

GUIDE TO PROFESSIONAL SERVICES

2022

Youth Consultation Service Board of Directors

Youth Consultation Service, Inc. Board

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Mission Statement

Our mission is to partner with at-risk children who have special needs and adults with developmental disabilities to build happier, healthier, more hopeful lives within their families and communities.

Overview

YCS is a private 501(c)3, nonprofit, behavioral health agency that provides comprehensive, therapeutic services for individuals, birth through adulthood, with complex special needs. YCS programs include residential care, foster care, special education schools, and community-based clinical services across the Garden State.

Some of the children in YCS' care are separated from their loved ones and have been affected by trauma, others are challenged by life-long intellectual/developmental disabilities and co-occurring mental health disorders. In every case, YCS is committed to helping individuals rebuild their lives and develop the skills to reach their full potential in a safe, nurturing environment.

We provide in-home, residential, educational, and community-based services for
Approximately 2800 children/young adults and their families each day through
58 distinct programs in 44 locations across 15 Counties in New Jersey.

Organization Officers and Titles

Tara Augustine, President and Chief Executive Officer
Dr. Sharon Mason-Bell, Medical Director
Linda Pansulla, Chief Operations Officer
Nancy G. Kenney, Chief Financial Officer
Hing Shung Chan, Chief Technology and Security Officer
Jamie Fox, Chief Quality and Compliance Officer
Ruthie Harper, Chief Development Officer
Steven Kessler, Chief Human Resources Officer
Erin McCloskey, Chief Information and Privacy Officer
Janis Nicolosi-Endo, Chief Communications Officer

Headquarters:

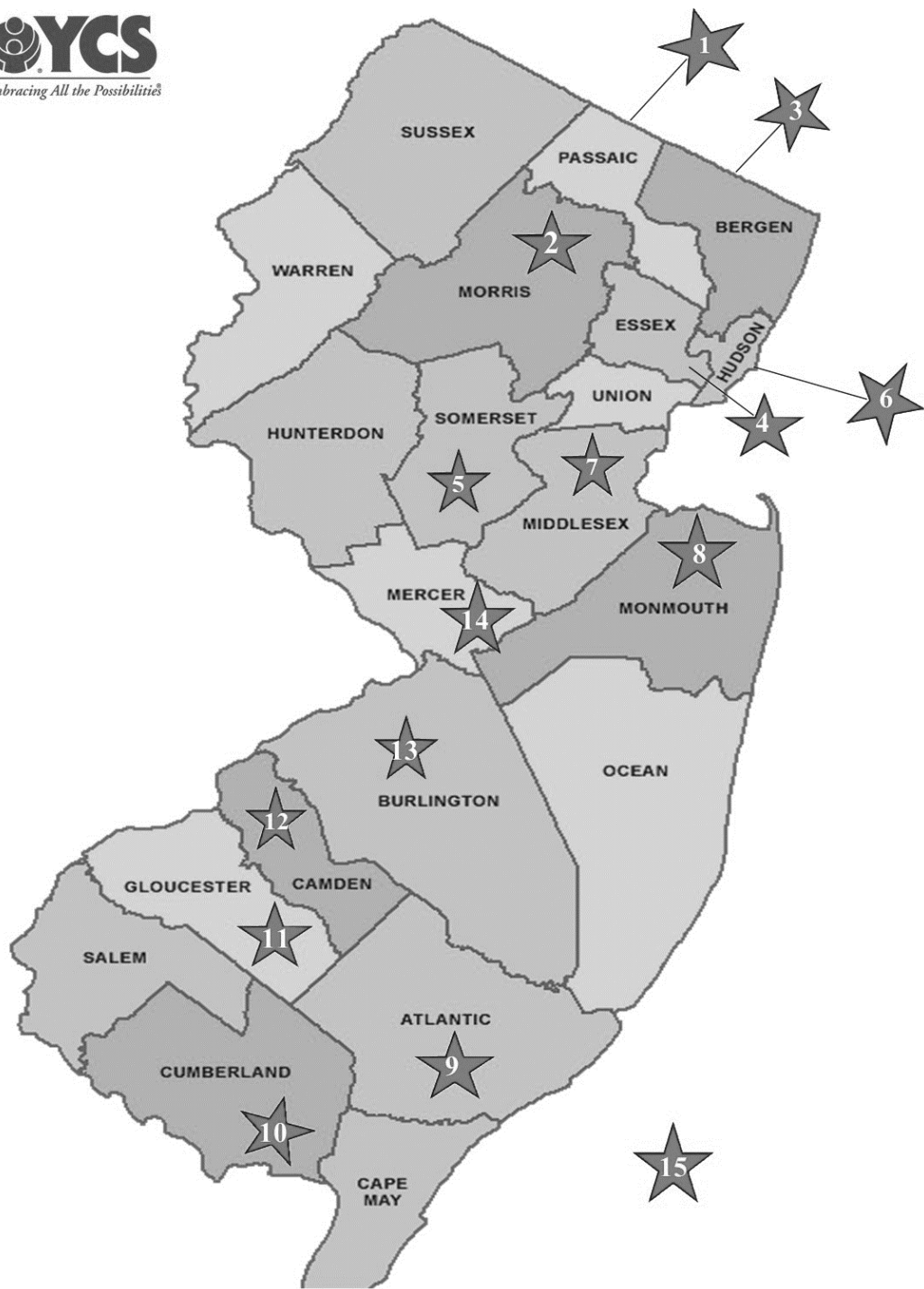
Newark Office
284 Broadway
Newark, NJ 07104
(973)482-8411

Hackensack Office
25 East Salem St.
Hackensack, NJ 07601
(201)678-1312

Somerdale Office
20 E. Evergreen Avenue
Somerdale, NJ 08083
(856)309-5420

www.ycs.org

Services Map



Services Map Legend (number in parenthesis represents the number of participants)



Passaic County

Residences

- * Kilbarchan Residential Treatment Center (21)
PAU (6) IRTS (6) –Paterson Campus
- * Sawtelle Thomas Home-Paterson (6)
- * Sawtelle Buffalo Home-Paterson (6)
- * Sawtelle Emergency Capacity System Home – Haledon (4)

After-School Programs

- * School Based Youth Services, 21st Century Program, Parent Linking Program, & Prevention of Juvenile Delinquency Program-Eastside High School, Paterson (300 plus)



