

# I want to get my teen counseling but I do not know where to start!

Nicole Hohl  
Timber Creek Student Assistance Counselor

# Teenage Struggles

Teens are doing their best to balance being a teenager, while adding a pandemic and the changes that COVID has brought into everyday life. Teens are working to keep up academically, develop peer and personal relationships, manage parental expectations and relationships, find activities and hobbies they can be passionate about, while facing the challenges of adolescence and developing an individual identity.



- anxiety
- depression
- self injury
- suicide ideation
- peer issues
- family issues
- abuse
- substance use
- children of substance abuse
- bullying
- low self esteem
- stress
- time management
- self advocacy
- dating relationships
- social media
- gender identity
- sexual orientation

# Teens Mental Health (Video)

## Warning Signs

It can be tough to tell if [troubling behavior in a child is just part of growing up or a problem](#) that should be discussed with a health professional. But if there are behavioral signs and symptoms that last weeks or months, and if these issues interfere with the child's daily life at home and at school, or with friends, you should contact a health professional.

**If you or someone you know needs immediate help, call 911 or the [National Suicide Prevention LifeLine](#) at 1-800-273-TALK (8255)**

# Referral Process at school

## Referrals from...

Teachers

Administration

Counselors

Peers

Self

Coaches

Student Mental Health Screener

Parents/Parent Survey

## Referral Process...

Referral Form

Starts with school counselor/case manager

Other levels of support within the school:

- Student Assistance Counselor (SAC)

- Mental Health Assistance Counselor (MHAC)

- District Mentor - Tyler Hines

- Student Success Coach

# District SACs & MHACs

## HIGHLAND

**Mrs. Jeanette Vizoco**, *Student Assistance Coordinator/  
Anti-Bullying Specialist*  
**[jvizoco@bhprsd.org](mailto:jvizoco@bhprsd.org)**  
**856-227-4100 ext. 4011**

**Ms. Abigail Altman**, *Mental Health Assistance Counselor*  
**[aaltman@bhprsd.org](mailto:aaltman@bhprsd.org)**  
**856-227-4100 ext. 4030**

## TIMBER CREEK

**Mrs. Nicole Hohl**, *Student Assistance Coordinator/  
Anti-Bullying Specialist*  
**[nhohl@bhprsd.org](mailto:nhohl@bhprsd.org)**  
**856-232-9703 ext. 6011**

**Mrs. Ashlea Reese**, *Mental Health Assistance Counselor*  
**[areese@bhprsd.org](mailto:areese@bhprsd.org)**  
**856-232-9703 ext. 6059**

## TRITON

**Mr. John Barnett**, *Student Assistance Coordinator/  
Anti-Bullying Specialist*  
**[jbarnett@bhprsd.org](mailto:jbarnett@bhprsd.org)**  
**856-939-4500 ext. 2011**

**Ms. Rio Brodeur**, *Mental Health Assistance Counselor*  
**[rbrodeur@bhprsd.org](mailto:rbrodeur@bhprsd.org)**  
**856-939-4500 ext. 2101**

# District Websites & Requesting Appointments

## Timber Creek

CLICK BELOW TO  
MEET WITH YOUR COUNSELOR

REQUEST  
AN APPOINTMENT



Timber Creek  
REGIONAL HIGH SCHOOL  
Student Assistance Program  
Referral Form  
SAC & MHAC  
CLICK HERE!

CLICK BELOW TO MEET WITH  
YOUR CST CASE MANAGER

REQUEST AN  
APPOINTMENT

## Highland

CLICK BELOW TO  
MEET WITH YOUR COUNSELOR

REQUEST  
AN APPOINTMENT



Student Assistance  
Program Referral

Click  
Here

CLICK BELOW TO MEET WITH  
YOUR CST CASE MANAGER

Request  
Appointment

## Triton

Counseling Appointments:

SCHEDULE YOUR  
APPOINTMENT



CLICK BELOW TO MEET WITH  
YOUR CST CASE MANAGER

REQUEST AN  
APPOINTMENT

# Outside Referral Process & Crisis Referral

## How we assess anxiety/depression...

- if need more support or more frequent sessions than school services can provide
- condition is worsening
- rapport and/or goals are not being met in school sessions
- student expresses they want counseling outside of school

## How we assess self-injury and crisis in school...

- Is the student a danger to themselves or others?
- Do they have a plan?
- self-injury assessment
- Does the student have mental health assistance outside of school?
- steps to take if your student is in crisis at home



# S.T.O.P. Program



The S.T.O.P program is a therapeutic/counseling program for parents and students. Certified counselors trained in addictions from the Center for Family Guidance meet with both parents and students in 6 week sessions. This early intervention program is initiated when a student is confirmed of using substances, and there is concern of abuse. The goal of the program is to offer support to students and families at the onset of a drug problem. SACs also have several resources for students and families that may be suffering from multiple substance abuse issues and addictions.



