

# **Parent Resource Guide for Mental Health, Substance Abuse & Support Group Services**

### Crisis Intervention Resources

<p><b>Early Intervention Support Services (Crisis Intervention)</b>                  Atlanticare Behavioral Health Services                  1601 Atlantic Avenue                  Atlantic City, NJ 08401                  609-344-1118                  Children’s Mobile Response: 877-652-7624</p>	<p><b>Primary Screening Center for Atlantic PIP at Atlanticare Regional Medical Center</b>                  1925 Pacific Avenue                  Atlantic City, NJ 08401                  Hotline: 609-344-1118</p>
<p><b>Cape May Regional Medical Center</b>                  2 Stone Harbor Boulevard                  Cape May Court House, NJ 08210                  Hotline                  609-465-5999</p>	<p><b>Perform Care</b>                  24 Hours a Day, Seven Days a Week                  1-877-652-7624                  1-866-896-6975(for the hearing impaired)  <a href="http://www.performcare.org/">http://www.performcare.org/</a></p>

### Mental Health and Substance Abuse Resources

<p><b>Nancy Crafts Counseling Service</b>                  223 S. Main Street                  Cape May Court House, NJ 08210  <b>609-465-7788</b></p> <ul style="list-style-type: none"> <li>• Children, adolescents, adults; mental health and substance abuse services; substance abuse program provides one group meeting and individual meeting per week.</li> </ul>	<p><b>Bridge Wellness</b>                  507 South Rt 9                  Marmora, NJ 08223                  Bridgecounselingservices@gmail.com                  Phone: 609-840-6034  <a href="http://bridgeservices.org">http://bridgeservices.org</a></p> <ul style="list-style-type: none"> <li>• Therapeutic Counseling, Groups, Nutrition</li> </ul>
<p><b>Cape Counseling Services, Inc.</b>                  128 Crest Haven Rd</p>	<p><b>Families Matter, LLC</b>                  899 Bayshore Road</p>

<p>Cape May Court House NJ 08210. <b>609-465-4100</b></p> <ul style="list-style-type: none"> <li>• Services all ages with mental health and substance abuse concerns.</li> </ul>	<p>Villas NJ 08251 <b>609-886-8666</b></p> <ul style="list-style-type: none"> <li>• Services all ages; mental health and substance abuse; bi-lingual; medication-assisted substance abuse treatment; trauma.</li> </ul>
<p><b>Cape Counseling Services, Family Adolescent Addiction Program</b> 128 Crest Haven Rd Cape May Court House NJ 08210. <b>609-465-4100</b></p> <ul style="list-style-type: none"> <li>• Individual, Family, Groups, Classes, IOP, Relapse Prevention</li> </ul> <p><b>Loss &amp; Grief Counseling</b> ALCOVE: The Center for Grieving Children and Families 376 Tilton Road Northfield, NJ 08255 609-484-1133</p> <ul style="list-style-type: none"> <li>• Grief groups, home outreach program &amp; supervised visits program</li> </ul>	<p><b>Center for Eating Disorder Care</b> 1 Plainsboro Road. Plainsboro, NJ 08536 609-853-7575 <a href="http://Princetonhcs.org/eatingdisorders">Princetonhcs.org/eatingdisorders</a></p> <p><b>Ride the Wave Counseling</b> <i>(formerly) Center for ADHD</i> 6 Shore Road Linwood, NJ 08221 609-798-1565 <a href="http://www.adhdnj.com">www.adhdnj.com</a></p> <ul style="list-style-type: none"> <li>• Social Skills Programs for Boys</li> <li>• Individual Social Thinking Instruction</li> <li>• Executive Function Treatment</li> <li>• Therapy for self-regulation skills &amp; social anxiety</li> </ul>
<p><b>Outpatient</b> Family Service Association 3073 English Creek Avenue Egg Harbor Township, NJ 08234 609-569-0239</p> <ul style="list-style-type: none"> <li>• Services ages 4- 105; Individual Counseling, Group Counseling, Trauma Recovery Groups (children/adolescents/ adults) &amp; Psychiatry.</li> </ul>	<p><b>Outpatient</b> Atlanticare Behavioral Health Child &amp; Adol. Unit Black Horse Pike Egg Harbor Township, NJ 08234 609-272-0909</p> <ul style="list-style-type: none"> <li>• Services individuals from 3 to 17 years of age and their families.</li> <li>• Services include: Individual Counseling, Family Counseling, Psychiatric</li> </ul>