Essex County

Residences

- * Malcolm House-Orange (5)
- * Davis House-Newark (17)
- * Bright Start Home-Newark (5)
- * Sawtelle Home-Orange (5)
- * Sawtelle Home-West Orange (4)

YCS Private School

- * YCS Sawtelle Learning Center (90 plus)

Community Programs

- * Nurse Family Partnership (175)
- * Institute for Infant & Preschool Mental Health; Doctoral Internship Program; Helen May Strauss Clinic (150 plus)



Morris County

Residences

- * Sawtelle PICA Home-Randolph (4)
- * Sawtelle Medical Home-Flanders (4)
- * Sawtelle Home-Denville (4)

Community Program

Nurse Family Partnership (50)



Somerset County

Residences

- * Sawtelle Emergency Capacity System Home –Somerset (4)
- * Sawtelle Pearl St. Home– Bridgewater (4)
- * Sawtelle Burning Bush Home- Bridgewater (4)



Hudson County

Community Programs

- * Parents as Teachers (60)
- * Helen May Strauss Clinic (97)



Bergen County

Private School

- * YCS George Washington School- Hackensack (90)

Residences

- * Holley Child Care & Development Center (40), Sawtelle Hall (4), IRTS (7) - Fisher Hall (12)- Hackensack Campus
- * Sawtelle Home- Northvale (4)



Middlesex County

Residences

- * Laurie Haven Home-Edison (10)
- * Sawtelle Home Greenbrook (4)



**Monmouth
County**

- * Sayre House-Farmingdale (8)



Camden County

Residences

- * Voorhees Home (6)
- * Haddon Heights Home (5)
- * Sawtelle Home Camden (5)
- * Sawtelle Home Blackwood (5)
- * Sicklerville Home (9)
- * Crisis Stabilization & Assessment Program (CSAP)
-Winslow (5)
- * Sawtelle Home Cedar Brook (5)



**Atlantic
County**

- * Sawtelle Home Buena Vista (4)
- * Estell Manor Home (8)
- * Sawtelle Apartments Absecon (2) (2)
- * Crisis Stabilization & Assessment Program (CSAP)
-Hammonton (5)



**Burlington
County**

- * Sawtelle Home Toledo (4)
- * Sawtelle Home Willingboro (4)
- *Sawtelle Home Echo Hill (4)



Cumberland County

Residence

- * Vineland Home (5)



Mercer County

- * Sawtelle Hill Top Home - Princeton (4)



Gloucester County

Residence

- * Sawtelle Home Sewell (4)
- *Sawtelle Home Wenonah (5)



YCS Statewide Services

- * Specialized Foster Home Program (51)

Business Description

YCS is a leading provider of recovery-focused behavioral/mental health services for children, life skills education and training for individuals affected by I/DD, and child abuse prevention programs for parents of infants and preschool age children.

YCS currently operates forty-five residential programs throughout the state that include short term crisis intervention and assessment programs for children on the autism spectrum; intensive treatment programs for mental health disorders and acting out behaviors; permanent group home care for young adults affected by I/DD/MH challenges. YCS also operates two special education schools for students with special needs, including Autism Spectrum Disorder, who are referred to YCS by local school districts. YCS' third area of business is community based and outpatient clinical services. The aim of these services is to keep families together, build healthy nurturing relationships between parent and child, and advise parents on child development. Services include the early detection of developmental disabilities and subsequent treatment.

Over the years, YCS has been at the forefront of innovating new programs for children with behavioral, emotional, and social challenges and has earned a reputation for its commitment to accept the most difficult and challenging situations, with the determination and belief that every child and young adult can recover and rebuild his or her life when given the best care.

History of Organization

YCS' roots trace back to 1918, when a consortium of Newark churches joined forces to provide services for forsaken women and children in the aftermath of the Spanish Flu Pandemic and World War 1. While the agency has evolved and expanded over its one hundred plus year history to meet the needs of New Jersey's families, YCS has remained steadfast in its mission to provide quality care for the state's most vulnerable children and families.

Organizational Structure

The various levels of the organization, and key roles of each, include:

I. Board of Directors - Oversight

- Mission
- Statement Policy
- Strategic Planning
- Regular and Special Board
- Meetings Committee and Sub
- Committees Fiduciary Oversight

II. Executive Management - Authority Direct Services

- Operations/Administration
- Staff Meetings
- Focus Groups, Time-Limited Teams and Ad-Hoc
- Committees Operating Policies and Procedures
- Staff Committees

