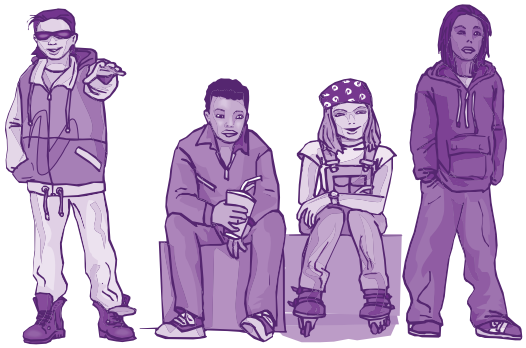
Prevention | first℠

…strengthening your child's foundation through life skills education.℠

2007
Adolescent Resource Guide

Monmouth County, NJ



When You Need to Know Where to Go

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Child and Adolescent Health Program, and Comcast.

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Dear Friend,

Even on a good day, being a teenager can be tough! You are faced with a new set of choices every day, and sometimes you may not know where to turn. Prevention First is here to help.

This directory was put together to help you find the information you need. Included is a list of resources, phone numbers and information to help you with all areas of your life. From finding after-school activities in your neighborhood to assisting a loved one with a substance abuse problem, you will find the caring, confidential help you need in the following pages.

Take a few moments to browse through this directory and learn about the resources available to assist you in being a happy, healthy and successful teen!

Prevention First is a non-profit agency dedicated to strengthening the foundations of children and families, empowering them to successfully handle difficult, everyday life situations and extra-ordinary challenges such as violence and substance abuse. Check us out on the web at www.preventionfirst.net.

Sincerely,

Mary Pat Angelini

Mary Pat Angelini
Executive Director & CEO

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1405 Highway 35 North • Ocean, NJ 07712 • preventionfirst.net

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How to Use This Guide

This guide was compiled to give you help and information in almost every area that concerns you. The listings are in alphabetical order to make it easy for you. For additional copies, please contact:

Prevention First
1405 Highway 35 North
Ocean, NJ 07712

732-663-1800, Ext. 216

www.preventionfirst.net

Our Strength is in Our Vision

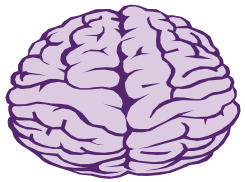
Prevention First is committed to improving the lives of Monmouth County's children so they can thrive and grow to be strong, responsible individuals in any environment.

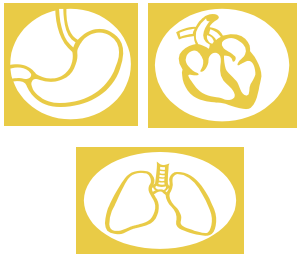
Our Strength is in Our Mission

Prevention First is a non-profit agency dedicated to strengthening the foundations of children and families by empowering them to successfully handle difficult, everyday life situations and extraordinary challenges such as violence and substance abuse.

Alcohol

Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses and even blackouts.





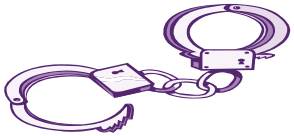
Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases like cancer.

Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions and impairs your judgment. Drinking can lead to risky behaviors including having unprotected sex. This may expose you to HIV/AIDS and other sexually transmitted diseases or cause unwanted pregnancy.

After drinking identical amounts of alcohol, women become more intoxicated than men.

Most women are smaller and weigh less than men. Women break down alcohol and drugs more slowly because they have more fat and less water in their bodies. The alcohol is not diluted, and it is absorbed quickly into the bloodstream.

The Legal Consequences of Underage Drinking



It is illegal to possess or consume alcoholic beverages if you are under 21 years old. If you drink or purchase alcohol in a bar, restaurant, liquor store or on private property, you may face strict penalties.

If you are under 21, you are not allowed to have one drop of alcohol. If there is any amount of alcohol in your body (.01 BAC or above), you can face severe consequences, including:

- Loss or postponement of driver's license for 6 months;
- A minimum $500 fine;
- Participation in an alcohol education or treatment program

If you are underage and driving under the influence, you would also be subject to:

- Loss or postponement of driving privileges for 30 to 90 days;
- 15 to 30 days of community service;
- A Division of Motor Vehicle restoration fee;
- An automobile insurance surcharge;
- 15 to 30 days of community service;
- Participation in an Intoxicated Driver Resource Program or in a program of alcohol education and highway safety;
- Possible imprisonment;
- Other fines.

(Information provided by the NJ Department of Law and Public Safety.)

Tobacco

Smoking leads to a diminished sense of smell, frequent colds, smoker's cough, increased wrinkles, heart disease, cancer and many other problems.

Tobacco can kill you. Smoking is the leading preventable cause of death in this country.

More than 400,000 Americans die from tobacco-related causes each year, and most of them began using tobacco before the age of 18.

Tobacco is addictive. Cigarettes contain nicotine — a powerfully addictive substance.

Spit tobacco or chewing tobacco can lead to oral cancer, bad breath and stained teeth.

Three-quarters of young people who use tobacco daily continue to do so because they find it hard to quit.

Up In Smoke

Smoking dope can lead to anxiety, panic attacks, depression and paranoia. These problems don't improve over time.

Marijuana contains the same cancer-causing chemicals as tobacco — AND at higher concentrations.

Long-term use increases the chances of tissue damage and lung cancer and also causes changes in the brain similar to those caused by long-term use of cocaine and heroin.

The short-term effects of marijuana include lung and respiratory problems — wheezing, frequent chest colds and a nasty, phlegmmy cough.