	<p>Evaluations &amp; Medication Monitoring, Group Therapy for Substance Abuse.</p>
<p><b>Recovery Center of America at Lighthouse</b> 5034 Atlantic Avenue Mays Landing, NJ 08330 888-981-3217</p> <ul style="list-style-type: none"> <li>• Services provided: Adult in-patient, Outpatient, Medically supervised detox &amp; Rehab services</li> </ul>	<p><b>Daytop New Jersey</b> 9 Harding Highway Pittsgrove, NJ 08318 (856) 358-4111 <a href="http://daytopnj.org/locations/">http://daytopnj.org/locations/</a></p> <ul style="list-style-type: none"> <li>• Ages 13 – 20: Inpatient substance abuse treatment</li> </ul>
<p><b>Renfrew Center for Eating Disorders</b> 15000 Midatlantic Dr. Ste. 101 Mt. Laurel, NJ 08054 856-778-7105 <a href="http://renfrewcenter.com">http://renfrewcenter.com</a></p> <ul style="list-style-type: none"> <li>• Inpatient services, outpatient services, day treatment, specialized programming, nutrition, experiential therapy, etc.</li> </ul>	<p><b>Integrated Case Management Services</b> Jewish Family Services of Atlantic County 607 North Jerome Avenue Margate, NJ 08402 609-822-1108</p> <ul style="list-style-type: none"> <li>• Outpatient, Individual &amp; Family Counseling, Specialty Center for Youth Interventions, Psychiatric Services, Autism Spectrum Services &amp; Functional Family Therapy.</li> </ul>
<p><b>Substance Abuse Counseling &amp; Treatment</b> Atlantic County TRY IT Program Northfield, NJ 609-645-7700 ext 4334 or 4331 <a href="http://www.aclink.org/intergenerational">www.aclink.org/intergenerational</a></p> <ul style="list-style-type: none"> <li>• Services provided: Outpatient Substance Abuse Services for youth aged 12-18 and their families residing in Atlantic County. Services include assessment, treatment planning, referral, psycho educational group process, and reintegration of youth to their</li> </ul>	<p><b>Juvenile and Family Crisis Center</b> Northfield, NJ 609-645-5862 ext. 4330 (daytime) 609-645-5861 (evenings)</p> <ul style="list-style-type: none"> <li>• Assistance for families experiencing serious difficulties in managing the behavior of children 10-17</li> <li>• Court-affiliated program aimed at interceding in family conflicts</li> <li>• Services include: short-term crisis stabilization, family assessment, case</li> </ul>

<p>homes and families upon return from residential treatment centers. Short term group services are offered at four sites.</p>	<p>management, treatment planning, and referrals to community-based services.</p>
<p><b>Atlantic County Prevention Resources</b>                  Absecon 609-272-0101 (Prevention)                  Pleasantville 609-272-0964 (Treatment)                  www.atlprev.org</p> <ul style="list-style-type: none"> <li>• Services Provided: Substance Abuse Prevention, Counseling &amp; Treatment</li> </ul>	<p><b>Jewish Family Services</b>                  Family Success Center                  1046-B Route 47                  Rio Grande, NJ 08424                  609-822-1108 x230                  www.jfsatlantic.org</p> <ul style="list-style-type: none"> <li>• Services Provided: Trauma Focused-Cognitive Behavior Therapy</li> </ul>
	<p><b>Enlightened Solutions</b>                  600 Odessa Ave.                  Egg Harbor City, NJ 08215                  609-270-5050                  833-801-5483 (Admissions)  <a href="https://www.enlightenedsolutions.com/">https://www.enlightenedsolutions.com/</a></p> <ul style="list-style-type: none"> <li>• Treatment: Mental Disorders, Addictions &amp; Holistic Treatment</li> <li>• Services: Individual Therapy, Family Therapy, Partial Care Program, Intensive Outpatient Program, Outpatient program</li> </ul>