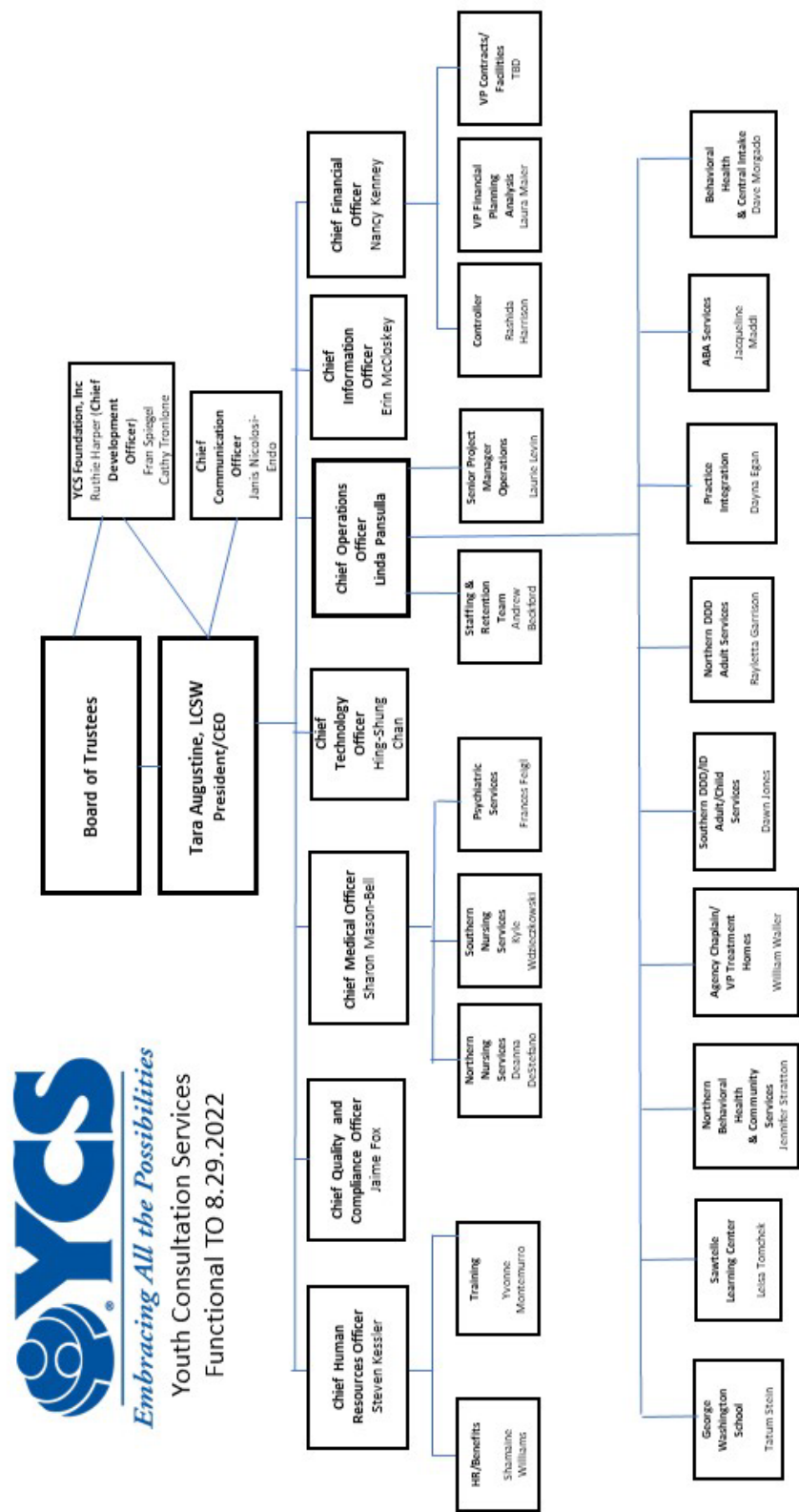
III. Medical Director - Oversight

- Medical/Legal Responsibility of Clinical Programs
- Clinical Leadership
- Ongoing Supervision of Psychiatrists
- Clinical Staff Peer Review

IV. Office of the President - Compliance

- Corporate Compliance
- Financial and Administrative
- Services Legal
- Quality Assurance
- Oversight Committee
- Strategic Development
- Grant and Program
- Development
- Marketing and Communications
- Strategic Planning
- Plan for Professional Services
- Performance Improvement
- Focus Groups, Time-Limited Teams, and Ad-Hoc Committees

Table of Organization



Affiliated Entities

The YCS Foundation

The YCS Foundation was established in 1997 to address the need for new private funding sources to sustain the growing number of YCS programs and services and advance the mission of YCS to provide for the safety and well-being of thousands of vulnerable children and families across the state of New Jersey.

The YCS Foundation serves to give a voice to these children. Working closely with the YCS Foundation Board of Trustees, the Foundation seeks to improve their lives by cultivating relationships with corporations, foundations, charitable trusts, individuals, places of worship and other entities to secure critical financial resources as well as donations of goods and services. The support from these donors can help underwrite vital programming, transform homes and facilities, and provide activities and new experiences with the power to help heal.

In addition to financial support, the Foundation seeks donations of goods and services to assist all 58 YCS programs. This support has been especially important in times of crisis – such as Hurricane Sandy and the Coronavirus Pandemic - when we are reminded how important it is to be a part of a community.

The Foundation acts as a liaison between the programs and their communities by establishing opportunities for volunteers. Individual adults, groups from corporations, civic organizations, and more host parties and events to provide the children with extra kindnesses and attention while they focus on their healing.

The Foundation is responsible for hosting major annual fundraising events such as the YCS Gerry Cooney Fight Night and YCS Charity Golf Classic.

The Foundation can also assist individuals who want to help ensure that YCS will continue to provide help and counsel to children in need for many years to come through Legacy Giving.

The YCS Foundation welcomes the opportunity to speak with individuals, corporations, civic and religious groups about ways to help ensure YCS children and families can grow and thrive.

YCS Foundation
Ruthie Harper, Chief Development Officer
25 East Salem Street, 3rd Floor
Hackensack NJ 07601
201-678-1312
rharp@ygs.org

Residential Programs – Behavioral Health for Children

IRTS - Intensive Residential Treatment Services

IRTS provides comprehensive treatment services within a secure non-hospital based, highly structured environment for adolescents who have had multiple psychiatric hospitalization and other residential placements. Each resident receives clinical, psychiatric, medical, recreational, and educational services (off site). The goal of the program is to provide an accurate assessment and individualized treatment in a nurturing environment that will allow each youth to reach his or her fullest potential. Once a youth is stabilized, the belief is that this will minimize the need for re-hospitalization and allow a youth to be transitioned home or to a lower level of care.

The program utilizes a holistic approach that targets mental/emotional health, behaviors, physical health, social skills, and individual needs. The Nurtured Heart approach is the framework that is utilized to provide care. It focuses on positive behaviors, allowing choices, teaching youth, families, and staff about trauma, and helps the youth develop/maintain self-soothing skills. On a weekly basis, youth receive three individual psychotherapy sessions, family therapy, Dialectical Behavior Group Therapy, a psychodynamic process group, three social skills groups, wellness and management group, sex education, medication, and health education group. The program has multiple allied therapy groups including pet therapy, exercise, talents and expression, art, and current events. To promote reintegration into the community, youth are often taken on offsite outings.

Referral Sources and Funding

Hospital CCIS through NJ DCF CSOC, NJDCF-Division of Child Protection and Permanency (DCP&P), PerformCare, Specialized Residential Treatment Unit.

Locations



81 East 39th Street
Paterson, NJ 07514

Kilbarchan IRTS

6 Coed, Ages 14-18 years



260 Union Street
Hackensack, NJ 07601

Muller IRTS

7 Coed, Ages 11-13 years

Residential Programs – Behavioral Health for Children

PCH - Psychiatric Community Homes

Psychiatric Community Homes primarily serve children, ages 5 to 21, who require additional psychiatric treatment upon discharge from a CCIS or other children's psychiatric inpatient unit, or children released from these facilities whose families need additional support or time to appropriately care for their child in the home. The home provides an array of services including individual and family therapy, group therapy, milieu therapy, nursing, medication management, medical care, recreation, and special education. Clinicians provide individual therapy sessions twice per week and on an as needed basis. The clinicians and clinical case managers also conduct weekly clinical therapy that focus on skill development such as resiliency. The case managers also conduct groups that teach social skills, life skills and stress management. Family participation in the program is essential to a successful outcome and so every effort is made to support family participation in treatment planning, treatment services, and visitation including providing transportation.

