAM

Designed to meet the needs of our more seriously and persistently mentally ill, West Bergen's Partial Care program provides a structured day program to assist individuals in maintaining their highest level of functioning and independence. Flexible programming and individualized treatment planning allow each client to work with staff to develop a customized plan of care.

PSYCHIATRIC SERVICES

West Bergen's offers comprehensive psychiatric services for all clients needing consultation, diagnostic evaluation and medication management. Our children's program is staffed by two Board Certified child psychiatrists.

PSYCHO-EDUCATIONAL SERVICES

West Bergen offers a number of psycho-educational services to the school community including: Consultations, Staff Development, Crisis Intervention, and Independent Evaluations.

RESIDENTIAL PROGRAM

West Bergen's Residential Program provides clients with a full range of Residential Housing options. Our spectrum of residential placement and services provides clients with the level of supervision and support that they need to maintain themselves successfully within the community.

SENIOR CHOICES COUNSELING

The Senior Choices Counseling Program addresses the special needs of older adults and their families. Designed to identify and treat the emotional issues that can result from the stresses and losses of aging, the program offers a full range of individual, group, and family therapy provided by a caring, professional staff.

SCHOOL-BASED SERVICES

West Bergen offers a wide array of services to local school districts through a School Assistance Program (SAP). Participating schools contract with West Bergen to provide services at a reduced fee for their students.

SUBSTANCE ABUSE TREATMENT PROGRAM

West Bergen offers outpatient treatment for individuals, couples, and families who have been affected by substance (alcohol or other drugs) abuse/addiction. Our program serves both the adolescent and adult populations, and is staffed by experienced Alcohol and Drug Counselors.

The Mission of West Bergen Mental Healthcare is to Promote Psychological Health and Personal Growth. Through Comprehensive Treatment And Supportive Services, We Respond to The Needs of Our Clients and the Communities We Serve.





For Information, go to: www.westbergen.org
For Appointments call: 201-444-3550

ANGER MANAGEMENT PROGRAM

West Bergen provides anger management services to individuals through a group therapy setting for both children and adults. Goals include self-regulation, dealing with criticism, anger control, and peer control.

ANXIETY DISORDERS PROGRAM

A specialized, short term program designed to alleviate the symptoms of clients who experience a variety of anxiety disorders. West Bergen's team of highly skilled therapists utilizes Cognitive Behavioral Therapy to help clients master current difficulties and to develop greater coping skills for the future.

ASPERGER'S-RELATED SERVICES

West Bergen's Asperger's Services offers a broad range of highly specialized programs for children, adolescents, and adults with Asperger's-related symptoms. Services include Therapeutic Social Skills Groups, Comprehensive Evaluations, and Individual and Family Treatment.

ATTENTION DEFICIT HYPERACTIVITY DISORDERS PROGRAM

Specialized program for children and adolescents with ADHD addresses problems in school functioning, social skills and family relationships. Goals of the program include building problem solving skills, improving impulse control and enhancement of individual competency.

COMMUNITY EDUCATION

West Bergen organizes a number of events and educational activities throughout the year for the local community through workshops, social events and volunteer opportunities.

DEPRESSION INTERVENTION PROGRAM

Services for treatment of depression and related mood disorders are available for children and adults. In addition, West Bergen is designated as a Center of Excellence by Columbia University for the successful completion of advanced training in the areas of depression and behavior disorders for children.

DEVELOPMENTAL SOCIAL SKILLS PROGRAM

Children experiencing mild to moderate difficulties with social skills are helped to develop interpersonal and coping skills in a supportive group environment. Each group is designed to teach, model, reinforce and help children to internalize essential and appropriate social skills. Consultation and evaluation are available for parents.

DIVORCE PROGRAM

This program is designed to help parents and children understand and manage the emotional and behavioral responses to divorce. The program is appropriate for families in any stage of divorce; newly separated, in process of divorcing, recently or many years post divorce.

EMPLOYEE ASSISTANCE PROGRAM

West Bergen's Employee Assistance Program provides assessment, referrals and short-term, problem focused treatment to individuals who may be experiencing personal problems that begin to affect job performance. West Bergen contracts with local municipalities to provide this service

Serving the needs of our communities in three locations...

One Cherry Lane
Ramsey, NJ 07446

3 Post Road
Oakland, NJ 07436

120 Chestnut Street
Ridgewood, NJ 07450

Comprehensive Behavioral Healthcare offer?

