



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGING LIVES TOGETHER

A GUIDE TO COUNSELING & SOCIAL SERVICES

YMCA of Greater Monmouth County transforms lives through counseling programs and services for children and adults in schools, homes and the community.



COUNSELING & SOCIAL SERVICES YMCA OF GREATER MONMOUTH COUNTY

166 Main Street
Matawan, NJ 07747

732.290.9040
counseling@ymcanj.org

YMCA.NJ.org



Here for all.

Financial assistance is offered
based on availability of funds.

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YMCA of Greater Monmouth County | Counseling & Social Services Guide

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* School listing as of Fall 2022

WELCOME

The Y is the nation's leading nonprofit strengthening communities through youth development, healthy living and social responsibility. Every day, YMCA of Greater Monmouth County works side-by-side with our neighbors, community partners and volunteers to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

YMCA OF GREATER MONMOUTH COUNTY is one of the more than 2,500 YMCAs nationwide and serves more than 36,000 individuals and families in Monmouth, southern Middlesex, and Ocean counties.

Since 1974, YMCA of Greater Monmouth County has been helping families in Monmouth County and throughout the state of New Jersey through our Counseling and Social Services. We offer a variety of programs for youth and families to support them through difficult situations and times of transition. Programs are designed to meet the ever-changing needs of the community and provide safe, confidential services which strengthen family life and individual growth.

Our team of caring and certified Y professionals are licensed to serve as counselors to youth, families and schools, specializing in social work, clinical counseling, and alcohol and drug counseling.

In addition to Counseling and Social Services, YMCA of Greater Monmouth County provides preschool programs, before and afterschool care in 39 schools across Monmouth County, teen leadership activities, summer camp, as well as health and wellness membership at our wellness facilities in Red Bank, Freehold and Old Bridge.



BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail | 945 Highway 36 | Leonardo, NJ 07737 | 732.497.3811
familiesuccess@ymcanj.org |  /BayshoreFSC

OFFICE HOURS

Monday: 9 a.m. – 5 p.m. | Tuesday: 9 a.m. – 5 p.m. | Wednesday: 11 a.m. – 7 p.m.
Thursday: 11 a.m. – 7 p.m. | Friday: 9 a.m. – 3 p.m. | Saturday: 10 a.m. – 12 p.m.

SCAN
TO SEE OUR
MONTHLY
CALENDAR
OF EVENTS.



The Bayshore Family Success Center is located at the Henry Hudson Trail Activity Center in Leonardo. The center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information and services. This Family Success Center is part of a statewide network of Family Success Centers funded by the Department of Children & Families, Division of Families and Community Partnerships. The Bayshore Family Success Center is operated by YMCA of Greater Monmouth County to assist community members of the Bayshore towns from Aberdeen down the Route 36 corridor to Highlands and Middletown. The state's goal is to have recognizable, designated places for families to obtain information, support and assistance before problems become crisis.

The purpose of Family Success Centers is to enrich the lives of children and parents by making families and neighborhoods stronger. Families receive support in dealing with the stress of parenting and everyday issues. The Bayshore Family Success Center is committed to strengthening families and inspiring parent, family and community involvement.

Family Success Centers provide an array of education, enrichment, and support services to help strengthen families and improve the quality of life and well-being for all community residents. Depending on available resources, some services are provided directly by the Center and others are offered through collaborative relationships with other community based groups and organizations. Information and referral services for employment, housing, health and mental health programs, life skills, parent education, family activities and other services are available.

Y staff are available at no cost to help families navigate programs available through various agencies.

> SERVICES

The Bayshore Family Success Center in conjunction with their Parent Community Advisory Board (PCAB) develops services focusing on the target areas of:

- > Access to Child, Maternal and Family Health Services
- > Parent Education
- > Employment Related Services
- > Life Skills
- > Housing Related Services
- > Advocacy and Related Support
- > General Information and Referral/Linkages



These services are implemented through three delivery methods:

> Programs

Our programs are developed in direct response to community concerns. Examples are: Pop-up Baby Pantry, Grandparents Support Group, Financial Literacy workshops, Parent Education workshops and others, created as needed.