Sixty percent of teenagers in drug treatment programs are there because of marijuana.

Smoking five joints a week is the equivalent of smoking an entire pack of cigarettes every day.

Marijuana

The Truth About Ectasy

FIRST YOU FEEL...

Feelings of euphoria;
Increased energy;
Increased sexual arousal;
Increased need to be touched;
Increased need for stimulation.

THEN YOU FEEL…

Confusion and paranoia;
Depression and irritability;
Sleep problems;
Drug cravings;
Severe anxiety;
Loss of appetite.

HERE ARE THE *FACTS*

Ecstasy affects your body.
Ecstasy is a stimulant that increases your heart rate and blood pressure and can lead to heart or kidney failure.

Ecstasy is not always what it seems.
Because ecstasy is illegal and often produced in makeshift laboratories, it is impossible to know exactly what chemicals were used to produce it and where it came from. How strong or dangerous any illegal drug is varies each time.

ECSTACY *CAN* KILL YOU.
Higher doses of ecstasy can cause severe breathing problems, coma or even death.

(Information provided by www.freevibe.org.)

Who Can Help?

If you need IMMEDIATE ASSISTANCE in a situation involving crime, illness, fire, injury or other emergency, CALL 911.

Need Help? Start Here:
2-1-1 or www.nj211.org - bilingual, free and confidential.

Behavioral Health Care Services of Catholic Charities
145 Maple Avenue
Red Bank, NJ 07701
732-747-9660
Fax: 732-747-7590
Cost: Sliding scale.
Hours: Mon. - Fri., 9 am - 5 pm; Tues. and Thurs., 9 am - 9 pm;
Sat, 9 am - 1 pm.
Purpose: The agency has counseling and psychotherapy programs for a variety of problems, including substance abuse. The services are open to everyone, regardless of religious affiliation.
Process: Call for an appointment.
Eligibility: All Monmouth County residents.

Community YMCA
Administrative Offices:
113 Tindall Road
Red Bank, NJ 07701
732-530-5144
Hours: Mon. - Fri., 8 am - 5 pm.
Family Services (outpatient):
166 Main St., Matawan, NJ 07747
732-290-9040
Fax: 732-530-4335

Children's Learning Center:
201 Broad Street
Matawan, NJ 07747
732-566-9266

In-Home Services:
86 Morris Avenue
Neptune, NJ 07753
Cost: Sliding-scale fee ranges from $35 - $90 an hour. There is a special subsidy for residents of Matawan, Aberdeen, Hazlet, Union Beach, Keyport and Keansburg.
Hours: Mon. - Thurs., 9 am - 9 pm; Fri., 9 am - 5 pm.
Saturday hours are also available by appointment.
Process: Apply by phone or in person during regular office hours.
Eligibility: Inquire about specific programs. All Monmouth County residents.

Red Bank Branch:
166 Maple Ave.
Red Bank, NJ 07701
732-741-2504
Cost: Membership fees (financial assistance available).
Hours: Mon. - Fri., 6 am - 10:00 pm; Sat., 6 am – 7 pm;
Sun., 8 am - 7 pm.
Purpose: The Y has programs that meet the physical, mental health, educational, social and recreational needs of people of all ages and backgrounds.
Process: Membership application and financial assistance forms.
Call for information.
Eligibility: None, except for specific, funded programs.

CPC Behavioral Healthcare (intake office)
270 Highway 35
Red Bank, NJ 07701
732-842-2000

Corporate Services, Outpatient Mental Health, Addiction Recovery, Consultation and Education
Helen Herrman Counseling Center
270 Highway 35
Red Bank, NJ 07701
732-842-2000
Fax: 732-591-0513

CPS – Aberdeen Counseling Center
1088 Highway 34
Aberdeen, NJ 07747
732-290-1700
Fax: 732-290-0040
Cost: Sliding scale
Hours: Mon. – Fri., 8:30 am – 5 pm
Process: Call for intake.
Eligibility: Monmouth County residents

Crossroads at Croydon Hall
900 Leonardville Road
Leonardo, NJ 07737
732-615-2275
Purpose: Offers free outpatient drug and alcohol counseling to youth and adults.

Monmouth County Division of Mental Health and Addiction Services
Municipal Alliance to Prevent Alcoholism and Drug Abuse
Human Services Building
Kozloski Road
P.O. Box 3000
Freehold, NJ 07728
732-431-6451
Fax: 732-866-3595
Website: www.monmouthhumanservices.org

Narcotics Anonymous - Central Jersey Area Service Conference
1-800-992-0401 Bilingual (English/Spanish)
Cost: None.
Hours: 24 hours a day, 7 days a week.
Purpose: This is a non-profit group of recovering addicts who meet regularly and help each other stay off drugs. Anyone may join regardless of age.
Eligibility: The desire to stop using drugs.

New Hope Foundation
2 Monmouth Avenue,
Freehold, NJ 07728
732-308-0113

Process: Call for intake — Mon., Tues. and Thurs. until 7 pm, Wed. and Fri. until 5 pm, and Sat. mornings.
Purpose: Offers group substance abuse counseling for adolescents.

Prevention First
1405 Highway 35 North
Ocean, NJ 07712
732-663-1800 Ext. 216
732-663-1800 Ext. 218 for assistance in Spanish
Fax: 732-663-1698
Website: www.preventionfirst.net
Cost: Call for information.
Hours: Mon. - Fri., 9 am - 5 pm and by appointment.
Purpose: To improve the lives of Monmouth County children so they can thrive and grow to be responsible, strong individuals in any environment.
Process: Phone service, by appointment or walk-in.
Eligibility: Open to Monmouth County residents.

