



Hackensack Meridian
Children's Health at
K. Hovnanian Children's Hospital



CHILDREN'S BEHAVIORAL HEALTH

- INTENSIVE OUTPATIENT THERAPY (IOP) / PARTIAL HOSPITAL (HALF-DAY)
- OUTPATIENT INDIVIDUAL & GROUP THERAPY
- PSYCHIATRIC EVALUATION AND MEDICATION MANAGEMENT

CHILD & ADOLESCENT PSYCHIATRY LEADERSHIP



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At Hackensack Meridian Children's Health, we prioritize the behavioral health of children in New Jersey. Our clinical therapists and pediatric psychiatrists are caring and compassionate professionals who will treat each child and family as if they were their own.

At K. Hovnanian Children's Hospital, we are at the forefront of behavioral health programs, being sure to cater to the exact needs of young children and their caregivers of all backgrounds. We accept all major insurances, including Medicaid, and adapt our services to ensure access for all. We offer:

- Telehealth services
- Services in English and Spanish
- In-person interpreters and phone interpreters for a variety of additional languages

AVAILABLE OUTPATIENT PROGRAMS

Intensive Outpatient Therapy (IOP) / Partial Hospital (Half-day)

- The Child Day Program (CDP) is an intensive outpatient/half-day partial hospital program that is more immersive than traditional weekly group counseling. The program provides services for children ages 7 to 13 years old dealing with behavioral health issues that are impacting their ability to function appropriately and effectively at home, school and/or in the community.
- Children attend the Child Day Program three to five days per week from 3 p.m. to 6 p.m. during the school year and 9 a.m. to 1p.m. when school is not in session.
- Treatment is focused on depression, anxiety, ADHD, oppositional defiance, social skills, self-esteem, behavioral concerns, aggressiveness, impulsivity and family conflict.
- Family therapy is integrated into the program, and free transportation is provided for children residing in local communities. Pick-up is available from school or home. (Cont'd)



TO ENROLL TODAY:

K. Hovnanian Children's Hospital at
Jersey Shore University Medical Center
Children's Behavioral Health
61 Davis Ave, Neptune, NJ 07753

732-869-2784

HackensackMeridianHealth.org/Kids

OUTPATIENT INDIVIDUAL & GROUP THERAPY

■ Therapeutic Nursery Groups

- Serving children ages 3 to 6 years old experiencing behavioral and social challenges and their caregivers
- Focus on building social skills and identifying/regulating big emotions
- The children's group and caregiver's group are held at the same time, each led by a separate therapist

■ Social Skills Groups

- Serving children ages 7 to 18 years old experiencing social, emotional and/or behavioral issues
- Focus on social skills, peer relationships, anger managements and identifying/regulating emotions to improve relationships

■ Creative Arts Coping Skills Groups

- Serving children ages 7 to 11 years old experiencing difficulty coping with strong emotions and stressors
- Focus on identifying and regulating emotions by learning healthy coping strategies including creative arts

■ Adolescent Depression Anxiety Peer Therapy (ADAPT) Groups

- Serving pre-teens and teens with anxiety or depression
- Focus on learning healthy coping strategies and developing peer support

■ Dialectical Behavior Therapy (DBT) Groups

- A skills based group for teens ages 13 to 18 years old who experience emotions very intensely and may experience difficulty regulating these emotions

■ LGBTQ+ Group

- Serving teens ages 14-18 and providing them with an overall safe space for them to be whoever they truly are
- Focus on learning skills to boost self-esteem, increase self-advocacy, and find other resources for themselves within the community

PSYCHIATRIC EVALUATION AND MEDICATION MANAGEMENT

- Each new child patient will complete an initial intake evaluation with a therapist prior to being scheduled for a psychiatric evaluation
- Psychiatric evaluations and diagnoses are provided by child and adolescent psychiatrists
- Medication management and education is provided, as needed, following the psychiatric evaluation

Which outpatient program is appropriate for your child?

Your child's enrollment into the appropriate behavioral health program is based on their initial evaluation with a clinical therapist and the recommendation of the clinical team.