> Events

We host fun events to get the whole family engaged. Examples of these are the multiple holiday-themed family parties and seasonal events encouraging family togetherness and community networking.

> Information and Referral Services

Center staff meet one-on-one with families and individuals who are seeking information and assistance by utilizing a proprietary database of localized resources, programs and services to link families with the most appropriate information and program. In addition, staff will work with these families as much or as little as is required to make the linkage successful.

All of our programs and services are listed on our monthly calendar and change often. Please view our calendar of events on the website and our Facebook page. We are happy to add your e-mail to the monthly electronic newsletter to keep you updated.

OUTREACH SERVICES

Counseling & Social Services Outreach Office

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

outreach@ymcanj.org |  /YMCAcounseling

OFFICE HOURS

Monday – Friday: 9 a.m. – 5 p.m.

SCAN
TO VISIT OUR
WEBSITE.



The YMCA of Greater Monmouth County helps strengthen individuals and families through extensive outreach services through the New Jersey Division of Children's System of Care Services and the Division of Child Protection and Permanency (formerly Division of Youth and Family Services).

CHILDREN'S SYSTEM OF CARE SERVICES PROGRAMS

> INTENSIVE IN-COMMUNITY SERVICES

Intensive In-Community Services (IIC) provide emotional and behavior health services for children and their families. YMCA community-based services are family-driven, strength-based services that are culturally diverse and easily accessible. Specialized services areas include anger management; substance abuse evaluations and counseling; autistic spectrum disorders; bi-polar, mood and anxiety disorders; sexual abuse, trauma and attachment disorders; domestic violence; grief and loss; Oppositional Defiant Disorder (ODD) and behavioral disorders; such as Attention Deficit Hyperactivity Disorder (ADHD).

Referrals are made through DCP&P or Perform Care.

> FAMILY STABILIZATION AND SUPPORT

Family Stabilization and Support (FSS) is intensive therapy (8-10 hours per week) by a Master's Level Clinician for a period of 30 days to work on family stabilization.

Referrals are made through DCP&P or Perform Care.

> STABILIZATION AND SKILLS DEVELOPMENT

Stabilization and Skills Development (SSD) is a 90-day program in which the family and youth will participate in intensive stabilization therapy through an individual therapist and skills development with a behavioral assessment.

Referrals are made through DCP&P or Perform Care.

> TRAUMA THERAPY

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) is a supported treatment that has been evaluated and refined over the past 18 years to help children overcome trauma related to abuse, violence and grief. TF-CBT effectively addresses a child's anxiety, depression and behavioral difficulties in 12-16 sessions. Sessions are geared toward effectively helping children and adolescents (ages 3-18) overcome post-traumatic stress disorder, depression and feelings of shame as well as other behavioral and emotional difficulties.



Goals include teaching children and their non-offending caregivers adaptive coping skills; assisting children to process their traumatic experiences; reducing the emotional and behavioral reactions exhibited by children; facilitating children's adjustment to placement when needed; assisting non-offending caregivers' responsiveness to their child's reactions and feelings related to the trauma(s); working with caregivers and children in joint sessions to improve interaction; enhancing communication and practicing personal safety skills to help reduce the risk of future victimization.

Referrals are made through DCP&P or Perform Care.

> INDEPENDENT LIFE SKILLS SERVICES

Independent living skills, or life skills, are important life lessons teens need to learn in order to successfully navigate the world when they become adults. These resources will help teens master the independent living skills they will need to live on their own and enjoy a happy, successful life. Designed to help youth transitioning from dependent care achieve their future goals of self-sufficiency, it provides access to a full range of independent living services to meet each youth's individual transition needs. Services include life skills training, mentoring, family planning, housing assistance, educational support services, computer literacy, employment and career planning, and personal development.

Referrals are made through DCP&P or Perform Care.



> BEHAVIORAL ASSISTANT SERVICES

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

Behavioral Assistance (BA) 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. BA 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 a state-mandated certification process within the first six months of hire. In addition, criminal background, sex offender registry and motor vehicle checks are also conducted. BA program participants participate in regular supervision with a Licensed Clinical Social Worker and participate in ongoing training and education.

