



NJ4S COMPASS Monmouth County

2024 - 2025

Menu of Services:

Elementary Edition: Tier 1

For more information, please call or visit

732.961.4354 x2



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YOUR JOURNEY TO HOPE AND HEALING *Starts Here*



Hope. Heal. Thrive.

- **Our Mission** - To change lives and save lives across the state of New Jersey.
- **Our Vision** - To be the first choice for individuals, families, communities, and organizations in need of care.
- **Our Values** - Compassion, quality, and belonging through innovative, integrated care.
- **Our Promise** - To remain rooted in our mission through a trauma-informed culture.

We offer a full spectrum of mental health and substance use programs through every age and stage of life.

- **Children & Family Services**
- **Adult Mental Health Services**
- **Senior Services**
- **Teen & Young Adult Services**
- **Adult Substance Use Services**

For more information, please visit

 **732.367.4700**

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YOUR JOURNEY TO WELLNESS AND PREVENTION

Starts Here



About NJ4S COMPASS

New Jersey Statewide Student Support Services is a statewide initiative from the Department of Children and Families (DCF). NJ4S is designed to enhance access for schools to provide **FREE** prevention and mental wellness services for students, staff, parents and caregivers.

NJ4S COMPASS, a program of Preferred Behavioral Health Group, serves public and charter school students and families of Monmouth and Ocean counties.

OUR SERVICES

- Tier 1:** Serves Pre-K through Grade 12, caregivers and school staff. This includes activities such as curriculum efforts, workshops, webinars, assemblies and training.
- Tier 2:** Serves Grades 6 through 12, caregivers and school staff. This includes evidence-based, targeted prevention intervention, typically delivered in small groups.
- Tier 3:** Serves Grades 6 through 12. This includes in-person or telehealth mental wellness assessments and brief individualized clinical interventions. Can also include small groups.

HOW CAN MY SCHOOL ACCESS NJ4S SERVICES?

For Tier 1 services, schools and organizations can contact NJ4S COMPASS directly to schedule an event. For Tier 2 and 3 services, a school representative must submit an application through the Connex (Salesforce) portal. To sign up for Salesforce, contact NJ4S COMPASS today!



- Bullying & Violence Prevention
- Mental Wellness & Suicide Prevention
- Substance Use Prevention
- Sexual Health & Pregnancy Prevention

NJ4S is a **hub and spoke model** network of social, emotional, and mental wellbeing supports for students and their families.

For more information, please call or visit **732.961.4354 x2**

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Tier 1 Services

Tier 1 services are available to public and charter school students and their families in Pre-K through Grade 12, caregivers and school staff, as well as the community. This includes activities such as workshops, webinars, assemblies and trainings.

These services can include linkages/partnerships with existing community resources, such as Family Success Centers. Services can be scheduled by [submitting a Tier 1 service request form](#) or by contacting NJ4S COMPASS directly at 732.961.4354 x2.





Tier 1 Services

For Students

Mental Wellness

Academic Adventures: A Roadmap to Discover Your Best Work Habits

- **Audience:** Grades K-12
- **Sub-Categories:** Stress Reduction/Anxiety Management & School Climate
- **Presentation:** 30-45 minutes
- **Description:** *Academic Adventures: A Roadmap to Discover Your Best Work Habits* focuses on supplying students with information on work habits, study habits, and organization skills. Through a social emotional learning lens, students will learn different ways to stay organized and on top of their work, and how to create a better study environment. This presentation also provides take home materials so students can continue to practice these methods at home.

Empowering Education

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Consider *Empowering Education* as a way to “customize” a school’s needs by requesting a presentation on a variety of topics to meet your social-emotional learning (SEL) mandates, including mindfulness, conflict resolution gratitude, brain development, growth mindset, decision making, apologizing, goal setting, diversity, mindful eating habits, time-management, and bullying. Each topic is 1 session.