# Levels of Care

Individual Counseling (therapist, social worker, LPC)

Group Counseling

IOP - Intensive Outpatient Program

PHP - Partial Hospitalization Program

Inpatient/Residential

# Individual Therapists/Counselors

## Where to Start Looking...

-District Referral Resource Guide ([CLICK HERE](#))

-Pediatrician/Primary Care

-Insurance

-[PerformCare](#) - 1-877-652-7624 (24/7)

# GT Vision & Family Resource Center

GT Vision & Family Resource Center website  
([CLICK HERE](#))

Licensed Social Worker, Jordan Crawley

## Family Resource Center

The FRC is a home of the GT Vision Program and other youth centered activities in the community.



We provide professional counseling services in a comfortable, home-like setting. Individual and family counseling is offered free of charge to community families struggling with issues affecting our youth.



Hi, my name is Jordan Crawley.  
I am the masters level social worker  
at the Family Resource Center.



Contact Information:  
Family Resource Center: 856-842-5533  
Email: [jcrawley@gtpolice.com](mailto:jcrawley@gtpolice.com)



GLoucester TOWNSHIP  
POLICE DEPARTMENT

# SERV–Services Empowering Rights of Victims

Services Empowering Rights of Victims (SERV) provides support to victims and survivors of sexual violence, domestic violence, and human trafficking to help people in a journey toward healing and empowerment. SERV supports survivors through competence and empowerment and provides a safe space for all that encourages recovery and self-care. Our advocates protect the rights of survivors to ensure they are treated with compassion and dignity. Support is offered for the survivor and those close to them through our 24/7 hotline, online chat, crisis intervention, legal advocacy, safe housing, education, and counseling and support groups. All services are free of charge, strictly confidential, culturally sensitive, and bilingual.

If you are in crisis, you can contact an advocate in one of the following ways:

- Call 1-866-295-SERV (7378)
- Chat online from the website
- Send an email to [serv@centerffs.org](mailto:serv@centerffs.org)

# Intensive Outpatient Program - IOP Partial Hospitalization Program - PHP Inpatient/Residential

## Intensive Outpatient Program - IOP

Moderate/Severe symptoms

Dual Diagnosis

After school

Psychiatrist on staff

Family involvement

Transition from higher level of care

Transition to individual counseling

## Partial Hospitalization - PHP

Severe Symptoms

Dual Diagnosis

Full day without staying in a facility

Psychiatrist on staff

Family Involvement

Meets academic needs

Needs to stabilize

Transition from inpatient/crisis

Transition to IOP

## Inpatient/Residential

Referred by a medical professional

Reside at the facility

# High Focus – [High Focus Cherry Hill - Admissions/Programs](#)

## Outpatient Mental Health Services for Adults and Teens

We treat a range of psychiatric disorders at this location, including anxiety, depression, bipolar disorder, and suicidal ideation. Our programming includes [partial hospitalization and intensive outpatient](#) levels of care for adults and equivalent [mental health programs for teens](#).

## Partial Hospitalization (PHP)

For individuals with severe mental health symptoms, we offer a structured partial care program that meets Monday through Friday for five and a half hours each day. This provides a high level of support without the need to stay overnight at an inpatient facility.

## Intensive Outpatient (IOP)

Intensive outpatient (IOP) is a more flexible option for those with moderate symptoms, or those who have completed a higher level of care. Our IOP groups meet for three hours each day, two to five days per week. Day and evening groups are available but group times may vary.

## Middle School Program for Ages 10-13

We offer both [partial hospitalization and intensive outpatient programs for children ages 10-13](#). These special middle school programs are designed to address the unique needs of children in this developmental stage.

## Co-Occurring Disorders Treatment

Our co-occurring disorders program is for adults and teens who have been diagnosed with both a psychiatric disorder and a substance use disorder. Our team is uniquely trained to address both issues simultaneously using our established co-occurring curriculum.

## LGBTQ+ Services

High Focus Centers in Cherry Hill offers programs custom-tailored to address the challenges faced by the LGBTQ+ community.

Once completing IOP, many clients will continue in a once-per-week outpatient group. Other clients may begin treatment at this level if their substance use is not severe enough to require IOP or PHP.