Specific behaviors that can be addressed with BA can include anger management, parent/child conflict, aggressive behaviors, communication skills, impulse control, deceitful behaviors, social skills, hyperactivity, fear and phobias, social anxiety, problems with authority, runaway behaviors, decision making skills, isolation, coping skills, depression, self-abusive behaviors, delinquency, self-esteem and oppositional defiant behaviors.

Referrals are made through Perform Care.

> FAMILY CARE PROGRAM / MENTORING SERVICES

> Child Mentor Program

This support program provides positive adult role models to children and adolescents to increase their self-esteem and self-awareness. Social, recreational and education services are provided.

DCP&P, PerformCare, and self-referrals accepted.

> Parent Mentor/Coach Program

Any parent will tell you how challenging it is to raise a child. At any given time a parent can feel overwhelmed, defeated and hopeless. They can also feel pride and joy when their child achieves a goal or smiles at them in just the right way. The purpose of parent coaching is to help good times increase and bad times seem more manageable. Using the Common Sense Parenting curriculum, YMCA Parent Coaches provide support and guidance to the individuals, while helping them achieve the techniques needed to overcome obstacles they may be facing.

Referrals are made through DCP&P or PerformCare



COMMUNITY INITIATIVES

> TRAUMATIC LOSS COALITION

The YMCA of Greater Monmouth County Counseling & Social Services team coordinates the Traumatic Loss Coalition in Monmouth and Ocean Counties as part of a statewide youth suicide prevention and traumatic loss postvention program.

The program brings together school personnel, mental health clinicians, juvenile justice personnel, law enforcement officials, social service agencies, child welfare workers and many others who work with youth and teens. In the event of a suicide or any traumatic death of a child or school personnel, the coalition directs a response team to assist the school community and promote healing and resiliency. The coalition also works with local schools, organizations and communities to prevent suicide through education, trainings, and outreach events.

The program is operated by Rutgers University Behavioral Health and funded by the New Jersey Department of Children & Families, Division of Children's System of Care.

> COMMUNITY BASED TRAININGS

The YMCA of Greater Monmouth County offers trainings in suicide prevention including QPR (Question, Persuade, Refer) and in collaboration with AFSP the Talk Saves Lives training. Other trainings available include Psychological First Aid, NHA (Nurtured Heart Approach) and Understanding Mental Health and Mental Illness. For fees and trainer availability please contact LeeAnn Wagner at lwagner@ymcanj.org.



RUTGERS
University Behavioral
Health Care



DIVISION OF CHILD PROTECTION AND PERMANENCY CONTRACTED PROGRAMS (formerly Division of Youth & Family Services)



> IN HOME THERAPY SERVICES

> Family Support Program

The Family Support Program is an in-home therapeutic program that provides outstanding and innovative services to children and families living in Monmouth County. Working collaboratively with other treatment providers and referring agencies to assist individuals and families in reaching their goals, the Family Support therapist uses individual and collective strengths to instill a sense of hope within the family and facilitate positive change.

Referrals are made only through DCP&P.

> Foster Care Support Program

The Foster Care Support Program provides supportive services to foster parents and children. Specialized play therapy services are also available to children regardless of whether or not they are in foster care placement. Services consist of short-term therapy; intensive long-term therapy or case management services. The goal is to help maintain current foster placements, provide support services to children and their caregivers while making their experiences as positive as possible.

Referrals are made only through DCP&P.

> VISITATION SERVICES

> Child Visitation

The goal of the Visitation (Child Visitation Program, CVP) is to insure the continued contact between parents and their children, who have been placed out of the home. CVP accomplishes this goal through the establishment of a visitation contract with the family. CVP staff then transport the children and/or parent to the visit and supervise the contact between the children and their parents. Each visit documented by the CVP staff detailing parent-child interaction during the visit. Reports are mailed to the referring DCP&P case worker as well as entered into the NJ SPIRIT system.

Referrals are made only through DCP&P.

