

Parent Resource Guide for Mental Health, Substance Abuse & Support Group Services

Crisis Intervention Resources

<p>Early Intervention Support Services (Crisis Intervention) Atlanticare Behavioral Health Services 1601 Atlantic Avenue Atlantic City, NJ 08401 609-344-1118 Children’s Mobile Response: 877-652-7624</p>	<p>Primary Screening Center for Atlantic PIP at Atlanticare Regional Medical Center 1925 Pacific Avenue Atlantic City, NJ 08401 Hotline: 609-344-1118</p>
<p>Cape May Regional Medical Center 2 Stone Harbor Boulevard Cape May Court House, NJ 08210 Hotline 609-465-5999</p>	<p>Perform Care 24 Hours a Day, Seven Days a Week 1-877-652-7624 1-866-896-6975 (for the hearing impaired) http://www.performcare.org/</p>

Mental Health and Substance Abuse Resources

<p>Advanced Behavioral Counseling Services, LLC 217 North Main Street, Suite 204, Cape May Court House NJ 08210 609-741-0390</p> <ul style="list-style-type: none"> • Services ages 10-90; psychiatric evaluations, medication monitoring, and individual counseling. 	<p>Families Matter, LLC 899 Bayshore Road Villas NJ 08251 609-886-8666</p> <ul style="list-style-type: none"> • Services all ages; mental health and substance abuse; bi-lingual; medication-assisted substance abuse treatment; trauma.
<p>Nancy Crafts Counseling Service 223 S. Main Street, Cape May Court House, NJ 08210. 609-465-7788</p> <ul style="list-style-type: none"> • Children, adolescents, adults; mental health and substance abuse services; substance abuse program provides one group meeting and individual meeting per week. 	<p>Cape Counseling Services, Inc.: 128 Crest Haven Rd Cape May Court House NJ 08210. 609-465-4100</p> <ul style="list-style-type: none"> • Services all ages with mental health and substance abuse concerns.
<p>Comprehensive Drug & Alcohol Treatment Program Lighthouse 5034 Atlantic Ave Mays Landing, NJ 08330 Phone:(609) 625-4900</p>	<p>Advanced Behavioral Counseling Services, LLC 217 North Main Street, Suite 204 Cape May Court House, NJ 08210 609-741-0390</p>

<ul style="list-style-type: none"> • Services Provided: Adult, Adolescent, Family Program(s), Detoxification, Inpatient, The School at Light House & Outpatient. 	
<p style="text-align: center;">Outpatient</p> <p style="text-align: center;">Family Service Association 3073 English Creek Avenue Egg Harbor Township, NJ 08234 609-569-0239</p> <ul style="list-style-type: none"> • Services ages 4- 105; Individual Counseling, Group Counseling, Trauma Recovery Groups (children/adolescents/adults) & Psychiatry. 	<p style="text-align: center;">Outpatient</p> <p style="text-align: center;">Atlanticare Behavioral Health Child & Adolescent Unit 501 Scarborough Road Egg Harbor Township, NJ 08234 609-272-0909</p> <ul style="list-style-type: none"> • Services individuals from 3 to 17 years of age and their families. Services include: Individual Counseling, Family Counseling, Psychiatric Evaluations & Medication Monitoring, Group Therapy for Substance Abuse.
<p style="text-align: center;">Substance Abuse Prevention & Treatment</p> <p style="text-align: center;">Cape Assist 3819 New Jersey Avenue Wildwood, NJ 08260 (609) 522-5960</p> <p>Services provided: Dedicated to preventing and treating substance abuse and related issues in Cape May County through education, advocacy, community collaboration, and counseling. Services/ Programs provided for youth: IMPACT 6. K.A.R.E, Peer Leadership, Cooperative Games, Sea Life & Forest Friends.</p>	<p style="text-align: center;">Loss & Grief Counseling</p> <p style="text-align: center;">ALCOVE: The Center for Grieving Children & Families 376 Tilton Road Northfield, NJ 08225 609-484-1133</p> <ul style="list-style-type: none"> • Grief Groups, Home Outreached Program & Supervised Visits Program.
<p style="text-align: center;">Substance Abuse Counseling & Treatment</p> <p style="text-align: center;">Atlantic County TRY IT Program Northfield, NJ 609-645-5862 www.aclink.org/intergenerational</p> <p>Services provided: Outpatient Substance Abuse Services for youth aged 12-18 and their families residing in Atlantic County. Services include assessment, treatment planning, referral, psycho educational group process, and reintegration of youth to their homes and families upon return from residential treatment centers. Short term group services are offered at four sites.</p>	<p style="text-align: center;">Integrated Case Management Services</p> <p style="text-align: center;">Jewish Family Services of Atlantic County 607 North Jerome Avenue Margate, NJ 08402 609-822-1108</p> <ul style="list-style-type: none"> • Outpatient, Individual & Family Counseling, Specialty Center for Youth Interventions, Psychiatric Services, Autism Spectrum Services & Functional Family Therapy.