Riverview Medical Center
Riverview Behavioral Health Center
48 East Front Street
Red Bank, NJ 07701
732-450-2900
Addiction Recovery Services
Cost: Call for information.
Hours: Mon. - Fri., 8:30 am — 5 pm, Mon. - Thurs.
Open until 9 pm by appointment or for special programs only.
Process: Call for information.
Eligibility: Open to children, adolescents and adults

Did you know...

"Teenage parents are faced with several challenges when they have a baby, such as learning parenting skills, dealing with emotional and physical changes to their body, handling finances and dealing with family and friends."

"Many teens don't think they're at risk for sexually transmitted infections, but the truth is, two-thirds of people who have had sexually transmitted infections became infected before age 25!"

"Abstinence is the most effective way to avoid infection, but people who are sexually active can greatly reduce their risk of infection by practicing safer sex, using *condoms*, seeing a health care provider regularly and under-standing how infections are transmitted. Stay healthy!"

"Almost one million unwanted teen pregnancies occur every year. Many become pregnant again within a year of giving

(Information provided by www.teenwire.com)

Sexually Transmitted Infections
True or False?

All STIs except HIV are curable.
False: Genital warts, genital herpes, hepatitis B and HIV/AIDS are treatable but **not** curable.

There are over 25 different types of sexually transmitted infections.
True: The most common are chlamydia, gonorrhea, hepatitis B, herpes, human papilloma virus, pelvic inflammatory disease, pubic lice, syphilis and scabies.

You can tell if someone has an STI by looking at them.
False: Many people with STIs do not have any symptoms. You may not be able to tell if someone is infected just by looking at him/her. Also, someone who has been treated may not tell you they have been infected.

Condoms make sex safe.
False: Condoms make sex safer — they do not make sex safe. For example, some STIs are passed on by skin-to-skin contact around the genital area, and condoms offer no protection against transmission. Condoms may not be worn correctly or may split. Up to 75% of unplanned pregnancies result from contraceptive failure, mainly condoms.

You have to be 18 years old to buy condoms.
***False*:** There is no age requirement for buying condoms. Condoms can be found at drugstores, and most Planned Parenthood health centers offer condoms to teens at a discount. Some may even offer them free. Some public schools and county health centers also distribute free condoms. Used correctly and consistently, condoms reduce the risk of pregnancy and sexually transmitted infections.

How can I protect myself from catching an STI?

- Take time to get to know your partner. Don't be pressured into sex.
- Always use a condom each time you have sex. Only condoms used correctly can protect you from STIs. Other methods of contraception only protect against pregnancy.
- Remember that taking alcohol or drugs can affect your normal judgment!

What's the 411 on HIV/AIDS?

How could I get HIV?
HIV is transmitted in blood, semen, vaginal fluids and breast milk. HIV is commonly spread by:

- having unprotected sexual intercourse with someone who has the virus;
- sharing needles or syringes with someone who has the virus;
- being deeply punctured with a needle or surgical instrument contaminated with the virus;
- getting HIV-infected blood, semen or vaginal secretions into open wounds or sores.

HIV is not transmitted by simple casual contact such as kissing, sharing water glasses or hugging.

How does HIV work?
HIV breaks down the immune system — our body's shield against disease. HIV causes people to become sick with infections that normally wouldn't affect them.

How can I tell if someone has HIV?
You can't. The CDC estimates that as many as one in three people with HIV don't know they are infected. Testing is the only way to tell.

Where can I get tested for HIV?
Tests are available from Planned Parenthood health centers and most physicians, hospitals and health clinics. Local, state and federal health departments offer free testing. Some sites offer anonymous HIV counseling and testing.

If you think you have an STI:

- Talk to your mom or dad or another adult you trust.
- Ask the school nurse about getting help.
- Call your family doctor.
- Call your local public health department or Planned Parenthood clinic.

(Information provided by www.plannedparenthood.org and www.iwannaknow.org)

CONCERNED ABOUT YOUR HEALTH?

American Cancer Society
801 Broad Street, Shrewsbury , NJ 07702
732-758-8220 Bilingual (English/Spanish)
Cost: None.
Hours: Mon. - Fri., 9 am - 5 pm.
Purpose: Community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer and diminishing suffering through research, education, advocacy and service.
Process: Call, apply in writing or visit the office. Please phone ahead for an appointment.
Eligibility: All Monmouth County residents diagnosed with cancer or in need of information on cancer, its prevention and detection.

American Heart Association
1 Union Street, Suite 301, Robbinsville, NJ 08691
609-208-0020 Bilingual (English/Spanish)
Fax: 609-208-2906
Cost: None.
Hours: Mon. - Fri., 9 am - 5 pm. Special programs may vary.
Purpose: Educational programming and literature to prevent cardiovascular disease.
Process: Call for information.

American Lung Association of New Jersey
Cost: No charge for those unable to pay. Minimal for some services.
Hours: Mon. - Fri., 8:45 am - 4:30 pm.
Purpose: Voluntary health agency dedicated to the prevention and control of childhood and adult lung disease, including asthma, emphysema and chronic bronchitis, and the control of causal factors such as smoking, air pollution and occupational hazards.
Process: Phone, write or visit.
Eligibility: Interest in program or information.