> Family Engagement Visitation

The Reunification (Family Engagement Program, FEP) is a supervised visitation program that utilizes positive interaction, hands-on parenting techniques and modelling to strengthen the quality of the visits between parent and child. Services include transportation for the children and/or parents, parenting education, case management, support service and client advocacy. Reports are mailed to the referring DCP&P case worker as well as entered into the NJ SPIRIT system.

Referrals are made only through DCP&P.

> Therapeutic Visitation

The program is administered by a Master's level clinician with a focus on the positive development of the parent/child bond. The provider is able to use clinical judgment in determining the appropriate forms of communication and actively engages the child and parent in the discussion of relevant issues. The clinician retains the right to suspend or terminate therapeutic visitation if the child's psychological or physical safety is at risk. Reports reflecting visit progress from a clinical perspective are submitted. The clinician may make recommendations for other services as needed. Therapeutic visitation is not therapy nor does it take the place of therapy.

Referrals are made only through DCP&P.



OUTPATIENT SERVICES

Counseling & Social Services Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040

outpatient@ymcanj.org |  /YMCAcounseling

OFFICE HOURS:

Monday – Thursday: 9 a.m. – 9 p.m. | Friday: 9 a.m. – 5 p.m.

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With a focus on strengthening family life and individual growth, YMCA of Greater Monmouth County provides a comprehensive array of safe, confidential outpatient and psychiatric services to children, adolescents, adults and families in a caring and supportive environment.

Our highly qualified staff hold Masters Degrees and are licensed practitioners or are pursuing licensure. Substance abuse clinicians are Certified Substance Abuse Counselors or are pursuing certification. Our team works closely with our psychiatrist to deliver outstanding care and treatment to those we serve.

FEES: We accept Medicaid, private insurance, and self-pay. Sliding scale fees are available based on income. Financial assistance and state funding may be available for some of our services based on eligibility.



CHILDREN & ADOLESCENT MENTAL HEALTH SERVICES

> YOUNG PEOPLE'S PROGRAM

The Young People's Outpatient Program serves children ages 3 to 18 and their families. The program is tailored to meet the individual needs of the child and offers an opportunity for change through play. The program addresses school difficulties, parent/child conflicts; trauma issues; anger management; bereavement issues; adjustment to life changes; anxiety; depression; LGBTQ+; and more.

The program provides individual and family counseling.

Services are available at the following locations:

- > **Eatontown** – YMCA Counseling & Social Services Outreach Office
- > **Freehold** – VNA Freehold Family Health Center
- > **Little Egg Harbor** – Lighthouse Alliance Community Church
- > **Manahawkin** – Holy Spirit Lutheran Church
- > **Matawan** – YMCA Counseling & Social Services Outpatient Office
- > **Union Beach** – Union Beach Memorial Library
- > **Wall** – YMCA Camp Zehnder

> YOUNG PEOPLE'S PROGRAM IN-SCHOOL COUNSELING

This program is available at the following schools where the Y has contracted with school districts to provide services for children in a familiar environment:

- > **Asbury Park** – All public schools K-12
- > **Eatontown** – All public schools K-12
- > **Freehold Borough** – Park Avenue Elementary

- > **Freehold Township** – All public schools 1-12
- > **Howell Township** – Griebing School; Aldrich Elementary; Memorial Elementary
- > **Jackson** – All public schools K-12
- > **Keansburg** – All public schools K-12
- > **Keyport** – All public schools K-12
- > **Lakewood** – Clifton Avenue School; Oak Street School; Piner Elementary; Spruce Street School
- > **Long Branch** – All public schools K-12
- > **Matawan-Aberdeen** – All public schools K-12
- > **Middletown Township** – All public schools K-12
- > **Neptune Township** – All public schools K-12
- > **Old Bridge Township** – Carl Sandburg Middle School; Madison Park Elementary
- > **Point Pleasant Borough** – All public schools K-12
- > **Red Bank** – Red Bank Middle School; Red Bank Primary School
- > **Toms River** – All public schools K-12
- > **Union Beach** – Memorial School

Call 732.290.9040 to inquire about adding outpatient services in your school.