<p>Atlantic County Prevention Resources Absecon 609-272-0101 Pleasantville 609-272-0964 www.atlprev.org</p> <ul style="list-style-type: none"> • Services Provided: Substance Abuse Prevention, Counseling & Treatment 	<p>Substance Abuse, Family , Behavioral Counseling & Treatment- Outpatient It Takes A Family Galloway, NJ 08205 609-241-1872 www.ittakesafamilyllc.com</p> <p><u>Outpatient Services:</u> Drug & Alcohol. Sexual Abuse, Bereavement, Anger Management, Play Therapy, Marital & Family, Medication Monitoring, Psychiatric Evaluations, Individual Counseling, Parenting Classes, Domestic Violence Pre/Post Adoption & Pastoral Counseling.</p> <p><u>Group Therapy:</u> Music Therapy, Play Therapy, Art Therapy, Anger Management, Child Abuse, Substance Abuse, Marriage & Family, Divorce Groups for Adults & Children, Domestic Violence, Social Skills, Life Skills Training & Peer Support Groups.</p>
<p>Jewish Family Services Family Success Center 1046-B Route 47 Rio Grande, NJ 08424 609-822-1108 x230 www.jfsatlantic.org</p> <ul style="list-style-type: none"> • Services Provided: Trauma Focused-Cognitive Behavior Therapy 	<p>Addiction Recovery System (ARS) 408 Bethel Road, Bldg. B Somers Point, NJ 08244 609-601-8611</p> <ul style="list-style-type: none"> • Services Provided: Medicated Assisted Treatment & Intensive Outpatient.
<p>Addiction Recovery System (ARS) Cape May Office 1200 Route 9 South Cape May Court House, NJ 609-463-0500</p> <ul style="list-style-type: none"> • Services Provided: Medicated Assisted Treatment & Intensive Outpatient. 	

Support Groups

<p align="center"><i>Al-Anon Family Group</i> Information Services 856-547-0855 (24 hour) or 973-744-8686 (Mon-Fri 9-5) Spanish speaking 973-268-1260 www.southjerseyal-anon.org</p> <ul style="list-style-type: none"> This 12 Step program is for families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children 	<p align="center"><i>Alateen Group</i> Church of the Resurrection, 200 West Tuckahoe Rd. Marmora NJ. Call Al-Anon information services 856-547-0855 (10am-3pm) or 973-744-8686 (Mon – Fri 9-5) Spanish speaking 973-268-1260 www.southjerseyal-anon.org</p> <ul style="list-style-type: none"> This 12 step program is for youth ages 9-19 who have been affected by someone else’s drinking. An active adult member of Al-Anon serves as a sponsor.
<p align="center">Alcoholics Anonymous Group Call 1-866-256-1378 www.capeatlanticinterrgroup.org</p> <ul style="list-style-type: none"> 12 Step Fellowship of men and women who share their experience, strength and hope with each other to recover from alcoholism. 	<p align="center">Parent to Parent Support Group Family Success Center of Cape May County, 1046B Route 47, Rio Grande. 609-778-6226 Meets 2nd Wednesday 7-9pm</p> <ul style="list-style-type: none"> This group provides support for parents of children who are struggling with substance abuse.
<p align="center">Nar-Anon Family Group Call Nar-Anon Answering Services 609-587-7215 www.naranonofnj.org</p> <ul style="list-style-type: none"> This 12 step program provides help for family members and friends of drug abusers (offering comfort, hope and friendship through shared experiences). 	<p align="center">Narcotics Anonymous Group Call 1 800 992 0401 or 732 933 0462 www.nanj.org</p> <ul style="list-style-type: none"> This group is a 12 Step fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs.
<p align="center">Grief Support Group Cape Regional Medical Center, 2 Stone Harbor Blvd, Maruchi Room, Cape May Court House. Call Bonnie Kratzer, RN 609-463-4043</p> <ul style="list-style-type: none"> This group provides support for those who have lost a loved one. Building is handicapped accessible. Meets 1st and 3rd Wed 3-5pm. 	<p align="center">Parents Anonymous Group Meets in Rio Grande. Before attending, call 1-800-843-5437 or Patricia Rocanella 609-778-6217 www.pa-of-nj.org</p> <ul style="list-style-type: none"> This group provides support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Building is handicapped accessible. Discussions, guest speakers, networking, literature and phone help.