### Support Groups

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<p><b>Al-Anon Family Group</b>                  Information Services <b>856-547-0855</b> (24 hour) or <b>973-744-8686</b> (Mon-Fri 9-5) Spanish speaking <b>973-268-1260</b>                  www.southjerseyal-anon.org</p> <ul style="list-style-type: none"> <li>This 12 Step program is for families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children</li> </ul>	<p><b>Grief Support Group</b>                  Cape Regional Medical Center,                  2 Stone Harbor Blvd, Maruchi Room,                  Cape May Court House.                  Call Bonnie Kratzer, RN 609-463-4043                  jkratzer@caperegional.com</p> <ul style="list-style-type: none"> <li>This group provides support for those who have lost a loved one. Building is handicapped accessible. Meets 1<sup>st</sup> and 3<sup>rd</sup> Wed 3-5pm.</li> </ul>
<p><b>Alcoholics Anonymous Group</b>                  1-866-256-1378                  609-641-8855                  www.capeatlanticaa.org</p> <ul style="list-style-type: none"> <li>12 Step Fellowship of men and women who share their experience, strength and hope with each other to recover from alcoholism.</li> </ul>	<p><b>Al-Anon Family Group</b>                  Location: Enlightened Café                  6414 Ventnor Avenue                  Ventnor, NJ                  (609) 594-5283</p> <ul style="list-style-type: none"> <li>Sundays: 5pm – 6pm</li> </ul>
<p><b>Nar-Anon Family Group</b>                  Call Nar-Anon Answering Services 609-587-7215                  www.naranonofnj.org</p> <ul style="list-style-type: none"> <li>This 12 step program provides help for family members and friends of drug abusers (offering comfort, hope and friendship through shared experiences).</li> </ul>	<p><b>Narcotics Anonymous Group</b>                  Call 1 800 992 0401 or 732 933 0462                  www.nanj.org</p> <ul style="list-style-type: none"> <li>This group is a 12 Step fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs.</li> </ul>
<p><b>Alateen Group</b>                  Call Al-Anon information services <b>856-547-0855</b> (10am-3pm) or <b>973-744-8686</b> (Mon – Fri 9-5) Spanish speaking <b>973-268-1260</b>                  www.southjerseyal-anon.org</p> <p><b>Alateen Group Continued...</b></p> <ul style="list-style-type: none"> <li>Local meetings:                         <ul style="list-style-type: none"> <li>Church of the Resurrection, 200 West Tuckahoe Rd. Marmora NJ. (Th 8pm)</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>This 12 step program is for youth ages 9-19 who have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor.</li> </ul>	<ul style="list-style-type: none"> <li>St. John's Lutheran Church, 1001 Central Ave. (alley entrance) Ocean City, NJ (Tue 8pm)</li> </ul>
<p style="text-align: center;"><b>Intensive Family Support Services</b> Mental Health Association of New Jersey 4 East Jummy Leeds Road Galloway, NJ 08205 609-652-3800 www.mhaac.info</p> <ul style="list-style-type: none"> <li>Consumer Support Group: ICE Wellness Program</li> <li>Family support Groups: Intensive Family Support Services</li> </ul>	<p style="text-align: center;"><b>Community-Based Resource</b> Youth Advocate Program (YAP) 1125 Atlantic Avenue Suite 711 Atlantic City, NJ 08401 609-345-7333 609-345-7566 www.yapinc.org/NJ</p> <ul style="list-style-type: none"> <li>YAP specializes in working with individuals with Autism Spectrum Disorders, cross-system youth, and youth who have experienced trauma.</li> </ul>

<p style="text-align: center;"><b>Community-Based Resource</b> Atlantic County Women's Center 1201 New Road, Suite 240 Linwood NJ 08221 (P) 609 601-9925 (F) 609 601-2975 24/7 Hotline: 1-800-286-4184 <a href="http://www.acwc.org/">http://www.acwc.org/</a></p>	<p style="text-align: center;"><b>Atlantic/Cape Family Support Organization</b> 950 Tilton Rd, Suite 108 Northfield, NJ 08225 <a href="http://acfamssupport.org/home/contact-us/">http://acfamssupport.org/home/contact-us/</a> Ph: 609-485-0575 Fax: 609-485-0467</p> <p style="text-align: center;"><i>Cape May Office:</i> 1046B Route 47 Rio Grande, NJ 08242 Ph: 609-778-6222 Fax: 609-886-2353</p>
<p style="text-align: center;"><b>Families F.I.R.S.T. Support Group</b></p>	<p style="text-align: center;"><b>Grandparents Raising Grandchildren</b></p>