Referral Sources and Funding

NJ DCF-Children's System of Care (CSOC), NJ DCF- Division of Child Protection and Permanency (DCP&P), PerformCare, Specialized Residential Treatment Unit.

Locations



284 Broadway
Newark, NJ 07104



101 East Atlantic Ave.
Haddon Heights, NJ 08035

Davis House

17 Coed, 5-16 years

Haddon Heights

5 Female, 17.5-21 years



260 Union Street
Hackensack, NJ 07601



746 McLaughlin Place
Orange, NJ 07050

Fisher Hall

12 Coed, 5-13 years

Malcolm House

5 Females, 17.5-21 years



2033 Sicklerville Rd.
Sicklerville, NJ 08081



16 Hollywood Ave.
Farmingdale, NJ 07727

Sicklerville

9 Males, 17-21 years

Sayre House

8 Females, 12-15 years



2345 Vine Road
Vineland, NJ 08361



284 Broadway
Newark, NJ 07104



720 Amboy Ave.
Edison, NJ 08837

Vineland

5 Males, 17-21 years

Bright Start

5 Females, 11-14 years

Laurie Haven

10 Coed, 6-13 years

Residential Programs – Behavioral Health for Children

SPEC - Specialized Community Homes

SPEC is a specialty bed intensity level of service housed in a home like, residential facility for adolescents with various emotional, psychological, behavioral, and family challenges who cannot be maintained in the community. Residents receive clinical, medical, recreational, and educational (off grounds) services while in treatment. They receive at a minimum two individual sessions a week, family therapy at least twice a month and multiple clinical, psychoeducation, nursing, and allied groups throughout the week. Some of the groups that they offer are anger management, impulse management, sex education, life skills, substance abuse, bullying, art, and music to name a few.

The program utilizes a Nurtured Heart approach with all residents. Clinicians often use cognitive behavioral therapy and strengths-based techniques when working with the youth individually and in group. The goal of the program is to stabilize the youth and help the family recognize what behaviors need to be changed and learn more appropriate coping skills. This is often done by having the youth develop a soothing plan that all staff and family members are privy too, so they are aware of what works with each client to help them in moments of crisis. The program's goal is to be able to reintegrate children back into society with new skills and a decrease in negative behaviors.

Referral Sources and Funding

NJ DCF-Children's System of Care (CSOC), NJ DCF- Division of Child Protection and Permanency (DCP&P), PerformCare, Specialized Residential Treatment Unit.

Locations



81 East 39th Street
Paterson, NJ 07514

Kilbarchan PAU

6 Males, 12-17 years



301 American Way
Voorhees, NJ 08043

Voorhees SPEC

6 Males, 14-17 years

Residential Programs – Behavioral Health for Children

RTC - Residential Treatment Center

RTCs provide temporary, home-like, residential care for individuals with various emotional, psychological, behavioral, and family challenges who cannot be maintained in the community. Residents receive clinical, medical, recreational, and educational (off grounds) services while in treatment. They receive at a minimum two individual sessions a week, family therapy at least twice a month and multiple clinical, psychoeducation, nursing, and allied groups throughout the week. Some of the groups that they offer are anger management, impulse management, sex education, life skills, substance abuse, bullying, art, and music to name a few.

The program utilizes a Nurtured Heart approach with all residents.

Clinicians often use cognitive behavioral therapy and strengths perspective techniques when working with the youth individually and in group. The goal of the program is to help the youth and family recognize what behaviors need to be changed and learn more appropriate coping skills. This is often done by having the youth develop a soothing plan that all staff and family members are privy to, so they are aware of what works with each client to help them in moments of crisis. The program's goal is to be able to reintegrate children back into society with new skills and a decrease in negative behaviors.

Referral Sources and Funding

NJ DCF-Children's System of Care (CSOC), NJ DCF- Division of Child Protection and Permanency (DCP&P), PerformCare, Specialized Residential Treatment Unit.

Locations



260 Union Street
Hackensack, NJ 07601

Holley Child Care and Development Center

40 Coed residents, 5-14 years



81 East 39th Street
Paterson, NJ 07514

Kilbarchan

6 Coed residents,
12-17 years

Residential Programs – For Children with Developmental Disabilities/Autism

PCH-ID/DD - Psychiatric Community Home-Intellectual Disability/Developmental Disabilities

Sawtelle Children's Residential Services provides temporary, home-like, residential care for individuals between the ages of 5 and 21 years old who are affected by acute Intellectual and Developmental Disabilities (including Autism Spectrum Disorders) with co-occurring Behavioral Health or Mental Health challenges. The focus of the program is to stabilize the youth and help the individual either return home and live in the community with supports or move to a permanent long-term placement. Individually tailored planning establishes specific goals and objectives to promote increased independence. The youth learn how to control problem behaviors in a safe, nurturing environment while focusing on activities of daily living and self-help skills. Social and recreational activities, both inside and outside the home, are provided opportunities intended to expand and refine social, conversational, and interpersonal skills. Such activities include, but are not limited to, bowling, skating, movies, sporting events, local YMCA, carnivals, and agency-organized activities.

Referral Source and Funding

Hospital CCIS through NJ DCF CSOC, NJDCF-Division of Child Protection and Permanency (DCP&P), PerformCare, Specialized Residential Treatment Unit.