<p>Intensive Family Support Services Mental Health Association of New Jersey 4 East Jummy Leeds Road Galloway, NJ 08205 609-652-3800</p> <ul style="list-style-type: none"> • <i>Consumer Support Group</i>: ICE Wellness Program Family support Groups: Intensive Family Support Services 	<p>Community-Based Resource Youth Advocate Program (YAP) 1125 Atlantic Avenue Suite 711 Atlantic City, NJ 08401 P: 609.345.7333 F: 609.345.7566</p> <ul style="list-style-type: none"> • YAP specializes in working with individuals with Autism Spectrum Disorders, cross-system youth, and youth who have experienced trauma.
<p>Community-Based Resource Atlantic County Women’s Center 1201 New Road, Suite 240 Linwood NJ 08221 (P) 609 601-9925 (F) 609 601-2975 24/7 Hotline: 1-800-286-4184 http://www.acwc.org/</p>	<p>Atlantic/Cape Family Support Organization 950 Tilton Rd, Suite 108 Northfield, NJ 08225 http://acfamsupport.org/home/contact-us/ Ph: 609-485-0575 Fax: 609-485-0467</p> <p><i>Cape May Office:</i> 1046B Route 47 Rio Grande, NJ 08242 Ph: 609-778-6222 Fax: 609-886-2353</p>
<p>Let’s Talk About It</p> <p>Location(s): Family Success center of CMC, 1046B Route 47, Rio Grande. 609-778-6226</p> <ul style="list-style-type: none"> • Professionally-run group. Provides support and education for any age that has a parent who is incarcerated. The building is handicapped accessible. The group meets 2nd Thurs, 6:30-8:00pm, 	<p>Youth Partnership Group</p> <p>Cape May Family Success Center, 1046B Route 47 Rio Grande, Peggy Fuller 609-485-0575</p> <ul style="list-style-type: none"> • Adult supervised activities for youth (14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets 1st and 3rd Thurs, 6-8pm
<p>Mental Health Wellness Support Group</p> <p>Family Success Center of Cape May County. 1046B Route 47 Rio Grande. 609-778-6226</p> <ul style="list-style-type: none"> • Professionally-run group. Mutual support for individuals with a mental illness. 	<p>Grandparents Raising Grandchildren</p> <p>Rutgers Cooperative Extension 355 Court House/South Dennis Rd. Cape May Court House. Contact Person: Marian 609-465-5115 ext 609</p>

<p>Families welcome. Building is handicapped accessible. Guest speakers, literature and phone help. Meets 1st Thursday 1-2:30pm.</p>	<p>Professionally-run group. Support and educational workshops for grandparents raising their grandchildren. Members share ideas, challenges and learn new skills. Newsletter. The building handicapped accessible. Meetings vary: 5:30-7pm</p>
<p>GABLES of Cape May County</p> <p>Church of the Advent, Lafayette Street and Franklin Street, Cape May. Call 609-861-1848 www.gablescapemay.com gables00@email.com</p> <ul style="list-style-type: none"> • Provides support to gay, lesbian, bisexual and transgender as well as their family and friends. Rap sessions, guest speakers, rainbow directory and newsletter. Dues \$20/year. Building is handicapped accessible. Meets 3rd Monday, 7pm 	<p>Grandparents Raising Grandchildren</p> <p>Family Success Center of Cape May County, 1046B Route 47, Rio Grande 609-778-6226</p> <ul style="list-style-type: none"> • Professionally run group. Support and education for grandparents raising grandchildren. Building is handicapped accessible. Guest speakers and literature. Meets 2nd and 4th Thurs, 10 am-12:00pm.
<p>Community-Based Peer Support Groups</p> <p>Parents Anonymous 800-THE-KIDS www.pa-of-nj.org</p> <p>Intervention and prevention program where parents and their children are empowered to create positive and long term change for their families.</p>	<p>Families F.I.R.S.T</p> <p>1129 Route 9 South Cape May Court House, NJ08210 609-778-6136</p> <ul style="list-style-type: none"> • Services families caring or supporting a family member with severe and persistent mental illness.
<p>Parent to Parent</p> <p>1010 B Tuckerton Road Marlton, NJ 08053 609-374-2526</p> <ul style="list-style-type: none"> • Services parents and family members of those affected by Substance Use Disorders. 	