<p>Family Success Center of Cape May County. 1046B Route 47 Rio Grande. 609-778-6226</p> <ul style="list-style-type: none"> <li>Professionally-run group. Mutual support for individuals with a mental illness. Families welcome. Building is handicapped accessible. Guest speakers (topic changes monthly), literature and phone help. Meets 1<sup>st</sup> Thursday 1-2:30pm.</li> </ul>	<p>Rutgers Cooperative Extension 355 Court House/South Dennis Rd. Cape May Court House. Contact Person: Marian 609-465-5115 ext. 3609</p> <ul style="list-style-type: none"> <li>Professionally-run group. Support and educational workshops for grandparents raising their grandchildren. Members share ideas, challenges and learn new skills. Newsletter. The building handicapped accessible. Meetings vary: 5:30-7pm</li> </ul>
	<p style="text-align: center;"><b>Grandparents Raising Grandchildren</b></p> <p>Family Success Center of Cape May County, 1046B Route 47, Rio Grande 609-778-6226</p> <ul style="list-style-type: none"> <li>Professionally run group. Support and education for grandparents raising grandchildren. Building is handicapped accessible. Guest speakers and literature. Meets 2<sup>nd</sup> and 4<sup>th</sup> Thurs, 10 am-12:00pm.             <ul style="list-style-type: none"> <li>Childcare available</li> </ul> </li> </ul>
<p style="text-align: center;"><b>Community-Based Peer Support Groups</b> Parents Anonymous 800-THE-KIDS <a href="http://www.parentsanonymous.org/network/new-jersey/">www.parentsanonymous.org/network/new-jersey/</a></p> <ul style="list-style-type: none"> <li>Parents Anonymous® is both an intervention and prevention program where parents and their children are empowered to create positive and long-term change for their families.</li> </ul>	<p style="text-align: center;"><b>Families F.I.R.S.T</b> 1129 Route 9 South Cape May Court House, NJ08210 609-778-6136</p> <ul style="list-style-type: none"> <li>Services families caring or supporting a family member with severe and persistent mental illness.</li> </ul>



<p style="text-align: center;"><b>Parent to Parent</b> 1010 B Tuckerton Road Marlton, NJ 08053 609-374-2526 www.parent2parentnj.org</p> <ul style="list-style-type: none"> <li>• Services parents and family members of those affected by Substance Use Disorders</li> </ul>	<p style="text-align: center;"><b>Human Trafficking Victim Assistance Hotline</b> If you believe you are a victim or have identified a victim of human trafficking, please call this Hotline: 888-373-7888 855-363-6548</p>
<p style="text-align: center;"><b>Spanish Community Center- Shore AHEC</b> 3900 Ventnor Avenue Atlantic City, NJ 08401 Phone: 609-345-1249 Fax: 609-345-8533</p> <ul style="list-style-type: none"> <li>• Hours of Operation:  Monday – Thursday 8:30am – 4:30pm Closed for Lunch: 12:00pm – 1:00pm Friday 8:30 – 12:00pm</li> </ul>	<p style="text-align: center;"><b>Support Mentoring and Resource Team</b> 304 Joseph Ave. Linwood, NJ 08221 SmartSouthJersey.com</p> <ul style="list-style-type: none"> <li>• Support coordination by local people for local people</li> </ul>

### Department of Children and Families’ Hotlines & Help Lines

<p><b>CHILD ABUSE/NEGLECT HOTLINE</b> <b>1-877-NJ ABUSE (652-2873)</b> <b>1-800-835-5510 (TTY)</b> <b>24 hours a day - 7 days a week</b> Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to the Division of Child Protection and Permanency (formerly DYFS). Calls can be made anonymously.</p>	<p><b>FAMILY HELPLINE</b> <b>1-800-THE-KIDS (843-5437)</b> <b>24 hours a day - 7 days a week</b> If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.</p>
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<p><b>FAMILY HELPLINE</b>  <b>1-800-THE-KIDS (843-5437)</b>  <b>24 hours a day - 7 days a week</b>                  If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.</p>	<p><b>SAFE HAVEN INFANT PROTECTION HOTLINE</b>  <b>1-877-839-2339</b>  <b>24 hours a day - 7 days a week</b>                  This is a toll free hotline for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.</p>
<p><b>KINSHIP NAVIGATOR PROGRAM</b>  <b>211</b>  <b>24 hours a day - 7 days a week</b>                  Kinship caregivers are people who have taken on the responsibility for raising their relatives' children. Grandparents and other relatives can call this number to find out what services may be available to them.</p>	<p><b>KINSHIP NAVIGATOR PROGRAM</b>  <b>211</b>  <b>24 hours a day - 7 days a week</b>                  Kinship caregivers are people who have taken on the responsibility for raising their relatives' children. Grandparents and other relatives can call this number to find out what services may be available to them.</p>
<p><b>NJ DOMESTIC VIOLENCE HOTLINE</b>  <b>1-800-572-SAFE (7233)</b>  <b>24 hours a day - 7 days a week</b>                  This hotline serves domestic violence victims and others seeking information about domestic violence services.</p>	<p><b>NJ COALITION AGAINST SEXUAL ASSAULT (NJCASA) HOTLINE</b>  <b>1-800-601-7200</b>  <b>24 hours a day - 7 days a week</b>                  NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across NJ. Its member centers represent each of NJ's 21 counties. This hotline connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls will be routed to the individual's closest rape care center.</p>
<p><b>WOMEN'S REFERRAL CENTRAL</b>  <b>1-800-322-8092</b>  <b>24 hours a day - 7 days a week</b>                  This hotline provides referrals and basic</p>	<p><b>FOSTER HOME RECRUITMENT LINE</b>  <b>1-877-NJ-FOSTER (653-6783)</b>  <b>9 a.m. - 5 p.m. Monday - Friday</b>                  Many children in New Jersey need temporary</p>

