

**HASROUCK HEIGHTS PUBLIC SCHOOLS
STUDENT ASSISTANCE PROGRAM – Barbara Christianson**

365 Boulevard
Hasbrouck Heights, NJ 07604
(201) 288-1426

<https://www.hhschools.org/SAC/SitePages/Home.aspx>

Resources

EMERGENCY:

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| Adult Protective Services (Abuse/Neglect over 18) | 800-624-0275 |
| AIDS (New Jersey AIDS Hot line) | 800-624-2377 |
| To report Child Abuse/Neglect (DCP&P formerly NJ DYFS) | 877-652-2873 201-996-8900 |
| Bergen County Resources | www.bergenresourcenet.org |
| Domestic Violence Alternatives to Domestic Violence Center for Hope and Safety | 800-572-7233 201-336-7575 201-944-9600 |
| To help families with emotional/behavioral crisis and more... NJ Children's System of Care or Performcare www.performcarenj.com | 877-652-7624 |
| Rape (Bergen County Crisis Center) | 201-487-2227 |
| Suicide (Psychiatric Emergency Screening Program) | 201-262-4357 (18 and over only) |
| Division of Family Guidance – Crisis Intervention/truancy | 201-646-2233 or 336-7350 |
| Youth Violence Prevention Program | 201-262-7108 |

OTHER 24 HOUR NUMBERS

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| 2 nd Floor Youth Help Line | 888-222-2228 |
| Adolescent Suicide and Runaway Switchboard | 800-621-4000 |
| Ala-anon Family Group | 888-425-2666 |
| Ala-teen Meetings | 973-744-8686 |
| Parents Anonymous | 800-843-5437 |
| National Runaway Hot line | 800-231-6946 |
| Alcoholics Anonymous Sahara Club 160 Johnson Ave Hackensack | 800-245-1377 201-488-5481 |

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| Cocaine Hot line | 800- COCAINE |
| Gamblers Anonymous | 800-426-2537 |
| Muslim Youth Helpline http://www.myh.org.uk/content/about-us | 201-647-7229 |
| Nar-anon Family Group | 800-322-5525 |
| Narcotics Anonymous | 800-992-0401 |
| NJ Drug Hot line | 800-225-0196 |
| Women's Referral Center | 800-322-8092 |
| Eating Disorders | 800-624-2268 |
| Pregnancy Help line | 800-649-4357 |
| Weapons and School Violence Hotline | 866-SPEAKUP |
| Agency for Gay/Lesbian/ Bisexual Youth | 800-GLB-CHAT |
| Mobile Response and Stabilization System Crisis in-home counseling w/i 1 hour | 877-652-7624 |
| NJ State Help line M-F 8-8 pm www.NJMentalhealthcares.org operator is a trained clinician to help find any state program | 866-202-4357 |

Mental Health Center: out patient

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| Comprehensive Behavioral Health Center 395 Main Street Hackensack, NJ 07601 Hours: M-TH 9-9 pm; F 9-4 http://www.cbhcare.com/ | Access Center Number: 201-646-0195 201-646-0333 / 201-964-0334 |
| High Focus – Paramus | 800-877-3628 |
| New Pathways – 20 Morris Ave Paramus, NJ | 201-436-1022 |
| FDU – Center for Psychological Services 131 and 139 Temple Ave Hackensack, NJ Ind, Group, Parents at the end of their ropes support group | 201-692-2645 |
| The Center for Neurofeedback and Integrative Health 240 W. Passaic Street, Maywood, NJ 07607 www.cnih.net | 201-880-7575 |
| Family Resource Center – Dr. Michael Stango 815 Elm Street Teaneck, NJ | 201-907-0198 |
| Care Plus NJ Fair Lawn Children's Out Patient Endeavors C.O.P.E | Access # 201-986-5000 201-797-2660 ext. 118 |