ADOLESCENT SUBSTANCE ABUSE SERVICES



> COMPLETE DRUG AND ALCOHOL EVALUATIONS

In some cases involving adolescent drug or alcohol abuse, there is the possibility a court or school will require a drug and alcohol evaluation from a state certified treatment agency. We are committed to offering our clients a comfortable, private atmosphere during their visit to our office for a substance abuse evaluation. Clients are responsible for submitting all requirements and documentation, along with contact information for the person or agency that is to receive the assessment and recommendations.

> COUNSELING FOR ADOLESCENTS (Ages 13 – 18)

Outpatient services are available in Matawan, in an environment that empowers young people to achieve a positive, productive, and drug-free lifestyle. Our program focuses on those considered to be “at-risk” for developing a drug or alcohol problem, as well as teens who are already struggling with drug and alcohol issues.

> MEDICATION EVALUATION AND MONITORING

(Counseling Clients Only) The stresses of the teen and young adult years can make youth especially susceptible to drug or alcohol abuse. Signs of a possible problem include experimental or active drug or alcohol use; changes in attitude toward school, home or family; legal problems; changes in usual behavior and/or mood; changes in social relationships (i.e. “falling in with a bad crowd”); behavioral changes, including depression; anger; sensitivity; defensiveness; secrecy; aggression; spending time alone; or violence; physical changes, including hyperactivity; sleepiness; a haggard, drawn appearance; or dramatic changes in dress. Our program focuses on building individual strengths and minimizing risk factors to help adolescents grow up to be healthy, caring, and responsible. Research shows that the more of these assets a young person has, the less likely they are to abuse drugs, skip school, fight, or attempt suicide. We strive to help young people develop as many of these building blocks as possible—which will ultimately help them succeed in school, resist danger, maintain good health, overcome trouble and grow to their full potential.

ADULT MENTAL HEALTH SERVICES

The Y provides traditional outpatient counseling for adults 18 years of age and older addressing a variety of life stressors.

Areas of counseling include but are not limited to:

- > Anger Management
- > Anxiety
- > Bereavement
- > Depression
- > Independent Life Skills
- > Parenting Skills
- > Relationship Issues
- > Employee Assistance

This program is operated from the YMCA Counseling & Social Services Outpatient Office in Matawan and contracts with corporate and national employee assistance programs to deliver treatment to employees through a specific referral and evaluation process. All services are provided in a caring, supportive and confidential manner. The Y provides a variety of programs, which can relieve stress, promote individual growth, and enhance family life, to improve employee performance. Services are available for mental health and substance abuse issues, and are offered in an individual, family or group setting.



ADULT SUBSTANCE ABUSE SERVICES

> SUBSTANCE ABUSE SERVICES

Addiction is a disease. Nonetheless, individuals are still responsible for their actions and must learn to address their problems. While there is no “cure,” treatment can, and does, help people regain control of their lives and escape from the downward spiral of addiction. When someone is trying hard to hide their problem, here are some things to look for: criminal justice problems; child welfare system involvement; losing a job for no apparent reason; changes in attitude towards work or social situations; changes in relationships with friends and family members; physical changes such as hyperactivity; sleepiness; a haggard, drawn appearance; loss of appetite; behavioral changes, including isolation, depression; anger; sensitivity; defensiveness; aggression; spending time alone; or violence; serious consequences resulting from drug or alcohol abuse (blackouts, DWI).

> COMPLETE DRUG AND ALCOHOL EVALUATIONS

In most cases that involve the abuse of drugs or alcohol, there is the possibility that the court will order a drug and alcohol evaluation from a state certified treatment agency. We are committed to offering our clients a comfortable, private atmosphere during their visit to our office for a substance abuse evaluation. Clients are responsible for submitting all requirements and documentation, along with contact information for the person or agency that is to receive the assessment and recommendations.



> ADULT INTENSIVE OUTPATIENT PROGRAM

The Y’s substance abuse Intensive Outpatient Program (IOP) addresses addiction issues while helping each individual explore the factors contributing to their illness and to identify all the measures necessary to sustain recovery, once it is achieved.