<p>information in areas such as discrimination, housing, displaced homemakers, divorce, violence and other areas of concern.</p>	<p>homes until their parents are able to care for them or until a permanent home is found. Call to learn how you can open your heart and your home by becoming a foster parent.</p>
<p><b>ADOPTION HOTLINE</b>  <b>1-800-99-ADOPT (992-3678)</b>  <b>9 a.m. - 5 p.m. Monday - Friday</b>                  If you have love to share, consider adopting a child into your family. Call to learn how you can give a child a permanent home by adopting a child with special needs.</p>	<p><b>DCF INFO LINE</b>  <b>1-855-INFO-DCF (1-855-463-6323)</b>  <b>8:30 a.m. - 4:30 p.m. Monday - Friday</b>                  This helpline provides callers with general information about DCF programs and services.</p>
<p><b>DCF OFFICE OF ADVOCACY</b>  <b>1-877-543-7864</b>  <b>8:30 a.m. - 4:30 p.m. Monday - Friday</b>                  This helpline provides a timely response to issues and concerns regarding programs and services provided by DCF</p>	<p><b>Statewide Parent Advocacy Network (SPAN)</b>  <b>1-800-654-SPAN (7726)</b>                  This organization provides support to parents and caregivers, and advocates for their rights.</p>

**Other Important Hotlines for Families**

<p><b>NJ 2-1-1</b>                  2-1-1 or <a href="http://www.nj211.org">www.nj211.org</a>                  This number can connect you with various social services in your community</p>	<p><b>ADDICTIONS HOTLINE OF NJ</b>                  1-800-238-2333</p>
<p><b>DIVISION OF DISABILITY SERVICES (DDS)</b>                  1-888-285-3036                  1-609-292-1210 TTY</p>	<p><b>CHILD CARE HELP LINE</b>                  1-800-332-9227</p>
<p><b>DIVISION OF DEVELOPMENTAL DISABILITIES (DDD)</b>                  1-800-832-9173</p>	<p><b>DIVISION OF THE DEAF AND HARD OF HEARING (DDHH)</b>                  1-800-792-8339 V/TTY</p>

<p><b>CATASTROPHIC ILLNESS IN CHILDREN RELIEF FUND</b>                  1-800-335-FUND                  (1-800-335-3863)                  1-877-294-4356 TTY                  (voice callers use 7-1-1 NJ Relay)</p>	<p><b>COMMISSION FOR THE BLIND &amp; VISUALLY IMPAIRED (CBVI) HOTLINE</b>                  1-877-685-8878</p>
<p><b>CHILD SUPPORT HOTLINE</b>                  1-877-NJ KIDS1                  (1-877-655-4371)</p>	<p><b>DISASTER MENTAL HEALTH</b>                  1-877-294-HELP                  (1-877-294-4357)</p>
<p><b>DIVISION OF FAMILY DEVELOPMENT (DFD)</b>                  1-800-792-9773</p>	<p><b>DIVISION OF MEDICAL ASSISTANCE AND HEALTH SERVICES</b>                  1-800-356-1561</p>
<p><b>EARNED INCOME TAX CREDIT (EITC)</b>                  Federal: 1-800-929-1040                  State: 1-888-895-8179</p>	<p><b>DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)</b>                  1-800-382-6717</p>
<p><b>NJ SNAP (formerly Food Stamps)</b>                  1-800-687-9512</p>	<p><b>GAMBLING ADDICTION</b>                  1-800-GAMBLER                  (1-800-426-2537)</p>
<p><b>GOOD NEIGHBORS - COMMUNITY LIVING FOR PEOPLE WITH DISABILITIES</b>                  1-877-DHS-LINE                  (1-877-347-5463)</p>	<p><b>Statewide Parent Advocacy Network (SPAN)</b>  <b>1-800-654-SPAN (7726)</b>                  This organization provides support to parents and caregivers, and advocates for their rights.</p>