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| Englewood Mental Health Center | 201-567-0500 |
| Specialized Therapy Associates www.specializedtherapy.com | 201-488-6678 |
| The Center for Integrative Psychiatry and Counseling Hackensack | 201-487-4298 |
| West Bergen Center for Children Ridgewood – intake office | 201-444-3550 |
| Ramsey 1 Cherry Lane | 201-934-1160 |
| Oakland 3 Post Road | |
| Vantage Health System 2 Park Avenue Dumont, NJ | 201-567-0059 |
| <u>New Directions</u> out of Division of Adolescent Services Comprehensive Behavioral Healthcare 395 Main Street Hackensack, NJ | 201-646-0333 |
| Behavioral Health Service at Hoboken University Medical Center 308 Willow Ave, Hoboken, NJ 07030 | 201-418-1000 |
| Performance Care www.performancecarenj.com | 877-652-7624 |
| Alisa Robinson, Ph.D. 71 Franklin Turnpike Suite 7 Waldwick, NJ 07463 | 201-378-7334 |
| Dr. Mark Hatton. PhD Ridgewood | 201-612-8877 |
| Tamini Winegrath, LCSW Oradell | 201-262-6704 |
| Josephine Schiff, MSW, LCSW | 201-637-6833/201-877-5473 |

Mental Health Center: inpatient

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| Four Winds Hospital 800 Cross River Road, Katonah, NY | 800-528-6624 |
| Carrier Foundation – Belle Meade, NJ | 908-281-1000 |
| Whitedeer Run – Allenwood, PA | 800-255-2335 |
| St. Claire's Hospital – Boonton, NJ | 973-625-0280 |
| New Bridge Medical Center (Former Bergen Regional)– Paramus, NJ | 201-262-4357 |
| Summit Oaks Hospital | 800-753-5223 |
| Behavioral Health Service at Hoboken University Medical Center 308 Willow Ave, Hoboken, NJ 07030 | 201-418-1000 |

Lawyers:

Mark Musella 232 Blvd HH 201-288-1511
Criminal Lawyer, DWI

Vincent Basile 39 Hudson St. Hackensack 201-487-0700
Criminal Lawyer, Juvenile and adult

Substance Abuse Assessments:

1. Concerta Urgent Care 201-393-9199
150 North St, Teterboro, NJ 07608 Results in 24 hours. Quick and convenient
2. Health Net 780 Cedar Lane Teaneck 201-836-7664
Breathalyzer service Hours: M-F 8-8pm Sat: 9-5 and Sun: 9-2 No appt. needed
3. Hackensack Hospital ER- Main Entrance 201-996-2000
Park in garage Call before you go
4. Holy Name Hospital Occupational Health Office Teaneck Rd 201-833-7200
Breathalyzer service Hours: M-F 7:30 – 6 pm call for an appt.
5. Lodi Medical Center 2 S. Main Street 973-777-3130
Hours: M-F 8-6 pm Sat 9-4 No appt needed
6. . Dr. Colaneri 310 Hoboken Road, East Rutherford, NJ 201-939-4036

Substance Abuse Agencies (Out Patient):

Adolescent Substance Abuse Program (ASAP) – Hackensack 201-336-7359
Court ordered
John Zellar – supervisor

New Bridges Medical Center – Paramus 201-967-4000 ext 6345
Tues and Thurs 5:30 – 7 pm group

High Focus Center – Paramus 800-877-3628 access number/201-291-0055

Intoxicated Driver Resource Center – Hackensack 201-646-2571
2 day classes T/W 4- 10 pm. Anywhere from AA to 16 week treatment on an outpatient basis.

Valley Hospital – Ridgewood 201-447-8000

Community Health Services, Lyndhurst 201-646-0195

New Pathways – Paramus 201-436-1022

Behavioral Health Service at Hoboken University Medical Center 201-792-8200
308 Willow Ave, Hoboken, NJ 07030

The Bergen County Department of Health Services, Office of Alcohol and Drug Dependency has contract funding for Detox and Short-term residential services with Turning Point and New Hope. Turning Point is an adult contract and New Hope is both adult and adolescent. Funding is currently available. If this individual is seeking detox only, those agencies have Recovery and Rebuild Initiative (RRI) dollars for uninsured, adult residents of the 10 Hurricane Sandy affected counties, of which Bergen is one. The individual must prove residency on 10/29/12.