Locations



517 Cooper Street
Camden, NJ 08102

Sawtelle Home Camden
5 Males, 14-21 years



105 Cumberland Ave.
Estell Manor, NJ 08319

Estell Manor
8 Coed, 13-17 years



34 South Cedar Brook Rd
Sicklerville, NJ 08081

Sawtelle Home Cedarbrook
5 Females, 14-21 years



260 Union Street
Hackensack, NJ 07601

Sawtelle Hall
4 Coed, 5-14 years



332 Lawn Ridge
Orange, NJ 07050

Sawtelle Home Lawnridge
5 Males, 14-21 years



560 Hurffville-CrossKeys Rd
Sewell, NJ 08080

Sawtelle Home Sewell
5 Males, 14-21 years

Residential Programs – For Children with Developmental Disabilities/Autism

CSAP - Crisis Stabilization and Assessment Program

YCS Regional Crisis Stabilization and Assessment Program is a short-term intensive treatment home for adolescents 6-15 years old with neurodevelopment/psychiatric/medical needs designed to help assess and stabilize them so they may successfully transition back home or into a home-like setting in the community. The program can serve individuals with dual diagnoses of developmental disability and stabilized mental illness. Needed supports may include one-on-one supervision, personal control techniques, and implementation of a formal behavior support plan. With creative family engagement driving the process, the individual and their Interdisciplinary team establish specific goals and objectives to promote increased independence.

Referral Source

Division of Children's System of Care

Locations



145 South Route 73
Hammonton, NJ 08037

CSAP Hammonton, 5 Children



11 Arcadian Drive
Winslow Township, NJ 08081

CSAP Winslow, 5 Children

Sawtelle Residential Services - For Adults with Developmental Disabilities/Autism

Sawtelle Adult Residential Services provide permanent, home-like, residential care for individuals 21 years of age and over who are affected by acute Intellectual and Developmental Disabilities (including Autism Spectrum Disorders) with co-occurring Behavioral Health or Mental Health challenges. Individuals learn how to control problem behaviors in a safe, caring, nurturing environment while learning new life skills and self-care to develop their self-sufficiency. Residents have a stable daily routine and the opportunity to participate to the best of their abilities in a day habilitation program where they can engage with friends, go on outings, or participate in a volunteer project. Family involvement is encouraged at the home, and individuals participate in regular life-enriching recreational and social experiences to keep them connected to their community.

Referral Source

YCS Sawtelle is an approved provider of the New Jersey Division of Developmental Disabilities. All referrals are made through the Division of Developmental Disabilities and Support Coordination.

Intake

Northern Region
Olimpia Bright
25 E. Salem St., Hackensack, NJ 07601
201-646-9784 Ext. 136

Southern Region
Dawn Jones
144 Toledo Lane, Willingboro, NJ 08046
609-877-1061

Locations



701 South New Road
Apt 503 and Apt 511
Absecon, NJ 08201

Sawtelle Residence Absecon, 4 Men



126 Buffalo Avenue
Paterson NJ 07503

Sawtelle Residence-Buffalo Avenue, 6 Women



1600 Peter Cheeseman Road
Blackwood, NJ 08012

Sawtelle Residence Blackwood, 5 Men



4706 Landis Avenue
Vineland, NJ 08360

Sawtelle Residence Buena Vista, 4 Men
*Medically Fragile (Developmentally Disabled and moderate to severe medical issues)

Sawtelle Residential Services - For Adults with Developmental Disabilities/Autism

Locations



694 Burning Bush Rd
Bridgewater, NJ 08807

Sawtelle Residence Burning Bush, 4 Men



55 Greenbrook Road
Middlesex, NJ 08846

Sawtelle Residence Greenbrook, 4 Women



107 Echohill Lane
Willingboro, NJ 08090

Sawtelle Residence Echohill, 4 Men



9 Hilltop Drive
Princeton, NJ 08540

Sawtelle Residence Hill Top, 4 Men



319 Emmans Road
Flanders, NJ 07836

Sawtelle Residence Emmans, 4 Coed
*Medically Fragile (Developmentally Disabled and moderate to severe medical issues)



187 Morris Avenue
Denville, NJ 07834

Sawtelle Residence Morris, 4 Women



2A Forest Avenue
West Orange, NJ 07502

Sawtelle Residence Forest, 4 Men



2005 Amwell Road
Somerset, NJ 08873

Sawtelle Emergency Capacity System Home (Somerset), 4 Adults

Sawtelle Residential Services - For Adults with Developmental Disabilities/Autism

Locations



17 Pamela Drive
Randolph, NJ 07869

Sawtelle Residence Pamela, 4 Men

*PICA (The persistent eating of a substance that is non nutritional.)



148 Walnut Street
Northvale, NJ 07647

Sawtelle Residence Walnut, 4 Men



132 Pearl St
Bridgewater, NJ 08807

Sawtelle Residence Pearl, 4 Women



209 North Marion Avenue
Wenonah, NJ 08090

Sawtelle Residence Wenonah, 5 Women



33-35 Thomas St
Paterson, NJ 07503

Sawtelle Residence-Thomas Street, 6 Men



8 Tidewater Lane
Willingboro, NJ 08046

Sawtelle Residence Willingboro, 4 Women



144 Toledo Lane
Willingboro, NJ 08046

Sawtelle Residence Toledo, 4 Men



101 Ave. C
Haledon, NJ

Sawtelle Emergency Capacity System Home (Haledon), 4 Adults

Treatment Homes

YCS Treatment Home Program

The YCS Treatment Home program provides loving, safe, and stable specialized foster care for children ages 4- 22 with special needs. A foster child, no matter how young or old, yearns for a parent's love protection and reassurance that everything is going to be okay. A YCS treatment home parent understands this and can see through their child's pain and challenges while recognizing their unique strengths and abilities.

Mission

To match foster children in need of a safe, nurturing home environment with caring approved and licensed YCS treatment home parents.

Overview

The YCS Treatment Home Team recruits treatment parents. They are screened, receive comprehensive training, and are assisted through the entire process of state licensing by our Recruitment & Licensing team. Once a home has been approved, the family is eligible to receive a child. Foster parents are matched with children who have been referred to YCS from the Children's System of Care (CSOC).

After the child is placed in a home, they receive therapy, both individually and as a family, by a licensed social worker and regular medication management by a YCS Psychiatrist or APN. The foster family and child receive additional support from a Family Support Worker and Mentor. Families also participate in monthly Parent Advisory Council (PAC) meetings where they receive ongoing training and support.

Goals

The goal of the program is to reunite the child and or youth to their caregiver if appropriate. YCS strongly encourages adoption and as a result in some cases, the treatment home families have adopted the foster child giving them a permanent loving home. In some cases, the child may transition into a therapeutic group home.

The YCS Treatment Home program is licensed to provide fifty-one placements across the state. Funding is provided by NJDCF.



