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	-bullying
-depression	-low self esteem
-self injury	-stress
-suicide ideation	-time management
-peer issues	-self advocacy
-family issues	-dating relationships
-abuse	-social media
-substance use	-gender identity
-children of substance abuse	-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 856-227-4100 ext. 4011

<u>Ms. Abigail Altman</u>, Mental Health Assistance Counselor aaltman@bhprsd.org 856-227-4100 ext. 4030

TIMBER CREEK

<u>Mrs. Nicole Hohl</u>, Student Assistance Coordinator/ Anti-Bullying Specialist nhohl@bhprsd.org 856-232-9703 ext. 6011

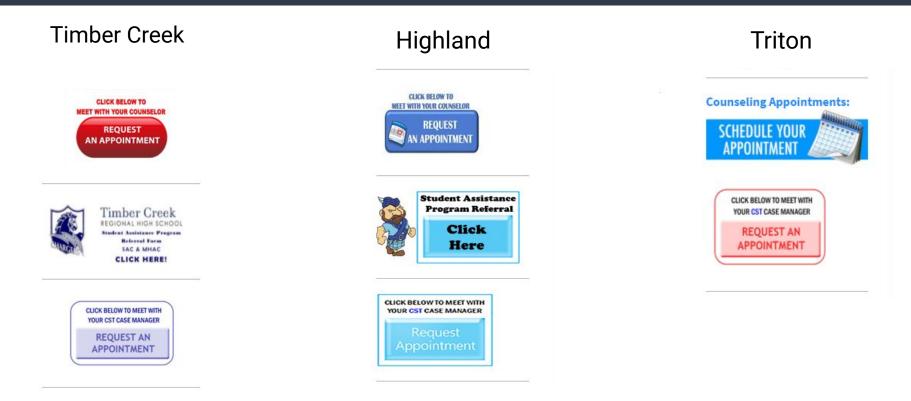
<u>Mrs. Ashlea Reese</u>, Mental Health Assistance Counselor areese@bhprsd.org 856-232-9703 ext. 6059

TRITON

Mr. John Barnett, Student Assistance Coordinator/ Anti-Bullying Specialist jbarnett@bhprsd.org 856-939-4500 ext. 2011

<u>Ms. Rio Brodeur</u>, Mental Health Assistance Counselor rbrodeur@bhprsd.org 856-939-4500 ext. 2101

District Websites & Requesting Appointments



Outside Referral Process & Crisis Referral

How we assess anxiety/depression...

-if need more support or more frequent sessoins 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 students 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 (<u>CLICK HERE</u>)

-Pediatrician/Primary Care

-Insurance

-PerformCare - 1-877-652-7624 (24/7)

GT Vision & Family Resource Center

GT Vision & Family Resource Center website (<u>CLICK HERE</u>)

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.



Contact Information: Family Resource Center: 856-842-5533 Email: jcrawley@gtpolice.com



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

Intensive Outpatient Program – IOP Partial Hospitalization Program – PHP Inpatient/Residential

Intensive Outpatient Program - IOP	Partial Hospitalization - PHP	Inpatient/Residential
Moderate/Severe symptoms Dual Diagnosis After school Psychiatrist on staff Family involvement Transition from higher level of care Transition to individual counseling	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	Referred by a medical professional Reside at the facility

Transition to IOP

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





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 583 Haddon Ave Collingswood, NJ 08108

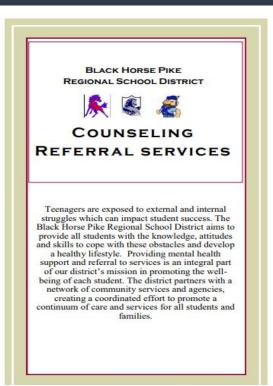
Jefferson Health Haddonfield Primary and Specialty Care An LGBTQ+ Affirming Practice 80 Tanner Street Haddonfield, NJ 08033 844-542-2273 Kaleidoscope 1-800-255-4213 www.facebook.com/ KaleidoscopeNJ/

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

Penn Medicine Program for LGBT Health Philadelphia, PA 215-573-8499 lgbthlth@med.penn.edu

Trevor Project 1-866 4-U-TREVOR (1-866-488-7386) www.thetrevorproject.org

District Resource Brochure



District Magnet

Counseling Services

- Center for Family Services -877.922.2377
- GT Family Resource Center -856.842.5558
- **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
- Camden County Family Support
 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)

CHARGER COUNTRY CARES

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????