Bergen County Office of Alcohol and Drug Dependency – 201-634-2740

In Patient Substance Abuse Facilities:

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| Caron Foundation Wernersville, PA Min 30 days Not great with insurance | 800-678-2332 |
| Carrier Clinic – East Mountain Youth Lodge Belle Meade, NJ | 800-933-3579 ext 1414 |
| ClearBrook Wilkes-Barre, PA Accepts insurance Short-term care | 800-582-6241 |
| Daytop Village – Mendham, NJ Long term care | 973-539-5764 |
| Integrity House Newark Secaucus | 973-623-0600 201-583-7124 |
| Never Alone Kingston, NY Religious – based | 845-339-4272 |
| Princeton House Princeton, NJ Short term care ~10 days | 609-497-3375 |
| Sunrise House Lafayette, NJ 18 yr olds and older Detox and short term care | 800-538-5483 |
| White Deer Run- PA Short Term Accepts Insurance | |
| Holliswood Hospital Queens, NY Dual diagnosis Short Tem care | 800-486-3005 |
| Arms Acres Carmel, NY Dual diagnosis Short term care | 800-989-2676 |
| New Hope Foundation- Secaucus, NJ | 201-866-0888 |
| Lighthouse at Mays Landing – 62 bed adult and adolescents Detox from alcohol, heroin, cocaine, prescriptions Short and long term care www.lighthouseatmayslanding.com Dory Rachel | 800-852-8851 |

Meetings:

Alcoholics Anonymous: 800-245-1377

Ridgefield Park (8:30) Tuesdays night (For Young People)
At St. Francis Church 114 Mt. Vernon St. & Euclid

Hackensack (7:30) Wednesday night 67 Prospect Ave
Beginner Mtg first and the open meeting at 8:30 pm

Jersey City (8 PM) Thursday night (For Young People)
St. Paul's School Basement, 193 Old Bergen Rd.

Ridgewood (7:45 pm) Friday night
Christ Church on Franklin Ave & Cottage Place

Narcotics Anonymous: 800-992-0401

Paramus – Monday night Bergen Regional, East Ridgewood Ave 8 pm

Garfield – Tuesday night 1st Presbyterian Church, Palisades Ave 8 pm

Ridgefield Park – Wednesday night St. Francis Church, 114 Mt. Vernon St 8:30 pm

Ala teen Meetings: 973-744-8686 www.al-anonlateen.org

Teaneck – Tuesday night at 7:30 pm

St. Mark's Church on Chadwick and Grange Rd. Behind Holy Name Hospital

At same time there is a beginners ala-non meeting 7:30 – 8:15 pm

And then a regular ala non- 8:15 – 9:30 pm

Contact sponsor: Susan Payne 201-387-0627

Force for Change: American Red Cross, Hackensack: 877-316-TEEN

Monday – Thursday between 4- 8 pm Peer to Peer Counseling

Nar-anon Family Group: 800-322-5525

Oradell – Monday nights at 7:30 pm

St. Joseph School on Elm Street and Harrison Ave

Teaneck- Tuesday night at 7:30 pm

1663 Windsor Rd

Maywood – Wednesday night at 7:30 pm

Demarest House School on 394 Maywood Ave

Paramus- Friday night at 8:30 pm

Bergen Regional Medical Center in the Psych Pavilion

Rutherford – Saturday morning at 10 am Beginners mtg.

Congregational Church on Prospect and Union Ave

Alanon:

www.nj-al-anon.org www.al-anonfamilygroups.org

Hillsdale – Sunday night at 7:30 pm

Pascack Valley Bible Church on Piermont Ave

Montclair – 73 S. Fullerton Ave 2nd Floor

973-744-8686

World Group Info

888-425-2666

Meetings are subject to change so please do not hesitate to call Mrs. Christianson for confirmation or more listings.

Parent Resources:

Andre Reese – **CHAT** (Creating Healthy Attitudes in Teens) – (201) 336-3920 email: areese@co.bergen.nj.us

Deidre Rice-Reese – **Parents United Support Group** – (646) 505-2073 email: DRice-Reese@phoenixhouse.org

Family Support Organization: Lynn Bolson, (201) 796-6209 – website - www.fsobergen.org

Family Success Center: under the parent company of Bergen Family Center - Marcia Gongora, Director (201)568-0817 ext 32 Website – <http://www.bergenfamilycenter.org/index.php>

Families Anonymous: Ramsey/Mahwah Chapter, (201)-327-0748 or call 1 800 736-9805 for other chapters, there are also chapters in Englewood, Tenafly and various other towns in New Jersey. Website - <http://www.familiesanonymous.org/>

Strengthening Bergen's Family: Kathi Viola, The Center for Alcohol and Drug Resources 201-488-8680, kviola@tcadr.org