Feeling Good - Inside and Out

- **Audience:** Grades K-12
- **Sub-Category:** Stress Reduction/Anxiety Management, School Climate, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** *Feeling Good Inside and Out* is a dynamic presentation designed to uplift and support the mental wellness of youth. Focused on self confidence, balancing emotions, promoting a positive school climate, and enhancing overall mental health, this presentation equips young individuals with valuable tools to navigate life's challenges with resilience and confidence. Through engaging activities and insightful discussions, participants will learn effective strategies to nurture their emotional well-being and cultivate a healthy mindset. Join us on a journey towards feeling good inside and out!





Tier 1 Services

For Students

Mental Wellness Continued

Gizmo for Mental Health

- **Audience:** Grades Pre-K - 2
- **Sub-Categories:** Stress Reduction/Anxiety Management, School Climate, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Gizmo, the invaluable therapy dog, plays a pivotal role in providing emotional support and comfort to students within the school environment, particularly those navigating through complex emotions like sadness, anger or anxiety. Gizmo serves as a non-judgmental and empathetic listener, creating a safe space for students to express their feelings openly.

Level Up Your Online Safety

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & School Climate
- **Presentation:** 30-45 Minutes
- **Description:** Unlocking the Secrets of Online Safety takes youth on a journey into the digital world where students will explore the ins and outs of social media and the hottest gaming platforms. The presenters will dive into essential privacy settings to safeguard personal information and discuss the critical role of open communication regarding online activities. Plus, youth will get equipped with practical tips to recognize and address cyberbullying.





Tier 1 Services

For Students

Mental Wellness Continued

The Screenagers Project

- **Audience:** Grades 4-12
- **Sub-Categories:** Social Media & Family Well-being
- **Presentation:** 60-90 minutes
- **Description:** This is a multi-media workshop centered around the award-winning film, *The Screenagers Project*. The film probes into the vulnerable corners of family life and depicts struggles over social media, video games and academics. Participants will have the opportunity to discuss solutions that can help support young people to navigate the digital world.

Turn Conflict Around: It's Not an End, It's An Opportunity

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Turn Conflict Around* empowers K-12 students with tools to understand communication styles, de-escalate conflict, and become upstanders in their communities. This innovative workshop helps build trust and implement restorative principles, transforming conflict into positive learning opportunities.





Tier 1 Services

For Students

Bullying & Violence Prevention

Baffle Away Bullying!

- **Audience:** Grades K-3
- **Sub-Categories:** Anti-bullying and Violence Prevention & Positive Relationships
- **Presentation:** 60-minutes
- **Description:** This interactive video program aims to teach students life skills they can use anytime someone mistreats them or anyone else. Fictional 3rd grade characters are played by teen actors who guide students in learning 3 steps to playing the game of *Baffle Away Bullying*. This presentation provides age-appropriate bullying scenarios including name calling, taunting, exclusion, and mimicking. Humor and audience participation are woven throughout, delivering a serious topic in a fun and engaging way.

Watch the trailer: <https://www.actlikeyoumatter.org/baffle-away-bullying-brief-synopsis/>.

Be The Change: Promoting Respect and Inclusion to Prevent Bullying

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45 minute assembly
- **Description:** *Be The Change: Promoting Respect and Inclusion to Prevent Bullying* defines the various characteristics of bullying, explains how to identify HIB, and engages students with examples of this through role playing and skits. Students will learn how to ground themselves, problem-solve, and have fun with this highly interactive assembly.





Tier 1 Services

For Students

Bullying & Violence Prevention Continued

Step Up: No Place for Bullying

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Step Up: No Place for Bullying* will empower students to work through bullying and cyberbullying situations. Presenters will help tackle what these terms mean and how to recognize them. Students will also learn about the different types of bystanders and what might be going through their minds. By the end, students will have the power to not just understand, but to act and make a real difference in their school community.

