

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 family members, school personnel, other professional providers, and other internal programs
- ◇ AFT now offers individual and group therapeutic services to children and adolescents experiencing grief and loss. These bereavement services are available to youth ages 12-17
- ◇ 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
 - Bereavement

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.

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

**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
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DEPARTMENT OF HUMAN SERVICES

Melissa DeBartolo, Esq.
Department Director

DIVISION OF FAMILY GUIDANCE

BERGEN
NEW JERSEY *County*

**Adolescent and
Family Treatment**



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www.bergencountynj.gov/familyguidance

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