



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BEHAVIORAL ASSISTANCE

## Counseling & Social Services

Using a Behavioral Assistance Individualized Service Plan to target specific behaviors affecting the lives of children and adolescents, behavioral assistance provides one-on-one support to increase functioning and development.

Behavioral Assistance is a goal-oriented program with mutually agreed upon goals established by the child, parent, referring agency and licensed therapeutic provider. Goals are intended to be short term, and behaviorally specific with measurable outcomes. Behavioral Assistance provides service to the child referred, as well as the parent, in an effort to help incorporate new behaviors into the home and everyday life.

In accordance with Medicaid standards, Behavioral Assistants undergo intensive individualized training prior to the start of employment. In addition, criminal background, sex offender registry and motor vehicle checks are also conducted. Behavioral Assistance program participants participate in regular supervision with a Licensed Clinical Social Worker and participate in ongoing training and education.

## THE COMMUNITY YMCA

Counseling & Social Services Outreach Office

613 Hope Road, Bldg. 4, 2nd Floor | Eatontown, NJ 07724 | 732.544.4544

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### Specific behaviors that can be addressed with Behavioral Assistance can include:

- > Anger Management
- > Aggressive Behaviors
- > Impulse Control
- > Social Skills
- > Fear and Phobias
- > Problems with Authority
- > Decision Making Skills
- > Depression
- > Self-Abusive behaviors
- > Self-Esteem
- > Parent/Child Conflict
- > Communication Skills
- > Deceitful Behaviors
- > Hyperactivity
- > Social Anxiety
- > Runaway behaviors
- > Isolation
- > Coping Skills
- > Delinquency
- > Oppositional Defiant Behaviors

“The YMCA’s Behavioral Assistant has taught my daughter how to **feel good about herself**. She has begun **socializing** with kids her own age and is no longer isolated. She wants to go to school and **she wants to spend time with me**. We have never gotten along this well.” – Parent of a program participant