The Kindness Quest: Journey to a Friendlier School

- **Audience:** Grades K-5
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *The Kindness Quest: Journey to a Friendlier School* dives into bullying awareness for students in grades K-5. Students will understand what bullying really is and how to spot it. The presenters will help students determine if a scenario is actually bullying or not. Youth will also be equipped with the knowledge of what to do if they witness or experience bullying firsthand. Together, students will be able to create a safe and supportive environment for everyone.





Tier 1 Services

For Students

Substance Use Prevention

Building a Strong Foundation: A Guide to Healthy Choices

- **Audience:** Grades K-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Building a Strong Foundation* provides a comprehensive guide to making healthy choices and promoting a drug-free lifestyle. Through engaging discussions, impactful activities, and evidence-based strategies, this presentation equips young individuals with the knowledge and skills to resist peer pressure, make informed decisions, and prioritize their well-being. Let's work together to build a solid foundation for a brighter, healthier future for our youth.

Who's In Control: Taking Charge of Your Choices

- **Audience:** Grades K-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** In this empowering presentation, presenters will delve into the importance of personal agency and decision-making when it comes to healthy choices, risk reduction, accountability, and substance use prevention. Who's in Control equips participants with the tools and knowledge they need to navigate life's challenges with determination and strength. Through discussions on accountability, proactive decision-making, and the impact of choices on overall well-being, attendees will learn to take ownership of their actions and make informed, positive choices.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Services can be scheduled by [submitting a Tier 1 service request form](#) or by contacting NJ4S COMPASS directly at 732.961.4354 x2.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness

Adverse Childhood Experiences (ACEs)

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Adverse Childhood Experiences & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** This presentation is based on one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being. Traumatic experiences in childhood and teenage years may put children at risk for violence, chronic health problems, mental illness, and substance abuse in adulthood. This presentation will cover how these experiences can affect children and impact their potential in life.

From Chaos to Calm: Skills for Building a Well-Managed Classroom

- **Audience:** School Staff
- **Sub-Categories:** Classroom Management/Disruptive Behavior
- **Presentation:** 45-60 minutes
- **Description:** *From Chaos to Calm: Skills for Building a Well-Managed Classroom* steps into a conversation where understanding meets action with an enlightening presentation on trauma-impacted youth. Staff will delve into the psychology of the 'survival brain' vs. the 'learning brain,' and gain insight into a teacher's experience of managing a dynamic classroom. Staff will navigate through the phases of acting-out behavior, supply them with effective de-escalation strategies, and introduce practical classroom interventions.

Mind Matters: Navigating Your Youth's Wellness Journey

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Mental Health/Mental Wellness
- **Presentation:** 30-45 minutes
- **Description:** *Mind Matters: Navigating Your Youth's Wellness Journey* is a presentation designed to equip adults with the tools to recognize the signs and symptoms of mental health issues in youth. Adults will delve into effective ways to talk about mental health with their children, creating an open and supportive dialogue. Understanding the when, why, and how of seeking professional help will be a key focus, as well as sharing practical DIY strategies for fostering mental well-being at home. This interactive presentation aims to empower adults with knowledge and confidence to guide and support their children through their wellness journey.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness Continued

Nurturing Hearts and Minds: The Power of Social-Emotional Learning

- **Audience:** School Staff
- **Sub-Categories:** Positive Relationships & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** *Nurturing Hearts and Minds: The Power of Social Emotional Learning* takes staff on a journey through the heart of education with a presentation on Social-Emotional Learning (SEL). Discover why SEL is more crucial than ever in today's world, and take a spin around the SEL to explore its core competencies. We'll share innovative strategies for weaving SEL into a classroom fabric, highlight the power of nurturing positive student-teacher relationships, and discuss how to amplify student voices. Plus, we'll reflect on the personal meaning of self-care and its impact on educators.

Raising Resilient Youth

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Suicide Prevention, Substance Use Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Developed by the Society for the Prevention of Teen Suicide (SPTS), the *Raising Resilient Youth* presentation will help adults safely address topics such as mental illness, suicide and substance use with their children while dispelling common myths on mental health and suicide, addressing the importance of talking to a child about identifying "Trusted Adults" in their life and will provide information on warning signs and local resources.