Monmouth Health Center
270 Broadway
Long Branch, NJ 07740
732-923-7111
Cost: Sliding scale. Those in need can apply for charity health insurance.
Hours: Mon. - Fri., 8 am - 4:30 pm; Tues., 8 am - 7 pm.
Purpose: To provide free health services, check-ups and treatment to the community.
Process: Appointment or walk-in.
Eligibility: Open to the public.

Monmouth Medical Center (Screening Unit)
300 Second Avenue
Long Branch, NJ 07740
(Located in the Emergency Room)
Hotline: 732-923-6999 Bilingual (English/Spanish)
Hours: 24 hours, 7 days a week.
Purpose: Crisis intervention and screening admissions for patients of all ages. Screening available for committable patients. Provides outreach services to patients' homes for adults.
Process: Call or walk-in.
Eligibility: Covers Monmouth County.

Monmouth/Ocean HIV Consortium
VNA of Central Jersey Foundation, Inc.
625 Bangs Avenue
Asbury Park, NJ 07712
732-502-5100 Bilingual (English/Spanish)
Hours: Mon. - Fri., 8:30 am - 4:30 pm.
Area Served: Monmouth and Ocean counties.
Purpose: The consortium offers a variety of care and treatment services for persons infected with or affected by AIDS or HIV.

Monmouth/Ocean HIV Information, Referral Line and Resource Center
VNA of Central Jersey Foundation, Inc.
625 Bangs Avenue
Asbury Park, NJ 07712
732-502-5100 Bilingual (English/Spanish) 1-800-947-0020

Hour: Mon. - Fri., 8:30 am - 4:30 pm.
Area Served: Monmouth and Ocean counties.
Purpose: The group fields telephone inquiries by professionals and non-professionals. Queries received after hours on the answering machine are answered the next working day. All physical assessments are scheduled at VNACJ Community Health Center, Asbury Park, by appointment.

Planned Parenthood of Central New Jersey
Shrewsbury Center and Administrative offices:
69 East Newman Springs Road
P.O. Box 95
Shrewsbury, NJ 07702
For appointment call: 732-842-9300 Bilingual (English/Spanish)
Fax: 732-842-9338
Cost: Sliding scale.
Hours: Mon. - Fri., 9 am - 5 pm.
Purpose: Provides comprehensive reproductive care and sexuality education.
Process: Call Shrewsbury office for appointment.

Pollak Mental Health Services of Monmouth Medical Center
75 North Bath Avenue
Long Branch, NJ 07740
732-923-6500
Cost: Sliding scale. Call for details.
Hours: Mon. - Fri., 8:30 am - 5:30 pm, evening hours available.
Purpose: Mental health clinic providing services to children and adults.
Process: Call or, in an emergency, walk-in.
Eligibility: Anyone in need of mental health services.

Renfrew Center
174 Union Street
Ridgewood, NJ 07450
1-800-RENFREW CENTER
Cost: Fees depends on length of stay.
Hours: Mon. - Sun. hours depending on type of service.
Purpose: Treatment program for eating disorders.
Process: Call and ask for program information.
Eligibility: Open to public after screening.

Riverview Behavioral Health Center
48 East Front Street
Red Bank, NJ 07701
732-450-2900 Bilingual (English/Spanish)
Addiction recovery services and mental health.
Hours: Mon. - Fri., 8:30 am - 5 pm.

Other Resources in Monmouth County

EDUCATIONAL & RECREATIONAL SUPPORT

Big Brothers and Big Sisters of Monmouth County
Crystal Brook Professional Building
174 Main Street
Eatontown, NJ 07724
732-544-2224
Fax: 732-544-2260
Cost: None.
Hours: Mon. - Fri., 8:30 am - 4:30 pm;
Some evenings and weekends for appointments and special programs.
Purpose: To match responsible, qualified men and women with boys and girls, ages 6 to16, who come from one-parent homes and are designated by professionals to be at risk of social and/or academic difficulties.
Process: Monmouth County youth who live in single-parent homes.
Eligibility: Must be a Monmouth County resident.

Boys and Girls Clubs of Monmouth County
1201 Monroe Avenue
Asbury Park, NJ 07712
732-775-7862 Bilingual (English/Spanish)
Fax: 732-775-4065
E-mail: rtaylor@bgcmnj.org.
Cost: $6 per year, per child.
Hours: Mon. - Fri., 9 am - 9 pm.
Purpose: This is a non-profit agency formed to meet the recreational and educational needs of children and teenagers. The summer day camp is an all-day program with many recreational activities and Olympic-size swimming pool.
Eligibility: Children ages 6-18 (membership), ages 6-13 (after-school care).

Brookdale Community College
Main campus: 765 Newman Springs Road, Lincroft, NJ 07738
732-842-1900, TTY 732-842-4211
Long Branch campus: 213 Broadway, Long Branch, NJ 07740
732-229-8440

Cost: Credit courses are $98.00 per credit, $21.56 per credit general fee.
Cost as of July 1, 2007:
Credit courses are $103.00 per credit, $22.66 per credit general fee.
Non-credit courses as listed.
Hours: Mon. - Fri., 8:30 am - 10 pm.
Purpose: Brookdale is Monmouth County's open admission college.
Process: College application procedure. Call or write for applications, which are available through the Admissions Office.
Eligibility: All Monmouth County residents.

Camp Oakhurst
111 Monmouth Road, Oakhurst, NJ 07755
732-531-0215 Bilingual (English/Spanish)
Cost: Fees are based on a sliding scale.
Office Hours: Mon. - Fri., 9 am - 4:30 pm.
Program hours are flexible.
Purpose: To help the social and recreational needs of the physically disabled. The summer camp runs from mid-June through August.
Eligibility: Mentally alert children, teens and adults with physical disabilities, such as cerebral palsy, muscular dystrophy and arthritis, that affect their mobility, coordination or stamina.

