

### OVERVIEW

- ◇ The Adolescent and Family Therapy Program (AFT) offers psychological outpatient services for Bergen County adolescents between the ages of 12 and 17½ who do not have medical insurance or the financial resources to pay for psychological or psychiatric treatment.
- ◇ AFT treats most psychological, psychiatric, social issues and problems of adolescence.
- ◇ All treatment is individualized and focused on helping clients reach their treatment and life goals.
- ◇ AFT offers short and longer term individual psychotherapy for adolescents.
- ◇ All AFT staff members are clinical professionals with advanced degrees and are experienced in working with adolescents and families.
- ◇ AFT services are provided free of charge.

### REFERRALS

- ◇ Referrals come from families, schools, police and other agencies.
- ◇ Referrals to AFT are screened by the Central Intake Program of the Division of Family Guidance to determine eligibility and suitability for AFT services and/or other Family Guidance programs.

**The phone number for Central Intake is (201) 336-7360**

- ◇ AFT is **not** a drop-in service, nor is it a program suited for immediate or ongoing crisis intervention. Crisis intervention services are provided by our Juvenile Family Crisis Intervention Unit (JFCIU). They can be reached 24/7 at (201) 336-7360.
- ◇ Family therapy offered by AFT is focused on addressing the concerns and issues related to the adolescent.

### SERVICES

- ◇ Services may include:
  - Individual therapy
  - Family therapy
  - Referrals to other programs and agencies for additional services
- ◇ AFT provides psychotherapy for most adolescent problems including:
  - Depression
  - Anxiety
  - Anger Management
  - Impulsivity
  - Peer Relationship Problems
  - Social Isolation
  - Bullying
  - Dating Issues and Problems
  - Sexual Issues
  - Family Conflict
  - Conflict with Authority

## COUNTY OF BERGEN

### Department of Human Services Division of Family Guidance

#### MISSION STATEMENT

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

#### THE FAMILY GUIDANCE VISION:

The Division of Family Guidance is Bergen County's resource for youth and families in need.

#### Values:

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity  
Community Safety

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### ADOLESCENT and FAMILY TREATMENT

One Bergen County Plaza, 2nd Floor  
Hackensack NJ 07601

Phone: (201) 336-7350  
Fax: (201) 336-7370

## COUNTY OF BERGEN



**James J. Tedesco III**  
*County Executive*

### BOARD OF COUNTY COMMISSIONERS

### DEPARTMENT OF HUMAN SERVICES

### DIVISION OF FAMILY GUIDANCE

# BERGEN NEW JERSEY *County*

## ADOLESCENT and FAMILY TREATMENT



County of Bergen  
Department of Human Services  
**Division of Family Guidance**  
One Bergen County Plaza  
2nd Floor  
Hackensack, NJ 07601

[www.co.bergen.nj.us/bcdhs/divisions/family.htm](http://www.co.bergen.nj.us/bcdhs/divisions/family.htm)

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