Department of Children and Families' Hotlines & Help Lines

<p>CHILD ABUSE/NEGLECT HOTLINE 1-877-NJ ABUSE (652-2873) 1-800-835-5510 (TTY) 24 hours a day - 7 days a week Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to the Division of Child Protection and Permanency (formerly DYFS). Calls can be made anonymously.</p>	<p>FAMILY HELPLINE 1-800-THE-KIDS (843-5437) 24 hours a day - 7 days a week If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.</p>
<p>FAMILY HELPLINE 1-800-THE-KIDS (843-5437) 24 hours a day - 7 days a week If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.</p>	<p>SAFE HAVEN INFANT PROTECTION HOTLINE 1-877-839-2339 24 hours a day - 7 days a week This is a toll free hotline for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.</p>
<p>NJ COALITION AGAINST SEXUAL ASSAULT (NJCASA) HOTLINE 1-800-601-7200 24 hours a day - 7 days a week NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across NJ. Its member centers represent each of NJ's 21 counties. This hotline connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls will be routed to the individual's closest rape care center.</p>	<p>KINSHIP NAVIGATOR PROGRAM 211 24 hours a day - 7 days a week Kinship caregivers are people who have taken on the responsibility for raising their relatives' children. Grandparents and other relatives can call this number to find out what services may be available to them.</p>
<p>NJ DOMESTIC VIOLENCE HOTLINE 1-800-572-SAFE (7233) 24 hours a day - 7 days a week This hotline serves domestic violence victims and others seeking information about domestic violence services.</p>	

<p>WOMEN'S REFERRAL CENTRAL 1-800-322-8092 24 hours a day - 7 days a week This hotline provides referrals and basic information in areas such as discrimination, housing, displaced homemakers, divorce, violence and other areas of concern.</p>	<p>FOSTER HOME RECRUITMENT LINE 1-877-NJ-FOSTER (653-6783) 9 a.m. - 5 p.m. Monday - Friday Many children in New Jersey need temporary homes until their parents are able to care for them or until a permanent home is found. Call to learn how you can open your heart and your home by becoming a foster parent.</p>
<p>ADOPTION HOTLINE 1-800-99-ADOPT (992-3678) 9 a.m. - 5 p.m. Monday - Friday If you have love to share, consider adopting a child into your family. Call to learn how you can give a child a permanent home by adopting a child with special needs.</p>	<p>DCF INFO LINE 1-855-INFO-DCF (1-855-463-6323) 8:30 a.m. - 4:30 p.m. Monday - Friday This helpline provides callers with general information about DCF programs and services.</p>
<p>DCF OFFICE OF ADVOCACY 1-877-543-7864 8:30 a.m. - 4:30 p.m. Monday - Friday This helpline provides a timely response to issues and concerns regarding programs and services provided by DCF</p>	<p>Statewide Parent Advocacy Network (SPAN) 1-800-654-SPAN (7726) This organization provides support to parents and caregivers, and advocates for their rights.</p>

Other Important Hotlines for Families

<p>NJ 2-1-1 2-1-1 or www.nj211.org This number can connect you with various social services in your community</p>	<p>ADDICTIONS HOTLINE OF NJ 1-800-238-2333</p>
<p>DIVISION OF DISABILITY SERVICES (DDS) 1-888-285-3036 1-609-292-1210 TTY</p>	<p>CHILD CARE HELP LINE 1-800-332-9227</p>
<p>DIVISION OF DEVELOPMENTAL DISABILITIES (DDD) 1-800-832-9173</p>	<p>DIVISION OF THE DEAF AND HARD OF HEARING (DDHH) 1-800-792-8339 V/TTY</p>
<p>CATASTROPHIC ILLNESS IN CHILDREN RELIEF FUND 1-800-335-FUND (1-800-335-3863) 1-877-294-4356 TTY (voice callers use 7-1-1 NJ Relay)</p>	<p>COMMISSION FOR THE BLIND & VISUALLY IMPAIRED (CBVI) HOTLINE 1-877-685-8878</p>

<p>CHILD SUPPORT HOTLINE 1-877-NJ KIDS1 (1-877-655-4371)</p>	<p>DISASTER MENTAL HEALTH 1-877-294-HELP (1-877-294-4357)</p>
<p>DIVISION OF FAMILY DEVELOPMENT (DFD) 1-800-792-9773</p>	<p>DIVISION OF MEDICAL ASSISTANCE AND HEALTH SERVICES 1-800-356-1561</p>
<p>EARNED INCOME TAX CREDIT (EITC) Federal: 1-800-929-1040 State: 1-888-895-8179</p>	<p>DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS) 1-800-382-6717</p>
<p>NJ SNAP (formerly Food Stamps) 1-800-687-9512</p>	<p>GAMBLING ADDICTION 1-800-GAMBLER (1-800-426-2537)</p>
<p>GOOD NEIGHBORS - COMMUNITY LIVING FOR PEOPLE WITH DISABILITIES 1-877-DHS-LINE (1-877-347-5463)</p>	<p>Statewide Parent Advocacy Network (SPAN) 1-800-654-SPAN (7726) This organization provides support to parents and caregivers, and advocates for their rights.</p>

Teen Hotlines

<p>Second Floor Youth Helpline 888-222-2228 24 hour/7 days a week Call/Text</p>	<p>Trevor Hotline 866-488-7386 24 hour/7 days a week Call/Text/Chat LGBT issues and Suicide Prevention</p>
<p>National Suicide Prevention Hotline 1-800-237-TALK (8255) Call 24 hours/7 days a week</p>	