The program is 9 hours per week offered 6 – 9 p.m. Monday, Tuesday and Thursday and follows a drug-free model utilizing evidence informed curriculum with a Twelve-Step orientation. Participation in a self-help recovery program is an integrated part of treatment. Didactic and psychotherapeutic methods are used and urine screening is administered on a random basis. Treatment is aimed at spirit, mind and body recovery. The program helps chemically-dependent adults take the crucial first steps towards recovery. This not only means accepting their physiological or psychological dependency, but also facing the relationship problems, economic hardships, or personal insecurities that may have pushed them to use drugs or alcohol in the first place. It means facing life on life’s terms, accepting personal responsibility—and doing so clean and sober.





> INTOXICATED DRIVER SERVICES

The objective of the Intoxicated Driver Services is to ensure that all convicted Monmouth County residents comply with Title 39:4-50 et seq., Specifically 39:4-50 (f) of the NJ Statutes annotated, and accompanying Regulations of Chapter 162 (10:162-1.1 to 10:162-11.3). The program provides presentations about impaired driving in the community; conducts a court-ordered 12-hour education class providing information about New Jersey's alcohol and drug laws; and teaches the affect of alcohol and drugs on the body and driving ability. The program also conducts screenings for referrals to assessments and/or self-help groups for treatment of alcohol and/or drug issues and monitors offenders in treatment and/or attending self-help groups.

> MEDICATION EVALUATION AND MONITORING (Counseling Clients Only)

Initially, many individuals utilize medication to support their sobriety on a short-term basis. These clients often require specialized treatment to address the different issues they encounter while utilizing medication in their sobriety. This treatment focuses on education; the development of a strong support network; positive coping skills and a sober lifestyle to help to ease the transition from medically assisted treatment to drug-free treatment.

> URINE MONITORING

Provides random and weekly collection and testing of urine for specific drugs. All samples are collected with direct observation by program staff and are handled in a chain-of-custody to ensure security of samples and validity of results. Results may be released to a referral source.



MORE INFORMATION

FREQUENTLY ASKED QUESTIONS

WHAT IF I CAN'T PAY?

Our fees are based on a financial needs-based sliding scale. For those who have difficulty making payments, arrangements can be made.

WHAT ARE THE QUALIFICATIONS OF YOUR COUNSELORS/THERAPISTS?

Most of our therapists have a Master's degree in Social Work or Clinical Counseling. In addition, many clinicians are licensed or certified Alcohol and Drug Counselors, and many are specialized in different areas.

IS THERE A WAITING LIST?

Due to the high demand of some programs, there may be a short waiting period between the time the services are requested and the time services begin. Our agency will make every effort to provide services as quickly as possible.

FOR WHAT AGES DO YOU PROVIDE SERVICES?

Our services are provided for ages three through adult.

DO YOU TAKE INSURANCE?

WHAT TYPE OF INSURANCE DO YOU TAKE?

Yes, we take Medicaid. We are a provider for Blue Cross Blue Shield, Horizon and Magellan, as well as Aetna and QualCare. We also accept out-of-network benefits.

HOW DO I ACCESS YOUR PSYCHIATRIST?

Our psychiatrist can only be accessed through our clinical staff by those receiving counseling services.



OUTPATIENT SATELLITE OFFICE INFORMATION

Please contact our office for all referrals and non-specified counseling hours | 732.290.9040

YMCA OF GREATER MONMOUTH COUNTY COUNSELING & SOCIAL SERVICES OUTPATIENT SERVICES

166 Main Street | Matawan, NJ 07747

Counseling hours:

Monday – Thursday: 9a.m.–9p.m.

Friday: 9a.m.–5p.m.

YMCA OF GREATER MONMOUTH COUNTY COUNSELING AND SOCIAL SERVICES OUTREACH SERVICES

613 Hope Road | Eatontown, NJ 07724

Counseling hours:

Monday – Friday: 9a.m.–5p.m.

