

### OVERVIEW

- ◇ The Adolescent and Family Therapy Program (AFT) offers psychological outpatient services for Bergen County adolescents between the ages of 12 and 17½ who do not have medical insurance or the financial resources to pay for psychological or psychiatric treatment.
- ◇ AFT treats most psychological, psychiatric, social issues and problems of adolescence.
- ◇ All treatment is individualized and focused on helping clients reach their treatment and life goals.
- ◇ AFT offers short and longer term individual psychotherapy for adolescents.
- ◇ All AFT staff members are clinical professionals with advanced degrees and are experienced in working with adolescents and families.
- ◇ AFT services are provided free of charge.

### REFERRALS

- ◇ Referrals come from family members, school personnel, other professional providers, and other internal programs
- ◇ AFT now offers individual and group therapeutic services to children and adolescents experiencing grief and loss. These bereavement services are available to youth ages 7-17
- ◇ AFT is **not** a drop-in service, nor is it a program suited for immediate or ongoing crisis intervention. Crisis intervention services are provided by our Juvenile Family Crisis Intervention Unit (JFCIU). They can be reached 24/7 at (201) 336-7360.
- ◇ Family therapy offered by AFT is focused on addressing the concerns and issues related to the adolescent.

### SERVICES

- ◇ Services may include:
  - Individual therapy
  - Family therapy
  - Referrals to other programs and agencies for additional services
- ◇ AFT provides psychotherapy for most adolescent problems including:
  - Depression
  - Anxiety
  - Anger Management
  - Impulsivity
  - Peer Relationship Problems
  - Social Isolation
  - Bullying
  - Dating Issues and Problems
  - Sexual Issues
  - Family Conflict
  - Conflict with Authority
  - Bereavement

## COUNTY OF BERGEN

### Department of Human Services Division of Family Guidance

#### MISSION STATEMENT

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

#### VISION

The Division of Family Guidance is Bergen County's resource for youth and families in need.

#### VALUES

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
- Community Safety

### Adolescent and Family Treatment

One Bergen County Plaza, 2nd Floor  
Hackensack NJ 07601

Phone: (201) 336-7350

Fax: (201) 336-7370

## COUNTY OF BERGEN



**James J. Tedesco III**

*County Executive*

#### BOARD OF COUNTY COMMISSIONERS

#### DEPARTMENT OF HUMAN SERVICES

**Melissa DeBartolo, Esq.**

*Department Director*

#### DIVISION OF FAMILY GUIDANCE

**BERGEN**  
NEW JERSEY *County*

## Adolescent and Family Treatment



County of Bergen  
Department of Human Services  
Division of Family Guidance

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