



New Directions

A Therapeutic After-School Program for Adolescents Age 12-17

Located at CBHCare’s Hackensack center, *New Directions* is a program for adolescents in need of intensive, structured therapy to address complex emotional and behavioral issues. *New Directions* offers a multi-faceted treatment approach to assist troubled teenagers and their families in finding new solutions to serious emotional problems. Admission criteria:

1. Adolescent requires more intensive treatment services than would be available in a standard outpatient setting.
2. Adolescent has a history of psychiatric hospitalization or out-of-home placement.
3. Behavior in the community places adolescent at risk for hospitalization or re-hospitalization.

Programs Available

- Individual, Group and Family Therapy
- Parent Support Groups
- Cooking Groups & Dinner
- Recreational Outings
- Psychiatric Evaluation, Medication
- Monitoring and On-going Psychiatric Assessment
- Art Therapy
- Parent Education Workshops
- Computer Lab
- Transportation provided as necessary

To speak with a caring, trained CBHCare staff member about an appointment, call our confidential

ACCESS CENTER @ 201-646-0195

9 a.m.- 5 p.m. Mon-Thurs ~ 9 a.m.- 4 p.m. Fri

If you or someone you know is in crisis and needs immediate help please go to the nearest emergency room, call 911, or 201-262-HELP (4357)

We are a participating Medicaid and Medicare provider, as well as a participating provider for Magellan and most major insurance and managed care companies. Our fee counselors specialize in assisting consumers without coverage or other financial resources to use the state subsidies from our grants to find an affordable fee for all services. Since 1969, no one has ever been denied CBHCare services because they could not afford them.



www.cbhcare.com

Lyndhurst & Hackensack

Comprehensive Behavioral Healthcare is licensed by the New Jersey Department of Mental Health Services and the Division of Addiction Services.