YMCA OF GREATER MONMOUTH COUNTY CAMP ZEHNDER

3911 Herbertsville Road | Wall, NJ 08724

Counseling hours: By Appointment

LIGHTHOUSE ALLIANCE COMMUNITY CHURCH

455 Route 9 South, Suite 205

Little Egg Harbor Township, NJ 08087

Counseling hours: By Appointment

HOLY SPIRIT LUTHERAN CHURCH

333 Main Street | Manahawkin, NJ 08050

Counseling hours: By Appointment

UNION BEACH LIBRARY

810 Union Avenue | Union Beach, NJ 07735

Counseling hours: By Appointment

VISITING NURSE ASSOCIATION HEALTH GROUP

597 Park Avenue, Suite C | Freehold, NJ 07728

Counseling hours: By Appointment



SCHOOL BASED COUNSELING SITES*

YMCA of Greater Monmouth County Counseling & Social Services

ASBURY PARK SCHOOL DISTRICT

Asbury Park High School
Bradley Elementary
Thurgood Marshall Elementary
Upper Elementary School

EATONTOWN PUBLIC SCHOOLS

Margaret L. Vetter Elementary
Meadowbrook Elementary
Memorial Middle
Woodmere Elementary

FREEHOLD BOROUGH SCHOOL DISTRICT

Park Avenue Elementary

FREEHOLD TOWNSHIP SCHOOL DISTRICT

C. Richard Applegate Elementary
Clifton T. Barkalow Middle School
Dwight D. Eisenhower Middle School
Joseph J. Catena Elementary
Laura Donovan Elementary
Marshall W. Errickson Elementary
West Freehold Elementary

HOWELL TOWNSHIP PUBLIC SCHOOLS

Aldrich Elementary
Griebing School
Memorial Elementary

JACKSON SCHOOL DISTRICT

Carl W. Goetz Middle School
Christa McAuliffe Middle School
Crawford-Rodrigues Elementary
Elms Elementary School
Howard C. Johnson Elementary School
Jackson Liberty High School
Jackson Memorial High School
Lucy N. Holman Elementary School
Switlik Elementary School
Sylvia Rosenauer Elementary School

KEANSBURG SCHOOL DISTRICT

Joseph C. Caruso Elementary
Joseph R. Bolger Middle School
Keansburg High School

KEYPORT PUBLIC SCHOOLS

Keyport Central School
Keyport High School

LAKEWOOD PUBLIC SCHOOL DISTRICT

Clifton Avenue School
Oak Street School
Piner Elementary
Spruce Street School

LONG BRANCH PUBLIC SCHOOLS

Amerigo A. Anastasia
Audrey W. Clark
George L. Catrambone
Gregory Elementary
Long Branch High School
Long Branch Middle School
Morris Avenue

MATAWAN-ABERDEEN REGIONAL SCHOOL DISTRICT

Cliffwood Elementary
Lloyd Road Elementary
Matawan Regional High
Matawan-Aberdeen Middle
Ravine Drive Elementary
Strathmore Elementary

MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

Bayview Elementary
Bayshore Middle School
Fairview Elementary
Harmony Elementary
High School North
High School South
Leonardo Elementary
Lincroft Elementary
Middletown Village Elementary
Navesink Elementary
New Monmouth Elementary
Nut Swamp Elementary
Ocean Avenue Elementary
River Plaza Elementary
Thompson Middle School
Thorne Middle School

NEPTUNE TOWNSHIP SCHOOL DISTRICT

Gables Elementary
Green Grove Elementary
Midtown Community Elementary
Neptune High School
Neptune Middle School
Shark River Hills Elementary
Summerfield Elementary

OLD BRIDGE TOWNSHIP PUBLIC SCHOOLS

Carl Sandburg Middle School
Madison Park Elementary

POINT PLEASANT SCHOOLS

Memorial Middle School
Nellie F. Bennett Elementary
Ocean Road Elementary
Point Pleasant High School

RED BANK BOROUGH PUBLIC SCHOOLS

Red Bank Middle School
Red Bank Primary School

TOMS RIVER REGIONAL SCHOOL DISTRICT

Beachwood Elementary
Cedar Grove Elementary
East Dover Elementary
High School East
High School North
High School South
Hooper Avenue Elementary
Intermediate East
Intermediate North
Intermediate South
Joseph A. Citta Elementary
North Dover Elementary
Pine Beach Elementary
Silver Bay Elementary
South Toms River Elementary
Walnut Street Elementary
Washington Street Elementary
West Dover Elementary