The Role of the Trusted Adult

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Positive Relationships & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Developed by the Society for the Prevention of Teen Suicide (SPTS), *The Role of the Trusted Adult* presentation educates participants on how to respond to at-risk youth. The information included will empower "Trusted Adults" to take action when a youth comes to them about either a friend talking about suicide or themselves.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness Continued

The Screenagers Project

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Social Media & Family Well-Being
- **Presentation:** 60-90 minutes
- **Description:** This is a multi-media workshop centered around the award-winning film, *The Screenagers Project*. The film probes into the vulnerable corners of family life and depicts struggles over social media, video games and academics. Participants will have the opportunity to discuss solutions that can help support young people to navigate the digital world.

Thriving Together: Nurturing Student Wellness Using Healthy Coping Skills

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Mental Health/Mental Wellness & Family Well-Being
- **Presentation:** 30-45 minutes
- **Description:** *Thriving Together: Nurturing Student Wellness Using Healthy Coping Skills* is a transformative presentation where we'll define and develop healthy coping skills crucial for student and family wellness. Understand the importance of effective coping strategies in maintaining a safe, stable, and nurturing environment. We'll also provide hands-on guidance to practically implement these skills for a healthier, happier family dynamic. This presentation empowers adults and their loved ones with the tools for emotional resilience.

Time Wizards: Mastering Time Management and Organization with Youth

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Stress Reduction/Anxiety Management & Mental Health/Mental Wellness
- **Presentation:** 30-45 minutes
- **Description:** *Time Wizards: Mastering Time Management and Organization with Youth* uncovers why teaching time management and organization to youth is a game-changer. Learn hands-on strategies to help the young ones build rock-solid time management habits. We'll also explore fun techniques to weave organization and planning into daily life. Plus, find out how to transform the home into a support hub that naturally fosters organizational skills. This presentation shares strategies to boost productivity and provide peace of mind for the whole family.





Tier 1 Services

For Staff, Caregivers or Community

Suicide Prevention

Question Persuade Refer (QPR)

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Suicide Prevention & Positive Relationships
- **Presentation:** 45-60 minutes
- **Description:** *Question, Persuade, Refer (QPR)* training is relevant and important to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. This quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know through compassionate conversations.

Talk Saves Lives: An Introduction to Suicide Prevention

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Suicide Prevention & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Talk Saves Lives: An Introduction to Suicide Prevention is the American Foundation for Suicide Prevention's (AFSP) standardized community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health.





Tier 1 Services

For Staff, Caregivers or Community

Suicide Prevention Continued

Youth Mental Health First Aid (YMHFA)

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Suicide Prevention & Mental Health/Mental Wellness
- **Presentation:** 8-hours, in-person course (Other options available)*
- **Description:** *Youth Mental Health First Aid (YMHFA)* is a Mental Health Awareness Training for School Personnel and Youth Serving Organizations. It is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, and health and human service workers on how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.

**This course can also be delivered in a hybrid format (2 hours of online pre-learning and 4.5 hours of in-person instructor led training) or virtually.*





Tier 1 Services

For Staff, Caregivers or Community

Bullying & Violence Prevention

Step Up: A Parent's Guide to Ending Bullying

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Step Up: A Parent's Guide to Ending Bullying* empowers parents with practical strategies to combat bullying and create a safe environment for their children. In this workshop, adults will explore effective communication, conflict resolution, and fostering empathy. Adults will also take proactive steps to end bullying and promote kindness in our communities.

Unlocking the Secrets of Online Safety: A Guardian's Guide to Social Media for Youth

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & Family Well-Being
- **Presentation:** 30-45 minutes
- **Description:** *Unlocking the Secrets of Online Safety: A Guardian's Guide to Social Media for Youth* takes adults on a journey into the digital world where we'll explore the ins and outs of social media and the hottest gaming platforms. We'll dive into essential privacy settings to safeguard youths' personal information and discuss the critical role of open communication regarding their online activities. Plus, get equipped with practical tips to recognize and address cyberbullying.