Treatment Homes – North & Central Regions
William Waller, VP Treatment Homes
25 E. Salem Street, 3rd floor
Hackensack, NJ 07601
201-646-9784
1-888-322-KIDS (5437)



Treatment Homes Southern Region
Tracie Bass, AVP Treatment Homes
20 E. Evergreen Avenue
Somerdale, NJ 08083
856-309-5420
1-877-48-CHILD (24453)

Community Based Mental Health Services/Autism

The YCS Institute for Infant and Preschool Mental Health

Established in the Fall of 2000, the YCS Institute has the distinction of being the first infant mental health clinic licensed by the State of NJ. It provides training, consultation, and clinical services related to infants, toddlers, preschool-age children, and their families. The Institute's focus on infancy and early childhood provides unique opportunities to serve vulnerable, often overlooked, populations. The Institute's training and clinical services work from a relationship-based attachment model.

The primary focus of Infant Mental Health is the connection between the infant (0-3) and parent, and the unique contributions each member of the pair makes to this dynamic, yet vulnerable process. Infant Mental Health is concerned with the optimal physical, social, emotional, and cognitive development of an infant, making the study of infant mental health an interdisciplinary field.

The Institute's Training and Consultation Division offers

- A year-long Doctoral internship for qualified post graduate students - accredited by the American Psychological Association (APA). Advanced candidates in mental health and allied fields conduct therapeutic interventions alongside licensed clinicians.
- Trainings and consultations to infancy and early childhood, school, community, and hospital-based organizations.
- Presentations and consultations to agencies and programs throughout the United States.

Institute's Vision

We envision an Institute that cherishes the human spirit and vast potential inherent in every infant and young child through developing the resources and capacity to nurture the connections between parents and children.

Institute's Mission

We are committed to creating a unique environment in the field of mental health where training and clinical services converge to meet the specialized needs of infants and young children, and their caregivers.

Services include:

- Infant and Infant-Parent (caregiver) Relationship Assessments
- Child Psychiatric Evaluation & Medication Assessments
- Child Play Psychotherapy
- Infant-Parent (caregiver) Group Psychotherapy
- Parent (caregiver) Individual Psychotherapy
- Services for Mothers and Children Affected by Substance Abuse
- Developmental and Parental Guidance
- Comprehensive Autism screenings and subsequent DIR Floortime Therapy

Funding for the Institute is provided through the state and private grants and Medicaid reimbursement.

Location/Contact

YCS Institute/Dr. Helen May Strauss Clinic
Christina Colón, LPC, IMH-E
AVP of Early Childhood and Community Programming
60 Evergreen Place, 10th floor
East Orange, NJ 07018
973-395-5500
christina.colon@ycs.org

Community Based Mental Health Services/Autism

Dr. Helen May Strauss Clinics

The Dr. Helen May Strauss (HMS) Clinics are outpatient counseling programs of the YCS Institute for Infant and Preschool Mental Health. The clinics are dedicated to helping families whose children (birth-21) are affected by behavioral health concerns and emotional and psychological challenges. In addition, the clinics offer comprehensive autism screenings and DIR Floortime Therapy. All services are offered in both English and Spanish.

The clinics serve parents seeking help for their children who may be struggling with depression, anxiety, disruptive behaviors, or issues related to adoption, divorce, bereavement, and social issues.

Services include

- Individual (play and verbal) psychotherapy
- Family therapy
- Group therapy
- Psychiatric assessment
- Assessment services for ages birth-21 including developmental, psychological, and psycho-educational evaluations
- Monthly parent workshops on topics relevant to the parents
- Comprehensive autism screenings and DIR Floortime

Therapy Additional ongoing programs include:

Baby Steps	Helps mothers enhance their bonds with their babies (birth – 3) through music, movement, art, and discussion groups led by a clinician. Weekly ongoing sessions are open to the public.
Circle of Security	Focuses on helping parents better understand their children's needs and behaviors so they can have a more fulfilling relationship. It is an intensive interactive 8-week program for mothers-to-be and parents of children under seven.
Entre Familias	The Entre Familias/Between Families is a bilingual, bicultural prevention program that focuses on helping Latino/a family parents decrease acculturative stress, improve family functioning, and reduce maladaptive behaviors in their children. * Only Union City location

The clinics accept self-referrals in addition to referrals by physicians, schools, daycares, Case Management Organizations (CMOs), Youth Case Management (YCM), Division of Child Protection & Permanency (DCP&P)

The HMS Clinics are licensed by The New Jersey Division of Mental Health. Funding is provided by the Department of Children and Families, private grants, and Medicaid reimbursement.

Locations/Contact	Dr. Helen May Strauss Clinic Christina Colón, LPC, IMHE, AVP 60 Evergreen Place, 10 th floor East Orange, NJ 07018 973-395-5500 mriviera-maldonado@ycs.org	Dr. Helen May Strauss Clinic Christina Colón, LPC, IMHE, AVP 711 32 nd St. Union City, NJ 07087 201-865-7450 jnieves@ycs.org

Community Home Based Programs

Nurse Family Partnership

YCS Nurse-Family Partnership (NFP) is an evidenced based internationally recognized home visitation program that plays a critical role in guiding at-risk, low-income expectant first-time mothers through their pregnancies until their child's second birthday. Since 2007, the YCS NFP nurses have been trusted advisors, providing the support expecting mothers need to deliver healthy babies, become relaxed and confident parents, and identify their personal strengths so they can achieve a bright future for themselves and their children.

NFP Vision

A future where all children are healthy, families thrive, communities prosper, and the cycle of poverty is broken.

Overview

During regularly scheduled home visits, the expectant mother's personal YCS registered nurse provides guidance about prenatal health, what to expect at the time of delivery, preparation for the birth of her child, and support on personal concerns related to employment, education, and housing. After the baby's birth, the YCS nurse monitors the baby's growth and development and discusses any concerns the new mother has related to feeding, sleep, bonding, and developmental milestones. YCS NFP can serve up to 250 families in Essex and Morris counties.

NFP Program has demonstrated clear positive outcomes including:

- Mothers access prenatal care to improve their diets, and reduce their use of tobacco, alcohol, and illegal substances.
- First-time moms are better prepared emotionally for the arrival of the babies.
- New mothers develop the skills to care for themselves and their children and identify developmental milestones and educational opportunities.
- Mothers learn about the full range of normal behaviors in children and develop positive approaches and nonviolent techniques for coping with inevitable behavior problems.
- Mothers and their families develop a vision for their future and find ways to stay in school, seek employment and plan future pregnancies so they can achieve economic self-sufficiency.

