

CBH Care

NEW DIRECTIONS

WHAT IS NEW DIRECTIONS?

New Directions (ND) is a voluntary, intensive therapeutic after school program for adolescents who are struggling at home and/or in the community. ND focuses on structure, family involvement, and group therapy.

WHAT SERVICES DO WE OFFER?

- ◀ **GROUPS**
- ◀ **FAMILY MEETING**
- ◀ **INDIVIDUAL SUPPORT**
- ◀ **COMPREHENSIVE TREATMENT PLANNING**
- ◀ **DINNER & SNACKS**
- ◀ **PSYCHIATRIC EVALUATIONS (INITIAL & ONGOING)**
- ◀ **MEDICATION COUNSELING**
- ◀ **TRANSPORTATION**

TRANSPORTATION MAY BE PROVIDED ON A LIMITED BASIS WITHIN BERGEN COUNTY



WHO CAN ATTEND NEW DIRECTIONS?

The ND Program offers therapeutic services Monday - Thursdays from 4:00 -7:15 pm. We serve adolescents between the ages of 12 and 17. Consumers are determined to be eligible only after satisfying admissions criteria to be determined after consumers participate in an initial intake with ND Staff and psychiatric evaluation.

CRITERIA

Adolescents with emotional issues

Adolescents with a history of psychological hospitalization

Adolescents with a history of out of home placement

Adolescents with behaviors in the community that place the adolescent at risk for out of home placements.

Adolescents requiring more intensive treatment than traditional outpatient services.

FOR MORE INFORMATION

CONTACT US

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