

### **ANXIETY DISORDERS PROGRAM**

A specialized, short term program designed to alleviate the symptoms of clients who experience a variety of anxiety disorders. West Bergen's team of highly skilled therapists utilizes Cognitive Behavioral Therapy to help clients master current difficulties and to develop greater coping skills for the future.

### **ATTENTION DEFICIT HYPERACTIVITY DISORDERS PROGRAM**

Specialized program for children and adolescents with ADHD addresses problems in school functioning, social skills and family relationships. Goals of the program include building problem solving skills, improving impulse control and enhancement of individual competency.

### **COMMUNITY RESOURCE PROGRAM**

With this service, we will engage with a variety of groups and community leaders to address mental health and wellness related topics.

### **DEPRESSION INTERVENTION PROGRAM**

Services for treatment of depression and related mood disorders are available for children and adults. In addition, West Bergen is designated as a Center of Excellence by Columbia University for the successful completion of advanced training in the areas of depression and behavior disorders for children.

### **DEVELOPMENTAL SOCIAL SKILLS PROGRAM**

Children experiencing mild to moderate difficulties with social skills are helped to develop interpersonal and coping skills in a supportive group environment. Each group is designed to teach, model, reinforce and help children to internalize essential and appropriate social skills. Consultation and evaluation are available for parents.

### **EMPLOYEE ASSISTANCE PROGRAM**

West Bergen's Employee Assistance Program provides assessment, referrals and short-term, problem focused treatment to individuals who may be experiencing personal problems that begin to affect job performance. West Bergen contracts with local municipalities to provide this service.

### **INDIVIDUAL, GROUP, FAMILY AND COUPLES COUNSELING**

The West Bergen Counseling Group offers individual and group therapy designed to promote personal growth, address concerns and improve each individual's sense of well being. Clinical staff is available to assist couples in understanding and resolving their relational issues. Our therapists are well trained in family systems, cognitive behavioral, and interpersonal therapeutic techniques.

### **MAKING STRIDES TOWARDS INDEPENDENCE AFTER SCHOOL PROGRAM**

Our 33 week after-school contract program is designed to help young adults (18-21 years of age) learn social, recreational and independent living skills in an enjoyable and stimulating environment. Currently, students of the Cresskill CSI Program and New Milford WINGS Academy are eligible to participate.

### PARTIAL CARE PROGRAM

Designed to meet the needs of our more seriously and persistently mentally ill, West Bergen's Partial Care program provides a structured day program to assist individuals in maintaining their highest level of functioning and independence. Flexible programming and individualized treatment planning allow each client to work with staff to develop a customized plan of care.

### PSYCHIATRIC SERVICES

West Bergen's offers comprehensive psychiatric services for all clients needing consultation, diagnostic evaluation and medication management. Our children's program is staffed by two Board Certified child psychiatrists.

### RAINBOW RESOURCES

This West Bergen service is being offered to both the public and organizations to provide guidance in response to a wide range of mental health questions and requests related to lesbian, gay, bisexual, transgender, and questioning issues.

### RESIDENTIAL PROGRAM

West Bergen's Residential Program provides clients with a full range of Residential Housing options. Our spectrum of residential placement and services provides clients with the level of supervision and support that they need to maintain themselves successfully within the community.

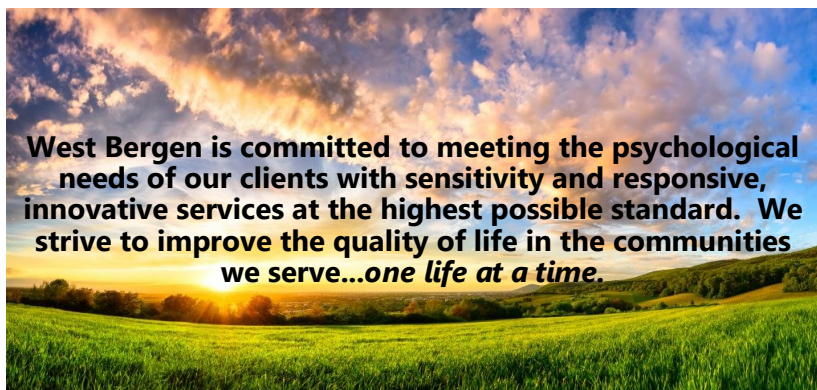
### SCHOOL BASED EDUCATIONAL SERVICES

West Bergen offers a number of psycho-educational services to the school community including: Mental Health Assessment and School Clearances, Staff Development, Crisis Intervention, student observations and Independent Evaluations. A wide array of services to local school districts through a School On-Site Clinician Program is also offered. Participating schools contract with West Bergen to provide services at a reduced fee for their students.

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