UNION BEACH SCHOOL DISTRICT

Memorial School

* School listing as of Fall 2022

OUR TEAM

COUNSELING & SOCIAL SERVICES LEADERSHIP TEAM

EMILY COOPER

Director of Billing Operations
ecooper@ymcanj.org

DARCY DOBENS

Director, Bayshore Family Success Center
ddobens@ymcanj.org

TALESHA MCLAWHORN

Associate Director of Outreach
tmclawhorn@ymcanj.org

JILL SUBERATI, LCSW

Director of Outpatient Services
jsuberati@ymcanj.org

LEEANN WAGNER, LPC, LCADC

Vice President, Counseling & Social Services
lwagner@ymcanj.org

EMILY WOOD

Associate Clinical Director of Outreach
ewood@ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY SENIOR LEADERSHIP TEAM

PRESIDENT & CEO

LAURIE GOGANZER

JENNIFER DUNN

Chief Operating Officer

TEICIA GAUPP

Vice President, Marketing &
Communications

PAM HAVLICK HEARN, CFRE

Chief Development Officer

JOHN KELLY

Chief Financial Officer

STACEY LASTELLA

Vice President, Child Achievement

CARLY MORESCO

Vice President, Finance

CHRIS NASTA

Old Bridge Family YMCA Executive Director

MAUREEN SIMONS

Chief Human Resources Officer

LEEANN WAGNER, LPC, LCADC

Vice President, Counseling & Social Services

SANDRA WEINGART

Red Bank Family YMCA Executive Director

PAUL ZEGER

Freehold Family YMCA Executive Director



YOUTH DEVELOPMENT

CAMP ZEHNDER & LASS AQUATICS CENTER

Outdoor Recreation Center and Lass Aquatics Center
3911 Herbertsville Road | Wall, NJ 08724 | 732.836.9177

COMMUNITY OUTREACH

470 East Freehold Road | Freehold, NJ 07728 | 732.845.5273

YMCA PRESCHOOL

470 East Freehold Road | Freehold, NJ 07728 | 732.462.0464

HEALTHY LIVING

FREEHOLD FAMILY YMCA

470 East Freehold Road | Freehold, NJ 07728 | 732.462.0464

OLD BRIDGE FAMILY YMCA

1 Manino Park Drive | Old Bridge, NJ 08857 | 732.727.0704

RED BANK FAMILY YMCA

166 Maple Avenue | Red Bank, NJ 07701 | 732.741.2504

SOCIAL RESPONSIBILITY

BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail Activity Center
945 State Highway 36 | Leonardo, NJ 07737 | 732.497.3811

COUNSELING & SOCIAL SERVICES

Outpatient Office

166 Main Street | Matawan, NJ 07747 | 732.290.9040

Outreach Office

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

TEAM HEADQUARTERS OFFICE

170 Patterson Avenue | Shrewsbury, NJ 07702 | 732.671.5505



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

At the Y, strengthening community is our cause. The Y is a 501(c)3 charitable, nonprofit organization that offers financial assistance for individuals and families based on need. Over the past 5 years YMCA of Greater Monmouth County provided over \$5MM in financial assistance and program subsidies to the greater community.



The Y is for Youth Development, because we believe that all kids deserve opportunities to discover who they are through school, camp, arts and outreach programs designed to help kids reach their full potential.

The Y is for Healthy Living, improving the nation's health and well-being. We bring families closer together, encouraging good health choices and physical activity, and fostering connections through fitness, sports, water safety, fun and shared interest.



The Y is for Social Responsibility, giving back and providing support to our neighbors. We listen and respond to the communities' most critical needs and foster the care and respect all people need and deserve.

“**WE RISE BY LIFTING OTHERS**”

– ROBERT INGERSOLL

**COUNSELING & SOCIAL SERVICES
YMCA OF GREATER MONMOUTH COUNTY**

166 Main Street
Matawan, NJ 07747

732.290.9040
counseling@ymcanj.org

YMCA.NJ.org



Here for all.

Financial assistance is offered
based on availability of funds.

1122-6490-CSS