Family and Children's Service, Inc. of Monmouth County
191 Bath Ave. Long Branch, NJ 07740
732- 531-9111 Bilingual (English/Spanish)
Fax: 732-531-8507
Cost: Depends upon service.
Hours: Monday – Friday, 8:00 am – 5:00 pm.
Purpose: Nonsectarian agency helps strengthen individual and family life though education, care and counseling. Services include parenting, decision-making and family counseling.
Process: Telephone, personal visit, letter.
Eligibility: Residents of Monmouth and Ocean counties.

Girl Scouts of the Jersey Shore.
242 Adelphia Rd., Farmingdale, NJ 07727
Phone: 732-938-5454
Fax: 732-938-7463
Website: www.girlscoutsjs.org

Hours: Mon. - Thurs., 9 am - 5 pm.
Cost: $10 per year, full financial assistance available for membership fee, materials and day camp.
Purpose: The goal of the Girl Scout Program is to give all girls a safe and nurturing environment in which to grow strong so they can assume the role of active citizens in their own community and in an increasingly global society.
Volunteers/mentors always needed.
Programs: Call for specific program information in your area.

Hand in Hand
127 Myrtle Avenue
Long Branch, NJ 07740
732-571-6288 Bilingual (English/Spanish)
Cost: None.
Hours: Mon. – Fri., 7 am – 3:30 pm
Purpose: To provide day care services to teen parents in Long Branch.
Process: Apply at Long Branch schools or at Board of Education.
Eligibility: Long Branch residents in school.

Jewish Community Center
100 Grant Avenue
Deal Park, NJ 07723
732-531-9100 Bilingual (English/Spanish)
Fax: 732-531-4718
Website: www.jcc.yehud.com.
Cost: Depends on program.
Hours: Mon. – Thurs., 6:30 am – 9 pm, Fri. 6:30 am – 4 pm,
Sat., 7 am – 6 pm.
Purpose: Offers a variety of recreational and social development programs and activities for people of all ages, race, creeds and economic levels.
Process: Phone, write or visit the Center.
Eligibility: Open to public.

Long Branch Department of Recreation
344 Broadway
Long Branch, NJ 07740
732-571-6545
Fax: 732-870-8832
Cost: None.

Hours: Mon. – Fri., 8:30 am – 4:30 pm.
Purpose: To provide recreational activities for Long Branch residents.
Process: Call for current programs.
Eligibility: Open to Long Branch residents.

Monmouth County Park System
805 Newman Springs Road, Lincroft, NJ 07738-1695
732-842-4000
Fax: 732-842-4162
Cost: Dependent upon program, admission to all parks is free except for Seven Presidents Oceanfront Park during the summer session.
Hours: Mon. - Fri., 8 am - 4:30 pm.
Purpose: The Monmouth County Park System plans, develops, operates and coordinates a system of park, recreation, conservation and open space areas and facilities for the use and enjoyment of the citizens of Monmouth County.
Process: Call to find local parks and current available programs.
Eligibility: None.

Project U.S. Urban Environments
P.O. Box 837
76 East Front Street
Red Bank, NJ 07701
732-219-7300
Fax: 732-219-7305
Cost: Depends upon the program. Call for information.
Hours: Mon. - Fri., 9 am – 5 pm.
Purpose: To promote a better understanding of the natural environment, such as rock climbing, backpacking, caving and winter camping.
Eligibility: Open to all ages.

The Community YMCA Child Achievement Centers
Arrowhead Children's Achievement Center
521 County Road 520, Marlboro, NJ 07746
732-946-4598

Count Basie Children's Achievement Center
138 Drs. James Parker Blvd., Red Bank, NJ 07701
732-747-4426
Website: http://www.cymca.org/count-basie/index.asp

Matawan Children's Achievement Center
201 Board Street,
Matawan, NJ 07747
732-566-9266
Cost: Inquire.
Hours: Mon. - Fri., 9 am – 5 pm.
Purpose: Academic preschool, before and after school-age programs, kindergarten enrichment programs, Saturday enrichment programs, ESL (English as a Second Language) programs, and summer camp programs to support the cognitive, emotional, and social development of children in our communities. Educational support services, tutoring and learning opportunities for young people who need to supplement their formal education.
Process: Contact the Center.

The Community YMCA Community Outreach
138 Drs. James Parker Blvd., Red Bank, NJ 07701
732-747-4426

Black Achievers
Teens and youth, in grades 6 to 12, meet with positive role models in the community, introducing them to career, educational and social opportunities.
Hours: Runs throughout the school year.

Leaders Club
Teens in grades 7to12 take charge as they hold weekly club meetings and complete service projects. This program specializes in leadership, good communication and team building.

Model United Nations
With Model United Nations, high school students meet to learn about the world around them through research and debates about international issues.
Hours: Runs September - January

Youth and Government
The Youth & Government program gives high school students a say in social issues. New Jersey teens are brought together to write their own legislative bill and debate it at the Senate/House Chambers in Trenton.
Hours: Runs December - March

Bayshore Community Hospital/
Bayshore Community Health Services
727 North Beers Street, Holmdel, NJ 07733
732-739-5900 Bilingual (English/Spanish)
Fax: 732-888-7325 Website: www.bchs.com
Cost: Fees for services. Call for details.
Visiting Hours: 11:30 am - 8:30 pm, 7 days a week.
Purpose: To provide health care services in a hospital-based system of organizations.
Process: In an emergency, dial 911. For more information on programs and services, call main number.
Eligibility: Open to all. For program details, call main number.