The YCS NFP is a cost-free program of the Department of Children and Families Home Visitation Initiative. Funding is provided by the New Jersey Department of Children and Families; and the US Department of Health and Human Services.



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Community Home Based Programs

YCS Parents as Teachers

Parents As Teachers (PAT) is a national evidence-based model that provides comprehensive parent education. It focuses on supporting parents/caregivers as their child's first teacher. Since 2013, YCS has been an approved PAT provider of in-home services for at-risk families of young children in Hudson County.

PAT Mission

To build strong communities, thriving families and children who are healthy, safe, and ready to learn.

PAT Overview

Parents as Teachers use a strengths-based approach to help families identify their own unique capabilities and skills. At the time of intake, a plan for at least 2 years of support is drafted. Most families continue services until their child finishes kindergarten. A Parent Educator visits the family twice a month between 60 and 90 minutes per visit. In homes with newborns, visits occur once a week.

PAT educational services focus on nutrition, safety, setting boundaries, sleep, and attachment. During home visits, the parent educator discusses with the parent progress of their child's physical, emotional, and social development parenting concerns and stressors.

PAT Goals

- Help parents/caregivers to strengthen their protective factors
- Reduce stressors and build parental resilience
- Increase knowledge of parenting and child development
- Set personal parenting goals
- Assist parents with connecting to concrete services
- Increase children's school readiness and success

While most referrals are made through the Hudson County Central Intake, the program can accept referrals from homeless shelters, DCP&P, pediatricians, and individuals.

YCS PAT is a cost free, voluntary program currently serving sixty families in Hudson County. Services are offered in both English and Spanish.

State funding for PAT is administered by The Partnership for Maternal and Child Health of Northern NJ.



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Education

YCS George Washington School

The YCS George Washington (GW) School has been educating students of varying abilities in grades K-8, ages 5-15, for more than 30 years. This special education program has developed an individualized and unique instructional experience where students are provided with academic and emotional supports to acquire emotional awareness, shape and mold behaviors and promote social skills as outlined in their IEPs –Individualized Educational Plan and in accordance with the New Jersey State Learning Standards.

YCS George Washington School is a NJ Department of Education approved private school for classified students with behavioral and emotional challenges. School staff is trained to identify each student's learning style and utilize a multi-sensory approach to learning which incorporates the Multiple Intelligences.

YCS George Washington School's Vision:

We believe each student has unique capabilities. Our vision is to empower all students to embrace their own unique capabilities, achieve their personal best within a proper educational setting which fosters a strong support system to optimize emotional, social, and physical well-being.

YCS George Washington School's Mission:

At the YCS George Washington school we aim to provide a level of individualized instruction to educate all students to their highest levels of academic achievement, to enable students to reach their fullest capability and potential, and to prepare them to return to his/her sending district with the skills necessary for healthy social engagement with their peers and adults.

YCS George Washington School offers students:

- Multidisciplinary Integration of theme-based instructional units in all academic areas including Personal Finance and Social Emotional Learning with an emphasis on active learning
- Related Services such as Occupational, Counseling, Speech, and/or Physical Therapy
- Support of a full-time, Board-Certified Behavior Analyst (BCBA)
- Robust Art, Physical Education, and Music programs
- A curriculum infused in technology with Chrome Books, Laptops, PC's, iPads, and Active-Boards in each classroom
- Full time School Nurse
- Full time clinical social work team provides support and advocacy to families/caregivers, case management, individual and/or small group sessions, crisis intervention, and consult with doctors and other medical professionals to create appropriate treatment plans.
- A twenty-day extended school year is also offered.



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Education

YCS Sawtelle Learning Center

Since 1992, the Sawtelle Learning Center has been providing intensive individualized instruction and behavioral support for children ages 3 – 21 on the autism spectrum. Board Certified Behavior Analysts (BCBA) assess and evaluate students with behavior, psychological, development and/or social disabilities and develop a treatment plan that utilizes applied behavior analysis (ABA). Sawtelle Learning Center is a New Jersey State Board of Education approved private, non-profit school for children affected by autism.

Each student's educational program is highly individualized and is based on the principles of ABA which is research-based and recognized as best practice for the education of students on the autism spectrum. Services include:

- Collaborative multi-disciplinary team consisting of Supervisor of Instruction, BCBA, Speech Therapist and Occupational Therapist
- Comprehensive curriculum including a focus on communication and socialization.
- Language-based curriculum tied to NJ Common Core Standards
- Technology integrated into the classrooms including iPads, Smart Boards, Chrome Books
- Daily Living, Life Skills, Career Readiness and Recreation Skills
- Extended school year

For upper class students the Sawtelle Learning Center offers a Community Based Instruction program designed to allow students to practice and learn skills and behaviors in the natural environment. In-school and off-site volunteer and work experiences prepare students for life post-graduation.

Family Services

A child diagnosed with autism presents challenges for the entire family. The caring Sawtelle staff is committed to providing the much-needed support for families including:

- Daily home-school communication
- Home visits with teacher and therapists
- Parent training and education workshops
- Support and events for parents and siblings
- Parent advocacy
- Referral source for community/outside agencies



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School Based Services

YCS School-Based Youth Services (SBYS) Program

The BASE, as it is affectionately known by students, is a comprehensive, one stop, and full-service support, social services program for teens in grades 9-12 at Eastside High School in Paterson. The program offers confidential individual, group, and family counseling, health education, juvenile delinquency prevention, family life counseling, teen parenting support, recreational/social activities, employment counseling and referrals to community resources.

SBYS Goals

SBYS was initiated by the NJ Department of Human Services in 1984 with the goal “to help young people navigate the adolescent years, finish their education, obtain skills leading to employment or continuing education and graduate healthy and drug free.”

SBYS offers

- Individual and family counseling
- Student/Family workshops
- Positive coping skill development
- Health education
- Community referrals
- Academic tutoring and HSPT/SAT/college assistance
- Leadership training
- Human trafficking prevention workshops
- Employment/Career coaching
- Educational, recreational & cultural trips
- Access to the Peace Room where students and family members can resolve conflicts
- A summer program for incoming freshman to prepare them for high school life

Community Service Opportunities

Being involved in the community is a positive way to empower students and build self-confidence and pride in their city. Students in the school-based program have volunteered in local food banks, nursing homes and neighborhood clean ups. They have organized health fairs and helped paint murals at Eastside High.