At High Focus Centers, no two treatment plans are alike. The unique needs of each patient are considered when determining the appropriate level of care and intensity of programming. Our outpatient treatment center in Cherry Hill offers day and evening drug rehab services and full or half-day mental health treatment for adults, teens, and middle-school aged children.

# Penn Medicine Princeton Health

Treatment options include a partial hospital program (PHP) (9:30 a.m. to 3:30 p.m. five days per week) and an intensive outpatient program (IOP) after school for adolescents.

Programs include (Click on the categories for more information):

- [Adolescent Psychiatric](#)
- [Adolescent Dialectical Behavior Therapy \(DBT\)](#)
- [Adolescent Addiction Recovery \(after school only\)](#)
- [Adolescent Co-Occurring/Dual Diagnosis](#)
- [Young Adult](#)



Admissions #1-888-437-1610

Accepts all insurance

# Hampton Behavioral

## Adolescent Treatment Programs

Inpatient and Outpatient Treatment



# Newport Academy

## Adolescent Treatment Programs

Inpatient and Outpatient Treatment





## **LGBTQ RESOURCES**

### **CHOP**

Gender and Sexuality Program  
1012 Laurel Oak Road  
Laurel Oak Corporate Center  
Voorhees, NJ 08043  
267-426-5980

### **Garden State Equality**

973-GSE-LGBT (473-5428)  
[www.gardenstateequality.org](http://www.gardenstateequality.org)  
583 Haddon Ave  
Collingswood, NJ 08108

### **Jefferson Health Haddonfield**

Primary and Specialty Care  
An LGBTQ+ Affirming Practice  
80 Tanner Street  
Haddonfield, NJ 08033  
844-542-2273

### **Kaleidoscope**

1-800-255-4213  
[www.facebook.com/  
KaleidoscopeNJ/](http://www.facebook.com/KaleidoscopeNJ/)

### **Mazzoni Center**

1348 Bainbridge St.  
Philadelphia, PA 19147  
(215) 563-0652

### **Penn Medicine Program**


for LGBT Health  
Philadelphia, PA  
215-573-8499  
[lgbthlh@med.penn.edu](mailto:lgbthlh@med.penn.edu)

### **Trevor Project**

1-866 4-U-TREVOR  
(1-866-488-7386)  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

# District Resource Brochure

**BLACK HORSE PIKE  
REGIONAL SCHOOL DISTRICT**



**COUNSELING  
REFERRAL SERVICES**

Teenagers are exposed to external and internal struggles which can impact student success. The Black Horse Pike Regional School District aims to provide all students with the knowledge, attitudes and skills to cope with these obstacles and develop a healthy lifestyle. Providing mental health support and referral to services is an integral part of our district's mission in promoting the well-being of each student. The district partners with a network of community services and agencies, creating a coordinated effort to promote a continuum of care and services for all students and families.

# District Magnet



## CHARGER COUNTRY CARES



### Counseling Services

- **Center for Family Services** - 877.922.2377
- **GT Family Resource Center** - 856.842.5558
- **Camden County Family Support Organization Warmline** - 856.662.2600

### 24/7 Immediate Assistance

- **PerformCare** - 877.652.7624
- **Jefferson Hospital Crisis Center, Cherry Hill** - 800.528.3425
- **Crisis Text Line**- Text "HOME" to 741741

### Hotlines & Important Numbers

- **Camden County Addictions Hotline** - 800.675.1127
- **Kaleidoscope LGBTQ Support Hotline** - 800.255.4213
- **SERV Sexual Violence Helpline** - 866.295.SERV
- **2nd Floor Youth Helpline** - 888.222.2228
- **Suicide Prevention Lifeline** - 800.273.TALK (8255)
- **Together Youth Emergency Housing Hotline** - 800.225.4213
- **Care Closet & Food Pantry at TC** - 856.232.9703

GT Police Department (Non-Emergency) - 856.228.4500  
Timber Creek Counseling Department - 856.232.9703 (X6052)

# Information on Hand

**-It may be helpful for children and teens to save several emergency numbers to their cell phones.** The ability to get immediate help for themselves or for a friend can make a difference.

- The phone number for a trusted friend or relative
- The non-emergency number for the local police department
- The Crisis Text Line: 741741
- The National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

**If you or someone you know needs immediate help,** call 911 or the [National Suicide Prevention LifeLine](#) at **1-800-273-TALK (8255).**

**-CODE WORD**

THANK YOU!!!!  
ANY QUESTIONS??????

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