Tier 1 Services

For Staff, Caregivers or Community

Substance Use Prevention

Beyond the Hype: The Real Dangers of Vaping

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Beyond the Hype: The Real Dangers of Vaping* is an informative presentation designed for parents, aimed at revealing the hidden risks associated with e-cigarettes. This session demystifies the widespread myths about vaping, providing a comprehensive overview of its health dangers, addiction potential, and the aggressive marketing tactics targeting youth. Through expert insights, scientific evidence, and real-life anecdotes, parents will gain a deeper understanding of how vaping affects their children's health. Additionally, the presentation offers practical advice on how to effectively communicate with teens about the risks and guide them toward making healthier choices.

Building a Strong Foundation: An Adult's Guide to Healthy Choices

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 45-60 Minutes
- **Description:** *Building a Strong Foundation: An Adult's Guide to Healthy Choices* is an essential presentation for parents of teenagers, focused on guiding their children towards a healthier lifestyle. This session provides insights into the critical areas of nutrition, physical activity, mental health, and avoiding harmful behaviors. Through evidence-based information, practical advice, and expert tips, parents will learn how to support and encourage their teens in making positive, health-conscious decisions. By understanding the challenges teens face and the strategies to address them, parents will be better equipped to foster a nurturing environment that promotes their children's long-term well-being and success.





Tier 1 Services

For Staff, Caregivers or Community

Substance Use Prevention Continued

Trends in Youth Substance Use

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 60-90 minutes
- **Description:** *Trends in Youth Substance Use* equips parents with insights into current substance use trends among adolescents. This single-session workshop covers topics such as teen drug use patterns, party culture, addiction physiology, communication strategies, warning signs, and practical steps to address substance use concerns. It will empower parents to foster a safe and informed environment for their children

Your Brain, Your Health: An Adult's Guide to The Impact of Marijuana

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 45-60 minutes
- **Description:** *Your Brain, Your Health* provides a comprehensive overview of the latest scientific research on how marijuana use can affect cognitive function, mental health, and physical well-being. Through expert insights, real-life stories, and practical guidance, parents will learn about the potential risks and long-term consequences of marijuana use during the teenage years. The presentation will also help adults to educate and guide youth towards making informed, healthy choices.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Services can be scheduled by submitting a Tier 1 service request form or by contacting NJ4S COMPASS directly at 732.961.4354 x2.



COMPASS

NJ4S SUPPORTING MONMOUTH & OCEAN COUNTIES

by



PREFERRED
BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate



TAO
by Uplift

Building Resilience, Empowering Minds



**24 Hour
Access**

To mindfulness
exercises and
tools to address
the moment



**Empower
Yourself**

With knowledge and
skills to navigate the
challenges of school
and life beyond



**Access
Anywhere**

FREE, mobile
friendly help for
students and
adults



**Virtual
Lessons**

Teachers can assign
evidence-based lessons
to enhance curriculum



**Making
Connections**

Create a strong and
supportive network
to help achieve goals

Take Control Today

Don't delay your journey to optimal health. Scan the QR code and sign up for free today. Ages 13 and up to register for TAO.

732.961.4354

preferredbehavioral.org/tao-connect/





MONMOUTH COUNTY *Advisory Group*



Are you passionate about making mental health services and prevention programs more readily available to Monmouth County students?

If so, we invite you to join the NJ4S COMPASS - Monmouth Advisory Board! The Advisory Board is a group of parents, educators, and community partners who contribute to the decision making and success of our program. Meetings occur bi-monthly in a hybrid format.

Get Involved

Interested in joining the NJ4S COMPASS - Monmouth Advisory Group? Please scan the QR code below or visit

<https://tinyurl.com/NJ4SMCAdvise> to sign up and get added to our email list!