Camp Oakhurst
111 Monmouth Road, Oakhurst, NJ 07755
732-531-0215
Cost: Fees are based on a sliding scale.
Hours: Mon. - Fri., 9 am - 4:30 pm (office hours).
Program hours are flexible.
Purpose: To help the social and recreational needs of the physically disabled. The summer camp runs from mid-June through August.
Eligibility: Mentally alert children, teens and adults with physical disabilities, such as cerebral palsy, muscular dystrophy and arthritis,
that affect their mobility, coordination or stamina.

CentraState Health Awareness Center
65 Gibson Place, Freehold, NJ 07728
732-308-0570
Fax: 732-308-3389
Hours: Mon. - Fri., 8 am - 4:30 pm.

Jersey Shore Medical Center
1945 State Highway 33, Neptune, NJ 07753
Hours: Mon. - Fri., 9 am - 9 pm
Adolescent Screening & Evaluation
1-800-822-8905 — Crisis Unit in Emergency Room

JSMC Community Mental Health Center
732-643-4400
Cost: For financial evaluations, call 732-776-4347.

Hours: Mon. – Thurs., 8:30 am – 9 pm. Fri., 8:30 am – 5 pm
JSMC – Crisis Psychiatric Access Center
732 776-4555
Cost: For financial evaluation, call 732-776-2325.
Hours: 24 hours a day.
Purpose: This hospital-based community mental health center offers outpatient mental health programs, including a substance abuse program and referrals for adults and children.
Area served: Monmouth and Ocean counties.

Jewish Family and Children's Service
Asbury Park office
705 Summerfield Ave.
Asbury Park, NJ 07712
732-774-6886 Bilingual (English/Spanish)
Fax: 732-774-8809

Red Bank office
170 Broad Street
Red Bank, NJ 07701
732-747-0777
Cost: Sliding-scale fee.
Hours: Mon. – Fri., 9 am – 5 pm, evening appointments Mon. – Thurs.
Purpose: This is a private, non-profit, non-sectarian agency that provides family counseling and other social services to all residents of Monmouth County.
Process: Call the main office in Asbury Park for evaluation and appointment.
Eligibility: Monmouth County residents.

Morganville office:
25 Kilmer Dr. Bldg 3
Morganville, NJ 07751
732 536-0050

Monmouth County Division of Mental Health and Addiction Services
732-431-7200 Bilingual (English/Spanish)
Fax: 732-308-3700
Coordinates mental health response for disasters and critical incidents.

HEALTH & SOCIAL SERVICES

180 Turning Lives Around, Inc.
One Bethany Road
Suite 42, Building 3
Hazlet, NJ 07730
732-264-4360
732-988-5200 ext. 513 - for use by Spanish speaking clients who need counseling.
Fax: 732-264-8655
24-Hour Crisis HOTLINES:
Domestic Violence: 732-264-4111
Sexual Assault: 732-264-RAPE

2nd Floor Youth Helpline
Helpline for youth in Monmouth County.
888-222-2228
Website: www.2ndfloor.org
Cost: No cost for emergency shelter or sexual assault crisis intervention. There is a sliding-scale fee for the outreach counseling program. Insurance is accepted.
Hours: Mon.- Fri., 9 am - 5:00 pm
Purpose: To provide shelter, counseling, protection, prevention, education and advocacy for Monmouth County residents affected by domestic violence and sexual assault. Programs include Alternatives to Abuse, group counseling for men with anger management issues.
Process: Phone call preferred; may drop in.
Eligibility: Adult women or emancipated minors for all programs; adult men for anger management and parenting groups; Rape Care Outreach

Birthright
175 Patterson Ave., Shrewsbury, NJ 07701
732-747-7600
1-800-550-4900
Cost: None.
Hours: Mon. - Fri., 9:30 am - 11:30 am;
2:30 pm - 4:30 pm; Sat. and evenings by appointment.
Purpose: Assist in providing whatever assistance is necessary to a girl or

woman with a problem pregnancy to help her carry her baby to term. Assists in finding housing and informs women of available services.
Process: Walk in or call for assistance.
Eligibility: None.

Calico Cat Food Pantry and Cupboard and Thrift Shop
96 Kings Highway, Middletown, NJ 07748
732-671-0550
Pantry and Cupboard hours: Wed., 9:30 am - 2:30 pm,
(closed for lunch from noon - 1 pm) and every fourth Tues. of the month from 7 pm - 8:30 pm. Only for working low-income families.
Thrift Shop hours: Mon. - Thurs., 9:30 am - 2:30 pm;
Fri. - Sat., 9:30 am - noon.
Purpose: Social action by a group of 10 churches to provide emergency clothing, food and household goods. The Thrift Shop is open to the public. Calico Cat Food Pantry and Cupboard goods are available at no charge to clients by referral.

Check-Mate, Inc.
Districts I and II Resource Centers:
40 Memorial Parkway, Long Branch, NJ 07740
732-870-6685
Fax: 732-870-6693
Hours: Mon. - Fri., 9 am – 4:30 pm.
Districts III and IV Resource Centers:
550 Cookman Ave., Asbury Park, NJ 07712
732-774-3100
Fax: 732-774-3220
Hours: Mon. - Fri., 9 am - 4:30 pm.