The Comprehensive Behavioral Healthcare treatment review team will determine what type of counseling would be most beneficial. All our therapists are trained to understand human behavior, recognize emotional and interpersonal problems and provide a wide range of therapeutic services including:

- Individual counseling
- Family counseling
- Group therapy
- Child therapy
- Couples counseling
- Medication evaluation and ongoing medication monitoring
- Parenting
- Substance abuse therapy

What does therapy cost?

Comprehensive Behavioral Healthcare is a New Jersey state licensed community mental health center. Our state grant enables us to subsidize a portion of the cost of counseling for many local residents without insurance or other resources. In addition, Medicaid and Medicare, as well as indemnity and managed care insurance policies, cover outpatient therapy and psychiatric consultation.

Our appointment:

Call Comprehensive Behavioral Healthcare between 9 a.m. and 5 p.m. Monday through Thursday or 9 a.m. to 4 p.m. on Friday and ask to talk to the Access Department. The Access Department will speak to you briefly about your concerns, schedule a convenient appointment at a facility near where you live or work and tell you what information you need to bring to your first appointment.

If the situation is urgent, the access worker will arrange for you to be seen the same day.

What will happen when I first visit a Comprehensive Behavioral Healthcare outpatient office?

Our receptionist will greet you and have you complete a few brief forms. The fee counselor will review your finances and insurance coverage and determine your fee. You will then meet with a therapist to discuss your concerns and decide what you will focus on in treatment.

When appropriate, we will arrange for you to see one of our psychiatrists for a consultation. Your case will then be reviewed by a team of behavioral healthcare professionals and treatment will begin promptly.

day's hectic, fast-paced world demands that we function at our best. Stress and anxiety have become normal parts of life, but when they become overwhelming they interfere with our interpersonal relationships, reduce our productivity, and erode our sense of well-being.

Comprehensive Behavioral Healthcare's professionally trained, highly qualified, dedicated staff assist clients to identify source of problems in living and to develop a short term, solution-focused approach to resolving these emotional behavioral difficulties.

What are the types of problems involving that bring clients to Comprehensive Behavioral Healthcare?

- Parent-child conflicts
- Substance abuse
- Interpersonal relationships
- Depression
- Anxiety and phobia
- Post-traumatic stress
- Marital conflict and divorce
- School refusal
- Attention-deficit disorders
- Unresolved grief
- Work-related conflict and stress
- Sexual trauma and dysfunction
- Eating disorders
- Sexual orientation issues
- Stress of single-parenting and step-parenting
- Childhood behavioral and interpersonal problems
- Postpartum depression

What the experts say about the benefits of counseling

"The results of a candid, in-depth survey of Consumer Reports subscribers... provide convincing evidence that therapy can make an important difference....The majority were highly satisfied with the care they received. Most had made strides toward resolving the problems that led to treatment and almost all said life had become more manageable."

"Our readers' experience sends a message of hope for other people dealing with emotional problems."

"Both talk therapy and medication, when warranted, can bring relief to people with a wide range of problems and deep despair."

*"Mental Health: Does Therapy help?"
Consumer Reports, November 1995*

What our clients say about Comprehensive Behavioral Healthcare

"I feel that Comprehensive Behavioral Healthcare is trying very hard to meet my schedule and I would definitely recommend that my friends come here."

*Mother of a nine-year-old girl
with school adjustment problems*

"The waiting area is very pleasing to the eye and the people are very professional."

*Woman (age 30) in individual counseling
"My therapist takes my problems very seriously. The counselor I had before I came to Comprehensive Behavioral Healthcare didn't care about what I had to say; he just listened to my parents."*

*Teenage boy (age 14) in family therapy
"Yes, most definitely I would recommend Comprehensive Behavioral Healthcare to anyone who may be suffering from any emotional disorder."*

*Man (age 52) with post traumatic stress
"I would recommend that my friends come here just like I was referred by a very satisfied friend who attends Comprehensive Behavioral Healthcare services."*

*Young woman (age 22) in couples therapy
"I am impressed with the confidentiality and prompt service."*

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, 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:

Access Department: 201-646-0195

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

**516 Valley Brook Avenue
Lyndhurst, NJ 07071**

395 Main Street

Hackensack, NJ 07601

Counselin Services

Brief solution-focus therapy designed to assist you, a family member or employee to successfully manage problems in living

Access Dept. 201-646-