Preferred Behavioral Health Group's COMPASS program serves Monmouth and Ocean Counties under the umbrella of DCF's New Jersey Statewide Student Support Services (NJ4S), and was designed to enhance access for students to free prevention and mental wellness services.

Stay Connected

Instagram: @NJ4S_PBHG_MC

Facebook: NJ4S Compass Monmouth County

Twitter: @NJ4S_PBHG_MC

For more information, please call or visit

732.961.4354

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PREVENTION AND MENTAL HEALTH RESOURCES FOR MONMOUTH COUNTY FAMILIES



Perform Care (Mobile Response) - New Jersey's System of Care: Call 1-877-652-7624 or visit www.performcarenj.org

Perform Care can help a parent or guardian connect their child to behavioral health, substance abuse, and developmental disability services.

Suicide and Crisis Lifeline (Mental Health Emergency):

Text or call 988 or to chat with a crisis counselor, visit www.988lifeline.org

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

FCIU - Family Crisis Intervention Unit: Call 732-542-2444

The Family Crisis Intervention Unit stabilizes youth, ages 10-17, in crisis and encourages positive development through connection to community resources, interpersonal relationships, and academic success. The program is available 24/7 and may be provided in the family's home.

PESS - Psychiatric Emergency Screening Service in Monmouth County: Call 732-923-6999

Psychiatric emergency screening through an emergency department setting. Services can be accessed through the Emergency Department or by calling the crisis hotline. For a Child and Family clinician, they can help link to treatment providers but for children, they are seen on an appointment basis and assessed for the need for hospitalization

FSO - Family Support Organization: Call 732-542-4502 Family Support Organizations (FSO's) are Family-run, county-based organizations that provide direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral needs.

DCP&P - Division of Child Protection & Permanency: Call 1-877-NJ-ABUSE

If you have reasonable cause to believe a child has been abused or neglected, call the 24/7 child abuse hotline, Calls may be made anonymously.

In case of emergency, please call 911.

Scan the QR code below or visit <https://www.preferredbehavioral.org/compass-resources/> to view our Resources page.





PREVENTION AND MENTAL HEALTH RESOURCES FOR MONMOUTH COUNTY FAMILIES



The Trevor Project - Call 866-488-7386, Text 678-678 or visit www.thetrevorproject.org/

The Trevor Project offers several resources for members and allies of the LGBTQ community, including self-care guides, educational articles for parents and supportive adults, and other informational pieces regarding LGBTQ young people facing homelessness, creating safe spaces in schools, and developing healthy relationships.

Garden State Equality - Call 973-509-5428 or email hello@gardenstateequality.org

New Jersey's largest LGBTQ+ advocacy and education organization with over 150,000 members. Their mission is to provide quality, innovative community programs, educate and train service providers, and pass pro-equality policies to protect and meet the needs of LGBTQ+ New Jerseyans.

ARC of Monmouth - Visit arcofmonmouth.org or call 732-493-1919

General information, *regardless of age*, help with SSI, Medicaid, Guardianship, DDD, medical care and more.

Monmouth ACTS Navigation System Warm Line - Call 732-683-8959

For help finding resources. You will speak to a compassionate, trained social worker who will discuss your needs and connect you to potential resources including housing, mental health, childcare, domestic violence, food, substance use, employment and more. Available Monday - Friday 8:30am to 4:30pm.

Monmouth Resource Net - Visit www.monmouthresourcenet.org

Provides a wide range of information about support, resources, and services for the residents of Monmouth County, NJ. It is a collaboration between Monmouth ACTS and Monmouth Cares, Inc.

For a more comprehensive list of mental health resources, please contact NJ4S COMPASS - Monmouth at 732-961-4354 x2.

Scan the QR code below or visit <https://www.preferredbehavioral.org/compass-resources/> to view our Resources page.





Stay Connected

Menu of Services:

For the most up to date version of our Menu of Services, please visit <https://www.preferredbehavioral.org/monmouth-county-programs/> or scan the QR code below.



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