Lunch Break
121 W. Bergen Place, Red Bank, NJ 07701
732-747-8577
Cost: None.
Hours: Mon. - Fri., 7:30 am - 2:30 pm.
Purpose: To help members of the community who cannot provide adequately for themselves and their families.

Monmouth County Department of Human Services
Division of Social Services, Food Stamp Program
1900 Corlies Avenue, Neptune, NJ 07753
732-988-7717
Cost: None.
Hours: Mon. - Fri., 8:30 am. - 4:30 pm.;
Tues. and Wed., 8:30 am - 8 pm.
Purpose: Monthly food stamp benefits help low-income households increase their food purchasing power in order to improve their nutritional intake.
Process: Call to make an appointment.
Eligibility: Depends upon household income.

Monmouth County Department of Human Services
Division of Transportation (DOT)
250 Center Street, Freehold, NJ 07728
732-431-6485
732-780-1121 (Bus and train information)
Cost: Rates vary.
Hours: Mon. - Fri., 7:30 am - 4:30 pm.
Purpose: DOT provides public and specialized transportation services for residents of Monmouth County.
Process: Applications and information are available from the office.
Eligibility: The program is open to Monmouth County residents.

Monmouth County Division of Employment and Training
170 Monmouth Street, Red Bank, NJ 07701
732-747-2282 Bilingual (English/Spanish)
Fax: 732-747-7202
Cost: None.
Hours: Mon. - Fri., 8:30 am - 4:30 pm
Purpose: Trains or assesses young people and adults on-the-job or in the classroom. Training is in various occupations.
Process: Applications are available through the Division of Employment and Training.
Eligibility: Low-income persons or those who have been laid-off.

Monmouth County Office on Disabilities
Hall of Records Annex
1 East Main Street

Freehold, NJ 07728
732-431-7399
Fax: 732-431-7875
Cost: None.
Hours: Mon.- Fri., 9 am - 4:30 pm.
Purpose: To serve the needs of disabled Monmouth County residents.
Services: Information and referral; technical assistance and consultation; personal attendant information. Also gives help in locating supplies, transportation, equipment, employment, education, housing and medical care.
Process: Phone, write or visit the office.
Eligibility: All disabled residents of Monmouth County.

Monmouth County One Stop, Neptune Office
60 Taylor Avenue
Neptune, NJ 07753
732-775-1566 (Job Services) Bilingual (English/Spanish)
Fax: 732-775-6125 732-775-1562 REACH and CAEP
(General Assistance Employability Program)
Cost: None.
Hours: Mon. - Fri., 8:30 am - 4:30 pm.
Purpose : Job Service provides a free labor exchange for individuals and employers; offers free placement service to people seeking work; helps individuals who receive public assistance to become self-sufficient.
Process: Applicants may register in person from 8:30 am - 3 pm.

Monmouth Health Center
270 Broadway, Long Branch, NJ 07740
732-923-7111
Cost: Sliding scale.
Charity health insurance may be applied for.
Hours: Mon. - Fri., 8 am - 4:30 pm; Tues., 8 am - 7 pm.
Purpose: To provide free health services, check-ups and treatment to the community.
Process: Appointment or walk-in.
Eligibility: Open to the public.

New Jersey Self-Help Clearinghouse
St. Claire's Health Services
100 Hanover Ave Suite 202
Cedar Knolls, NJ 07927

1-800-367-6274
E-mail: ashe@cybernex.net.
Website: http://www.njgroups.org
Cost: None.
Hours: Mon. - Fri., 8:30 am - 5 pm.
Purpose: The Clearinghouse promotes the development, awareness and use of mutual aid, self-help groups throughout the state. Services include information and referral, consultation and training. The Self-Help Directory is published yearly.
Process: Telephone.
Eligibility: Open to the public.

Ocean/Monmouth Legal Services
Boro Plaza
25-13 Broad Street
Freehold, NJ 07728
732-866-0020 TDY 732-866-4178
Bilingual (English/Spanish) Fax: 732-866-9009
Hours: Mon.- Fri., 8:30 am - 4:30 pm.

599 Route 37 West
Toms River, NJ 08755
732-341-2727 TDY 732-341-0526
Bilingual (English/Spanish) Fax: 732-505-3080
Hours: Mon. - Fri., 8:30 am - 4:30 pm.
Purpose: Legal assistance for eligible low-income individuals and groups in certain civil matters that do not generate fees.
Process: Call for information.
Eligibility: Based on income and type of matter.

United Way of Monmouth County
1415 Wyckoff Road
Farmingdale, NJ 07727
732-938-5988
Fax: 732-938-2850
Monmouth County Helpline: 1-800-272-4630
Cost: None.
Hours: Mon. - Fri., 9 am - 5 pm
Purpose: United Way's First Call for Help is a telephone referral service that connects those in need to the proper programs. Printed materials include the

Where to Turn series and *A Directory of Human Services for Monmouth County*.
Process: Call for information.

Volunteer Center of Monmouth County
191 Bath Avenue
Long Branch, NJ 07740
732-728-1927
Cost: None.
Hours: Mon. - Fri., 8 am - 4:30 pm, Thurs., 8 am - 8 pm
Purpose: Offers volunteer opportunities, programs and resources through more than 339 Monmouth County nonprofit organizations, including SYNERGY (Singles in Community Service) and KICS (Kids in Community Service).
Process: Call or write for an application.
Eligibility: All Monmouth County residents.

