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## **The Center for Prevention and Youth Development (CYPD):**

CPYD provides community-based prevention and intervention programs aimed at promoting mental health and emotional and social well being among at-risk children and adolescents.

- **Mental health Counseling** for youth and their families brings counseling, support, and psycho-educational services to elementary, middle, and high school students who are experiencing emotional and behavioral difficulties.
- **Kids Cope** (Support group) helps children and adolescents who have a family member with mental illness to learn social and coping skills through age-related activities such as art, role playing and peer discussion.
- **Family Partners** provides individual and/or group support for parents and family members of children with emotional, behavioral, and mental-health related issues.
- **Project Stepping Up** is a transitional program for youth “aging out” of the child welfare system. Services include clinical case management, short-term individual and group counseling, and independent life skills training.

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## **Our Mission:**

The **MISSION** of the Mental Health Association of Essex County, Inc. is to promote mental health, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders. We, as a community organization, accomplish our mission through advocacy, education, prevention, treatment and service.

## **For More Information:**

For more information about the **Intensive In-Community Clinical Services Program** of the Center for Prevention and Youth Development, or any other program of the Mental Health Association of Essex County, Inc. please contact us below:

*Marvin Gorsky, LCSW, BCD*  
Senior Director of Children, Counseling, &  
Family Services  
(973) 509-9777, ext. 112

*Diane Travers, LCSW, CTS*  
Clinical Coordinator  
(973) 509-9777, ext. 121

*Keira Hauck, LSW*  
Clinician,  
Intensive In-Community Services  
(973) 509-9777, ext. 124



## **The Center for Prevention and Youth Development**

# **Intensive In-Community Clinical Services Program**



Mental Health Association of Essex County  
33 South Fullerton Avenue  
Montclair, NJ. 07042  
Phone (973) 509-9777  
Fax (973) 509-9888

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## **What Are Intensive In-Community Services?**

Intensive In-Community Services are flexible in-home and in-community clinical support for children/ youth with behavioral and emotional disturbances.

Intensive In-Community Services are provided by Master's level clinicians who follow the direction and needs of the family, cultural values and norms of the family, and support the existing strengths of the family.

The goals of Intensive In-Community Services are to strengthen the family structure, provide stability and support for the family, and to encourage the family's utilization of resources within the community.

We provide an array of services delivered by a mobile team of professionals who work with the family in the home, community, or other setting desired by the family.

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## **How Do I Know If My Child Needs Intensive In-Community Services?**

They may display one or more of the following:

- ❑ Sadness or anxiety
- ❑ Problems eating or sleeping
- ❑ Problems with peers
- ❑ Truancy
- ❑ Running away
- ❑ Use of alcohol or drugs
- ❑ Aggressive behavior to self or others

Intensive In-Community Services are one part of the mental health system of care for children in the state of New Jersey. This is overseen by the NJ Department of Human Services' Child Behavioral Health Services System (CBHS). Any child in NJ up to age 21 is eligible for services through the CBHS- regardless of health insurance status. An assessment is conducted within the child's home, community, or other convenient location. After the assessment is conducted, eligibility for services will be determined and communicated to the family.

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## **Interventions May Include:**

- ❑ Individual and/or family therapy
- ❑ Improve coping skills
- ❑ Clinical consultation/evaluation
- ❑ Child/youth behavioral management
- ❑ Anger management skills
- ❑ Parenting skill development
- ❑ Stress reduction
- ❑ Problem solving
- ❑ Psycho-educational services
- ❑ Allied therapies: play, art, drama and/or music therapy

## **To Make a Referral:**

To make a referral to the Intensive In-Community Clinical Services, call the Intensive In-Community Services clinician, Keira Hauck, at (973) 509-9777, ext. 124.