CST Resources

Institute for Child Development ICD Hackensack Hospital
Howard Glaser, MA, LDTC Dean Street Tenafly
Dennis Enrico 201-313-2320 LDTC Cliffside Park
FDU Hackensack
Dr. Virginia Robles Cresskill 201-541-1122

Music Therapies

MSU www.musictherapy.org/find.html

Care Plus NJ Fair Lawn

Access # 201-986-5000

Nutrition Counseling:

1. Dr. Robin Leder, MD 201-525-1155
Central Ave Hackensack, NJ
She does medical tests, counseling, and gives a diet based on results of medical tests.
She is a medical doctor so she will take most insurance.
2. Ridgewood Valley Hospital: 201-47-8000
Dr. Benotti – Gastro Surgeon
Nina Rueben – Director of Programs: 201 447-8093
Regina Toomey – Director of Nutrition ext. 891
Individual counseling – Ann Faicco ext. 8091
3. Hackensack Hospital: 201-441-2466
Eating Disorder Support group 201-801-0822
Dave Winfield Nutrition Center 201-393-7460 www.humed.com/nutr.html
They have individual counseling for all ages (5-13) and body shapes. They take medical insurance. The program director is Laurna Pascale.
4. Renfrew Center: 1-800-736-3739
174 Union Street Ridgewood, NJ 201-652-5114
They have individual counseling, family counseling, nutritionists, and groups for women.
They check with each individual about their insurance but they do not have any doctors on staff.
5. The Koch Center: 201-670-6450
71 Franklin Turnpike suite 8, Waldwick, NJ 07463
163 Engle Street, Englewood, NJ
They have consultation, evaluation, referral services, individual, couple, family, adolescent, group psychotherapy, supportive eating groups, nutrition counseling, and speaker's bureau.
6. Center for Treatment of Eating Disorders: 973-740-1262
514 Livingston Ave. Livingston, NJ
7. Susan Holmbreg, MA: 201-261-9220 Oradell, NJ
Nutritionist, behavioral therapy, and personal trainer
8. Nancy Feldman, MA in Nutrition: 201-794-6461 Fair Lawn, NJ
Nutritionist who runs individual therapy for adolescents, ages 12- adult. T participate in her on-going nutritional therapy, the person must also be in some form of therapy. She does not participate with insurance companies.
9. Ann Kane: 973-618-1905 West Caldwell, NJ
10. Gila Cohen, LCSW Eating Disorders Cedar Lane Teaneck, NJ
10. Dr. Christine Hudson 973-931-2113 Anxiety, depression Eating disorder DBT
11. Simon Azavedo Anger CBT
12. Dr. Tina Sherry 201-669-1369 CBT, DBT Eating disorder ODD Franklin Lakes

Sexuality/Birth Control/Parenting Skills for Teenagers:

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| Planned Parenthood 575 Main Street Hackensack | 201-489-1140 |
| American Red Cross- Hackensack | 201-487-7470 |
| Children's Aid and Family Services Counseling available to birth parents Adoption counseling available | 201-261-2800 |
| Volunteer Center – Hackensack Judy Foreman (PATS-Parent Aides for Teens) Mentoring Moms- Cindy 201-489-9454 ext.123 | 201-489-9454 |
| Zoe's Place –Teaneck, NJ A home for pregnant girls, young mothers, and their babies | 973-458-1007/201-740-7048 |
| Englewood West Side Day Care School | 201-568-2571 |
| Women's Rights Information Center – Englewood | 201-568-1166 |
| Women's Choice – 10 Zabriskie St, Hackensack, NJ Free Pregnancy testing and other services | 201-489-2266 |
| 1-800-No-Abort- Housing for pregnant teens | 1-800-662-2678 |
| Bergen Medical Regional Services Medical Procedures | 201-967-4000 |
| Bergen County Board of Social Services – Rochelle Park Helps with Welfare | 201-368-4200 |
| Jersey Care for Kids Unit | 201-336-7152 |
| Medicaid in Bergen County – Hackensack | 800-701-0701 |
| NJ Family Care – Insurance | www.njfamilycare.org |
| Lighthouse Pregnancy Resource Center (o) 973-238-9047 or (helpline) 973-238-9045 503 Lafayette Ave Hawthorne | |
| Epic Program Jaconia Lannie | 201-740-7110 |
| Baby basics Diapers and Formula 0-2 yrs | 201-740-7009 |

Sexual Identity:

Family Matters (646) 827-3622 www.familiesmatter.org
Support groups, self-help group Maplewood/South Orange

