## Resources

### EMERGENCY:

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Adult Protective Services (Abuse/Neglect over 18)</td>
<td>800-624-0275</td>
</tr>
<tr>
<td>AIDS (New Jersey AIDS Hot line)</td>
<td>800-624-2377</td>
</tr>
<tr>
<td>To report Child Abuse/Neglect (DCP&amp;P formerly NJ DYFS)</td>
<td>877-652-2873</td>
</tr>
<tr>
<td>Bergen County Resources</td>
<td><a href="http://www.bergenresourcenet.org">www.bergenresourcenet.org</a></td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>800-572-7233</td>
</tr>
<tr>
<td>Alternatives to Domestic Violence</td>
<td>201-336-7575</td>
</tr>
<tr>
<td>Center for Hope and Safety</td>
<td>201-944-9600</td>
</tr>
<tr>
<td>To help families with emotional/behavioral crisis and more…</td>
<td>877-652-7624</td>
</tr>
<tr>
<td>NJ Children’s System of Care or Performcare</td>
<td><a href="http://www.performcarenj.com">www.performcarenj.com</a></td>
</tr>
<tr>
<td>Rape (Bergen County Crisis Center)</td>
<td>201-487-2227</td>
</tr>
<tr>
<td>Suicide (Psychiatric Emergency Screening Program) (18 and over only)</td>
<td>201-262-4357</td>
</tr>
<tr>
<td>Division of Family Guidance – Crisis Intervention/truancy</td>
<td>201-646-2233 or 336-7350</td>
</tr>
<tr>
<td>Youth Violence Prevention Program</td>
<td>201-262-7108</td>
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### OTHER 24 HOUR NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>2nd Floor Youth Help Line</td>
<td>888-222-2228</td>
</tr>
<tr>
<td>Adolescent Suicide and Runaway Switchboard</td>
<td>800-621-4000</td>
</tr>
<tr>
<td>Ala-anon Family Group</td>
<td>888-425-2666</td>
</tr>
<tr>
<td>Ala-teen Meetings</td>
<td>973-744-8686</td>
</tr>
<tr>
<td>Parents Anonymous</td>
<td>800-843-5437</td>
</tr>
<tr>
<td>National Runaway Hot line</td>
<td>800-231-6946</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>800-245-1377</td>
</tr>
<tr>
<td>Sahara Club 160 Johnson Ave Hackensack</td>
<td>201-488-5481</td>
</tr>
</tbody>
</table>
Cocaine Hot line
Gamblers Anonymous
Muslim Youth Helpline
Nar-anon Family Group
Narcotics Anonymous
NJ Drug Hot line
Women’s Referral Center
Eating Disorders
Pregnancy Help line
Weapons and School Violence Hotline
Agency for Gay/Lesbian/ Bisexual Youth
Mobile Response and Stabilization System
NJ State Help line

Mental Health Center: out patient

Comprehensive Behavioral Health Center
395 Main Street Hackensack, NJ 07601
Hours: M-TH 9-9 pm; F 9-4
http://www.cbhcare.com/

High Focus – Paramus
New Pathways – 20 Morris Ave Paramus, NJ
FDU – Center for Psychological Services
131 and 139 Temple Ave Hackensack, NJ
The Center for Neurofeedback and Integrative Health
240 W. Passaic Street, Maywood, NJ 07607
Family Resource Center – Dr. Michael Stango
815 Elm Street Teaneck, NJ
Care Plus NJ Fair Lawn

Access Center Number: 201-646-0195
800-877-3628
201-436-1022
201-692-2645
201-880-7575
201-907-0198
Access # 201-986-5000

operator is a trained clinician to help find any state program

www.NJMentalhealthcares.org
201-646-0333 / 201-964-0334
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  201-934-1160
   Oakland 3 Post Road

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
   308 Willow Ave, Hoboken, NJ 07030  201-792-8200

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

Bergen Regional Medical Center – 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  201-792-8200
**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. 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

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

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

4. Lodi Medical Center 2 S. Main Street 973-777-3130
   Hours: M-F 8-6 pm Sat 9-4 No appt needed

5. 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

Bergen Regional 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 800-678-2332
  Min 30 days
  Not great with insurance

Carrier Clinic – East Mountain Youth Lodge Belle Meade, NJ 800-933-3579 ext 1414

ClearBrook Wilkes-Barre, PA 800-582-6241
  Accepts insurance
  Short-term care

Daytop Village – Mendham, NJ 973-539-5764
  Long term care

Integrity House
  Newark 973-623-0600
  Secaucus 201-583-7124

Never Alone Kingston, NY 845-339-4272
  Religious – based

Princeton House Princeton, NJ 609-497-3375
  Short term care ~10 days

Sunrise House Lafayette, NJ 800-538-5483
  18 yr olds and older
  Detox and short term care

White Deer Run- PA
  Short Term
  Accepts Insurance

Holliswood Hospital Queens, NY 800-486-3005
  Dual diagnosis
  Short Tem care

Arms Acres Carmel, NY 800-989-2676
  Dual diagnosis
  Short term care

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

www.caronfoundation.org
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-anonalateen.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](http://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](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/](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](http://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
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 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
- BCC Campus Lyndhurst
- Bergen Community College – Adult Learning Center
- Hackensack
- Bergen Work Force
- 296 E. Ridgewood Ave. Paramus, NJ
- Project Aces
- Classified or Low income
- North Arlington High School
- Kathy Kaufman – contact person
- One-Stop Career Center
- Helen Gonzalez - 60 State Street Hackensack
- Helen.gonzalez@dol.state.nj.us
- Harry Lisa is the teacher in the program out of Conklin
- ESL CLASSES Bergen County Community Action Partnership
- 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
  131 and 139 Temple Ave Hackensack, NJ
  Ind, Group, Parents at the end of their ropes support group
- Family Resource Center – Dr. Michael Stango
  815 Elm Street Teaneck, NJ
- Alternatives to Domestic Violence
  1 Bergen County Plaza Hackensack, NJ
  Court Ordered
- Care Plus NJ
  Fair Lawn
  Anger Management Groups 15-18 yr olds
- Englewood Mental Health Center
  Support groups for high school students on Wednesday Nights for ages 14-17
- West Bergen Center for Children
  Ridgewood – intake office
  Ramsey 1 Cherry Lane
  Danielle Heller- Director
Bereavement Groups:
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
201-385-4400
Day/Evening: Lynn Nierenberg
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:
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 –
– Salem Ave. Hackensack
201-342-7766

Rainbows – 14 week support group for all ages and parents
Ridgewood YMCA - no membership requires
201-444-5600
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
Noogie Land Tuesday nights 6:30 – 8 pm Lisa – youth program coordinator

Updated 6/2/17