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:

Adult Protective Services 800-624-0275
(Abuse/Neglect over 18)

AIDS 800-624-2377
(New Jersey AIDS Hot line)

To report Child Abuse/Neglect 877-652-2873
(DCP&P formerly NJ DYFS) 201-996-8900

Bergen County Resources  www.bergenresourcenet.org

Domestic Violence 800-572-7233
Alternatives to Domestic Violence 201-336-7575
Center for Hope and Safety 201-944-9600

To help families with emotional/behavioral crisis and more…
NJ Children’s System of Care or Performcare 877-652-7624
www.performcarenj.com

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

2nd 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 800-245-1377
   Sahara Club 160 Johnson Ave Hackensack 201-488-5481
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 866-202-4357
www.NJMentalhealthcares.org operator is a trained clinician to help find any state program

Mental Health Center: out patient

Comprehensive Behavioral Health Center Access Center Number: 201–646–0195
395 Main Street Hackensack, NJ 07601 201-646-0333 / 201-964-0334
395 Main Street Hackensack, NJ 07601 201-646-0333 / 201-964-0334
Hours: M-TH 9-9 pm; F 9-4
http://www.cbhcare.com/

High Focus – Paramus 800-877-3628
New Pathways – 20 Morris Ave Paramus, NJ 201-436-1022

FDU – Center for Psychological Services 201-692-2645
131 and 139 Temple Ave Hackensack, NJ

The Center for Neurofeedback and Integrative Health 201-880-7575
240 W. Passaic Street, Maywood, NJ 07607 www.cnih.net

Family Resource Center – Dr. Michael Stango 201-907-0198
815 Elm Street Teaneck, NJ

Care Plus NJ Fair Lawn Access # 201-986-5000
Children’s Out Patient Endeavors C.O.P.E 201-797-2660 ext. 118
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
   Oakland 3 Post Road 201-934-1160

Vantage Health System
   2 Park Avenue Dumont, NJ 201-567-0059

New Directions 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 201-418-1000
   308 Willow Ave, Hoboken, NJ 07030

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

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 201-418-1000
   308 Willow Ave, Hoboken, NJ 07030
Lawyers:
Mark Musella 232 Blvd HH  
Criminal Lawyer, DWI  201-288-1511

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  201-836-7664
780 Cedar Lane Teaneck
Breathalyzer service Hours: M-F 8-8pm Sat: 9-5 and Sun: 9-2 No appt. needed

3. Hackensack Hospital  201-996-2000
ER- Main Entrance
Park in garage
Call before you go

4. Holy Name Hospital  201-833-7200
Occupational Health Office Teaneck Rd
Breathalyzer service Hours: M-F 7:30 – 6 pm call for an appt.

5. Lodi Medical Center  973-777-3130
2 S. Main Street
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:

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
973-623-0600
Secaucus
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
800-852-8851
www.lighthouseatmayslanding.com  Dory Rachel
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
Ridgewood – Wednesday night St. Francis Church, 114 Mt. Vernon St 8:30 pm
Ala teen Meetings: 973-744-8686 www.al-anonaleteen.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 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

   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.


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:

Planned Parenthood 201-489-1140
575 Main Street Hackensack

American Red Cross- Hackensack 201-487-7470

Children’s Aid and Family Services 201-261-2800
Counseling available to birth parents
Adoption counseling available

Volunteer Center – Hackensack 201-489-9454
Judy Foreman (PATS-Parent Aides for Teens)
Mentoring Moms- Cindy 201-489-9454 ext.123

Zoe’s Place – Teaneck, NJ 973-458-1007/201-740-7048
A home for pregnant girls, young mothers, and their babies

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 201-489-2266
Free Pregnancy testing and other services

1-800-No-Abort- Housing for pregnant teens 1-800-662-2678

Bergen Medical Regional Services 201-967-4000
Medical Procedures

Bergen County Board of Social Services – Rochelle Park 201-368-4200
Helps with Welfare

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:

Connections 1280 Wall Street West 201-937-7236
BCC Campus Lyndhurst

Bergen Community College – Adult Learning Center 201-489-1551
Hackensack

Bergen Work Force 201-599-6273
296 E. Ridgewood Ave. Paramus, NJ

Project Aces 201-646-0722
Classified or Low income

North Arlington High School 201-955-5222
Kathy Kaufman – contact person

One-Stop Career Center 201-329-9600 ext.5648
Helen Gonzalez -60 State Street Hackensack
Helen.gonzalez@dol.state.nj.us
Harry Lisa is the teacher in the program out of Conklin 201-646-2910

ESL CLASSES Bergen County Community Action Partnership 201-968-0200 x7001
241 Moore Street Hackensack, NJ 07601
201-968-0200 x7001

Anger Management:
Comprehensive Behavioral Health Center
395 Main Street Hackensack, NJ 07601 Access Center Number: 201–646–0195

FDU – Center for Psychological Services 201-692-2645
131 and 139 Temple Ave Hackensack, NJ
Ind, Group, Parents at the end of their ropes support group

Family Resource Center – Dr. Michael Stango 201-907-0198
815 Elm Street Teaneck, NJ

Alternatives to Domestic Violence 201-336-7575
1 Bergen County Plaza Hackensack, NJ Court Ordered

Care Plus NJ 201-797-2660 ext. 110
Fair Lawn
Anger Management Groups 15-18 yr olds

Englewood Mental Health Center 201-567-0500
Support groups for high school students on Wednesday Nights for ages 14-17

West Bergen Center for Children 201-444-3550
Ridgewood – intake office
Ramsey 1 Cherry Lane 201-934-1160
Danielle Heller- Director
Bereavement Groups:
Hackensack Hospital Special Services 201-996-2110
   Tony Miller
Robert Wood Johnson Hospital 732-937-8504
   732-937-8820
   732-937-8505
Daughters who Lost Mothers 732-249-2312 Voice Box #3
   Kathy or May Burns
Loss of Spouse 201-569-4080
Partners Support Group 201-444-6630
Survivors after Suicide 201-385-4400
   Day time: Amy Starr
   Day/Evening: Lynn Nierenberg 201-837-6321
American Foundation for Suicide Prevention 888-333-2377
   212-363-3500
Center for Creative Living Allendale, NJ 201-327-2424
   Support Group for High School Students ext 253

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

Updated 12/22/17