All services are strictly voluntary, confidential, and FREE!

SBYSP is a joint venture between YCS, Eastside High School and the Paterson Public School District. Funding is provided by the New Jersey Department of Children and Families.



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School Based Services

YCS Parent Linking Program

The YCS Parent Linking Program (PLP) is an expanded service of the YCS School-Based Youth Services Program for pregnant or teen parents who are students at Eastside High School in Paterson. PLP is designed to prevent child abuse and neglect and minimize/eliminate barriers that often impede the ability of expectant and parenting teens (including young fathers) to complete their education.

PLP Goals are to help build healthy relationships between teen parents and their children and to minimize /eliminate barriers that often prevent the ability of expecting teens, including young fathers, to complete their education.

Students participating in PLP

- Increase their ability to be self-sufficient.
- Improve developmental outcomes of their children.
- Strengthen father involvement and co-parenting relationships.

PLP Offers Year-Round Services and includes

- Prenatal Education
- Parent Education and Skill Building
- Infant/Child Development Screening
- Counseling Support: Individual, Group and/or Family
- Educational Services
- College Planning & Tours
- Referral/Resource Services
- Work Readiness
- Assistance with childcare subsidy applications (4Cs of Passaic County)
- Access to Childcare –available off site at the Lewis Chatman Academy

Referrals are received from parents/guardians, peers, school staff and administration, and/or by other YCS program staff
PLP is funded by the New Jersey Department of Children and Families and Prevent Child Abuse New Jersey



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School Based Services

YCS 21st Century Community Learning Center (21 CCLC)

The YCS 21st Century Community Learning Centers (21 CCLC) program at Eastside High School in Paterson is a multi-faceted after-school and summer program that offers a wide range of activities to encourage students to explore different personal growth and career opportunities.

Mission

The 21st Century Community Learning Centers (CCLC) program is dedicated to enriching the educational, social, and cultural opportunities of students and families in their communities.

Program goals include:

- Improvement in standardized test scores and report card grades
- Increased motivation to attend college/pursue a career
- Improved school day attendance
- Improved social emotional functioning and behavior management skills

After school activities include:

- Hands-on classes in Cosmetology, Culinary Arts, Ethical Hacking, Film, Graphic Design, Music, and Robotics conducted by experts
- Fitness and Health: yoga, intramural sports, weight training, martial arts, nutrition
- Academic tutoring
- SAT/ACT prep
- ESL Instruction
- Peer Leadership Training
- Cultural, educational, and recreational field trips
- Discussion groups to help students develop conflict resolution and social emotional development (SEL) skills while building self-esteem and community.
- Access to a Computer Lab and participation in History Day Club and Garden Club

In addition, 21st CCC offers parents workshops and variety of opportunities to get engaged with the school, develop their own skills, and support their children.

21st CCC is a cost-free voluntary program with funding provided by US Department of Education. Partners include the Paterson Public Schools, Lincoln Tech, Arts for Kids, Project COPE, Kula for Karma, and ATC Studios.



21st Century Community Learning Center

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School Based Services

YCS' Prevention of Juvenile Delinquency Program

The YCS Prevention of Juvenile Delinquency (PJD) Program, located at Eastside High School in Paterson, serves students who are at risk or have displayed behaviors that have caused them to become involved in the juvenile justice system. PJD services focus specifically on juvenile delinquency prevention strategies and self-regulation skills that help students successfully work towards their education and life goals.

PJD Mission

PJD works with at-risk students to build their self-confidence and pride in themselves, their school and community. PJD Motto is "Hope Starts Here."

PJD Services include:

- Individual, family & small group counseling
- Anger management
- Developing positive coping skills
- Anti-bullying prevention
- Family support
- Drug/alcohol counseling
- Conflict resolution
- Life skills & coping skills
- Gang membership & involvement prevention
- Truancy & dropout prevention
- Case management
- Volunteer opportunities
- Referrals to community resources
- Collaboration with the Local Station House Adjustment Program
- Opportunities to improve community/police relationships

Community Service Component

Being involved in the Paterson community is a positive way to empower the students and build self-confidence and pride in their city. Students in the PJD program work alongside peers at The BASE by volunteering at a local food bank, nursing homes, and/or performing neighborhood clean ups. PJD participants have helped organize health fairs and paint murals at Eastside High School.

Students may be referred to PJD from school administrators, staff or security, family court, probation officers, juvenile police officers or through the Paterson Police Department's local Station House Adjustment program. All services are free and strictly confidential. Funding is provided by the NJ Division of Children and Families.

Prevention of Juvenile Delinquency Program

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YCS Adoption Search Services

YCS Adoption Search Program can provide non-identifying background information reports and updated medical information to adoptees eighteen years and older, as well as reunions for birth parents and siblings who are interested in establishing contact with their biological family members.

Overview

There are times when those who have been party to an adoption wish to make contacts or updates regarding the adoption. At these times, YCS Adoption Search Services is prepared to help. In addition to the search, clients may receive pre-search and post-reunion counseling. YCS's search services comply with applicable laws, including confidentiality requirements.

YCS provides search services for:

- Adoptees who are interested in establishing contact with their birth family and/or obtaining updated medical information.
- Birth parents or siblings who wish to make themselves available for contact or for updated medical information.

When a birth parent is amenable to re-establishing contact he or she is invited to meet or speak with the family service worker to discuss their feelings about establishing contact with their adult offspring. The extent of the reunification varies from case to case.

YCS remains available to meet with the client and birth parent to process feelings and issues that emerge after the search is completed.

YCS has found that participants consider it successful even when the desired contact is not possible. The YCS clinician is available to meet with the adoptee and birth parent to process feelings and issues that emerge after the search is completed. Through follow-up with those involved in the search process, the agency has found that participants consider it successful even when the desired contact is not possible.

The average length of time to complete a search is 4 to 12 weeks.

This is a fee for service program. Free initial consultations are available to determine the feasibility of the search. In those cases where YCS is unable to locate the birth parent or family, an independent search consultant may become involved.

YCS Adoption Search Program

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