Welfare - General Assistance
1900 Corlies Avenue
Neptune, NJ 07753
732-502-5800 Bilingual (English/Spanish)
Cost: None.
Hours: Mon. - Fri., 8:30 am - 4:30 pm, T/W 8:30 am – 8 pm.
Purpose: Provides financial and medical assistance.
Process: Visit during office hours or call for appointment.
Eligibility: Adults who meet family and income guidelines.

WIC (Women, Infant and Children Supplemental Nutrition Program) Visiting Nurse Association of Central Jersey
125 Leonardville Road, Belford, NJ 07718
732-471-9301
Cost: None.
Hours: By appointment.
Purpose: A supplemental nutrition program for pregnant and nursing women and for children up to five years of age.
Eligibility: Residency in the service area; income eligibility requirements.

FAITH-BASED ORGANIZATIONS

Asbury United Methodist Church
61 Atlantic Avenue, N. Long Branch, NJ 07740
732-229-5544

ASLAN Youth Ministries
65 West Front St, P.O. Box 270, Red Bank, NJ 07701
732-741-7824
Fax: 732-741-3284
Cost: None.
Hours: Mon. - Fri., 9 am - 5 pm (office); 3 pm - 10 pm (field)
Purpose: Serves the spiritual, physical and mental needs of disadvantaged, low-income youth and their families.
Christian organization.
Process: Call Center office for information.
Eligibility: Primary emphasis on African American youth, but open to disadvantaged children of all ethnic groups.

Atonement Lutheran Church—ELCA
308 First Avenue
Asbury Park, NJ 07712
732-776-5727

Ballard United Methodist Church
1515 Fourth Avenue
Asbury Park, NJ 07712
732-775-7018

Bethel AME Church
PO Box 815
1001 Cookman Avenue
Asbury Park, NJ 07712
732-988-6883

Dunamis Life Worship Center, Inc.
P.O. Box 2412
Ocean, NJ 07712
732-776-7653

Faith Baptist Tabernacle
1209 Bangs Avenue
Asbury Park, NJ 07712
732-988-1816

Holy Spirit Roman Catholic Church
705 Second Avenue
Asbury Park, NJ 07712
732-775-0030

Salvation Army
605 Asbury Avenue
Asbury Park, NJ 07712
732-775-8698

Tabernacle of Glory
722 Mattison Avenue
Asbury Park, NJ 07712
732-774-8353

The Victory Tabernacle of Prayer for All People
1325 Asbury Avenue
Asbury Park, NJ 07712
732-988-9234

Trinity Church
503 Asbury Avenue
Asbury Park, NJ 07712
732-775-5084

Triumphant Life Church
1003 Asbury Avenue
Asbury Park, NJ 07712
732-774-0303

United Fellowship Baptist Church
603 Third Avenue
Asbury Park, NJ 07712
732-775-2177

Hotlines

Alcohol, Drugs, Tobacco/Nicotine and Addiction

Alcoholics Anonymous
800-245-1377
www.nnjaa.org

Al-Anon/Alateen
973-744-8686

Narcotics Anonymous
800-992-0401
www.na.org

Nar-Anon
800-238-2333
www.naranon.org

New Jersey Quitline
866– NJSTOPS (657-8677)
www.nj.quitnet.com

Addictions Hotlines of New Jersey
800-238-2333 or 908-687-8566
www.contactlines.org

Domestic Violence and Child Abuse

Child Abuse (DYFS)
800-792-8610
www.state.nj.us/humanservices.dyfs

Domestic Violence Hotline
(Monmouth)
732-264-4111

National Child Abuse Hotline
800-422-4453

Parents Anonymous Helpline
800-843-5437
www.pa-of-nj.org

Rape, Abuse and Incest National
Network (RAINN)
Toll-Free: 800 656-HOPE (4673)

Eating Disorders

National Association of Anorexia
Nervosa and Associated Disorders
Phone: 847-831-3438

Overeaters Anonymous
Phone: 505-891-2664

NIDDK Weight-Control
Information Network
Toll-Free: 877-946-4627

Mental Health Crisis Hotlines

CentraState Mental Health Hotline
732-780-6023
www.centrastate.com

Jersey Shore Medical Center
732-776-4555
www.meridianhealth.com

Monmouth Medical Center
732-923-6999
www.saintbarnabas.com

National Suicide Prevention Lifeline
Toll-Free: 800-SUICIDE
(800-784-2433)

Runaway Services

Crisis Nineline Hotline
Hotline: 800-999-9999

National Runaway Switchboard
Toll-Free: 800-621-4000
www.nrcrisisline.org

Youth Crisis and Runaway Hotline
800-448-4663
www.famvi.com

Pregnancy prevention and sexually transmitted infections

Planned Parenthood
Toll-Free: 800-230-7526
www.plannedparenthood.org

CDC National AIDS Hotline
Hotline: 800-342-AIDS (2437)

HIV/AIDS Treatment Information Service
Toll-Free: 800-HIV-0440

CDC National STD/HIV Hotline
Hotline: 800-227-8922

Gay and Lesbian Youth Line
Toll-Free: 800-347-TEEN (8336)

Other Resources

Family and Children's Services
732-531-9111

180 - Turning Lives Around
732-264-4111
www.180nj.org

2nd Floor Youth Helpline
888-222-2228
www.2ndfloor.org

United Way of Monmouth County
732-938-5988
www.unmonmouth.org

Women's Referral Central
800-322-8092
www.state.nj.us/victims/rapectrs.htm

Visit our website at www.preventionfirst.net
or email us at info@preventionfirst.net!

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