



**We offer a variety of specialized therapies including:**

Nurtured Heart  
Play Therapy

Cognitive Behavior Therapy (CBT)  
Dialectical Behavior Therapy (DBT)  
Trauma-Focused Cognitive Behavior  
Therapy (TF-CBT)  
Behavior Modification  
Exposure Therapy



Services are available to clients regardless of race, color, sex, age, non-disqualifying disability, religion or creed, sexual orientation, ornational or ethnic origin.

## **We're here for you!**

Our goal at Compass is to ensure that you have what you need to make an informed decision about the services you need. We strive to go beyond what is required because we believe in giving people possibilities to be self-sufficient and satisfied.

Call today for more information

**P.(973) 259-8557**

**[contact@compasscounselingpsych.com](mailto:contact@compasscounselingpsych.com)**



**COMPASS**  
*Counseling & Psychotherapy, LLC*

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***“Helping people get to where  
they want to be”***



## Wraparound Model of Care

Compass uses the Wraparound Model of Care which is an intensive, individualized care planning process. The Wraparound Model aims to achieve positive outcomes by creating a structured creative and individualized team planning process that focuses on the strengths, talents and needs of the youth and family.

## Services We Provide

We provide Intensive In-Community Therapy (IIC) and Behavioral Assistance (BA) to youth that endure challenges related to mental health diagnoses such as depression, anxiety, attention deficits, oppositional defiance disorder, mood disorders, as well as substance abuse, autism spectrum disorders, and developmental disabilities.

We work with parents and families to strengthen child/parent relationships and establish more productive communication.

## How to Access Services

**PerformCare NJ** partners with the New Jersey Children's System of Care (CSOC) as the single point of entry for all children, adolescents and young adults (up to age 21) who are in need of behavioral health assistance. They can be reached **24/7 at 1-877-652-7624**, and can connect you to your county's care management organization which can refer you to Compass.



## Outpatient Therapy

Compass provides individual, marriage and family therapy by licensed clinicians. We accept many major insurances.



## Helping people get to where they want to be

Headquartered in Hackensack, NJ, Compass Counseling and Psychotherapy, LLC is a multifaceted social service agency. Our firm specializes in providing mental health services and behavioral support to children, adolescents, young adults and families throughout New Jersey. Compass provides a diverse and fully qualified staff that is committed to helping those we serve develop goals, and implement them into their daily lives. We bring extensive experience and professionalism to every interaction and customize our support to your individual needs and concerns.

## Our Promise

- To focus on strengths, not weaknesses
- To work as part of a comprehensive team
- To be culturally competent
- To be committed to providing unconditional support

***“The strength of the team  
is the individual member.  
The strength of each member  
is the team.”***

**— Phil Jackson**