Summit Oaks Hospital
Stephanie Furness-Kearns Saturday group

Queer Café' Coalition www.info@queercafe.org

GLSEN of Northern NJ

PFLAG of Bergen County

Social Groups:

West Bergen Ramsey Office 201-934-1160

Care Plus, NJ Fair Lawn Office 201-797-2660

Divorce:

West Bergen Center for Children 201-444-3550
Ridgewood

Youth program for divorce –all ages
Oakland 3 Post Road 201-651-1900

Lisa Estrin, LCSW 201-327-0005

70 Hilltop Rd Suite 1004 Ramsey, NJ
Runs group called Cooperative Parenting & Divorce
Specializes in Divorce issues for the parents and the children

Stepping Stones Ridgewood Robert Klopfer 201-652-8222

GED Courses: These places help prepare students to take the test at the county sites:

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| Connections 1280 Wall Street West BCC Campus Lyndhurst | 201-937-7236 |
| Bergen Community College – Adult Learning Center Hackensack | 201-489-1551 |
| Bergen Work Force 296 E. Ridgewood Ave. Paramus, NJ | 201-599-6273 |
| Project Aces Classified or Low income | 201-646-0722 |
| North Arlington High School Kathy Kaufman – contact person | 201-955-5222 |
| One-Stop Career Center Helen Gonzalez -60 State Street Hackensack Helen.gonzalez@dol.state.nj.us | 201-329-9600 ext.5648 |
| Harry Lisa is the teacher in the program out of Conklin | 201-646-2910 |
| ESL CLASSES Bergen County Community Action Partnership 241 Moore Street Hackensack, NJ 07601 201-968-0200 x7001 | 201-968-0200 x7001 |

Anger Management:

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| Comprehensive Behavioral Health Center 395 Main Street Hackensack, NJ 07601 | Access Center Number: 201-646-0195 |
| FDU – Center for Psychological Services 131 and 139 Temple Ave Hackensack, NJ Ind, Group, Parents at the end of their ropes support group | 201-692-2645 |
| Family Resource Center – Dr. Michael Stango 815 Elm Street Teaneck, NJ | 201-907-0198 |
| Alternatives to Domestic Violence 1 Bergen County Plaza Hackensack, NJ | 201-336-7575 Court Ordered |
| Care Plus NJ Fair Lawn Anger Management Groups 15-18 yr olds | 201-797-2660 ext. 110 |
| Englewood Mental Health Center Support groups for high school students on Wednesday Nights for ages 14-17 | 201-567-0500 |
| West Bergen Center for Children Ridgewood – intake office Ramsey 1 Cherry Lane Danielle Heller- Director | 201-444-3550 201-934-1160 |

Bereavement Groups:

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| Hackensack Hospital Special Services Tony Miller | 201-996-2110 |
| Robert Wood Johnson Hospital | 732-937-8504 732-937-8820 732-937-8505 |
| Daughters who Lost Mothers Kathy or May Burns | 732-249-2312 Voice Box #3 |
| Loss of Spouse | 201-569-4080 |
| Partners Support Group | 201-444-6630 |
| Survivors after Suicide Day time: Amy Starr Day/Evening: Lynn Nierenberg | 201-385-4400 201-837-6321 |
| American Foundation for Suicide Prevention | 888-333-2377 212-363-3500 |
| Center for Creative Living Allendale, NJ Support Group for High School Students | 201-327-2424 ext 253 |

Adolescent Programs:

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| Traumatic Loss Coalition Ask for the TYP Program in-home care | 201-262- 4357 |
| Care Plus – Fair Lawn and Paramus | 201-265-8200 |
| Hackensack Hospice Program – – Salem Ave. Hackensack | 201-342-7766 |
| Rainbows – 14 week support group for all ages and parents Ridgewood YMCA - no membership requires Contact person Brigid Caffrey | 201-444-5600 |
| Corpus Christi, Hasbrouck Heights | 201-288-0614 |
| Morissa Drobnick Teaneck/Oradell Healing Hearts | 201-692-0866 |
| Erica Leeuwenburg, Art Therapy | 201-251-4242/201-286-9214 |
| Gilda's Club 575 Main Street Hackensack Noogie Land Tuesday nights 6:30 – 8 pm Lisa – youth program coordinator | 201-457-1670 |

Updated 12/22/17