

MY CHILD IS IN CRISIS! WHO DO I CALL?

IF THERE IS INJURY OR THREAT OF INJURY, DIAL 911

If your child has been impacted by depression, trauma, violence, defiant behavior, and/or drug or alcohol use, call the NJ Children's System of Care at 1-877-652-7624. It is open 24/7/365.

What is the Children's System of Care?

It is New Jersey's free or low cost behavioral health system for kids up to age 21. It provides eligible youth with coordinated access to mental health supports, substance use treatment and services for intellectual or developmental disabilities.

It can include:

- **Mobile Response and Stabilization Services (MRSS)**, real time de-escalation and crisis counseling with a clinician at your home or any location.
- **BioPsychoSocial (BPS) Assessment** is a one-time, in-home evaluation by a licensed clinician to determine if your child can benefit from behavioral supports and services.
- **Care Management Organization (CMO)** connects families to treatment services for youth that are displaying/experiencing significant emotional and behavioral health concerns.
- **Intensive In-home Services (IIS)**, is designed to concentrate on behaviors where they take place – in the home, in the community or in school. It may include individual, group and family sessions.

How much do services cost?

Services recommended and authorized are paid by a variety of sources, such as Medicaid, NJ FamilyCare, and commercial insurance or self-pay. Families will be asked to provide insurance information.

What if I want out of home (residential or group home) treatment for my child?

It is national best practice that youth be served at home and in their communities. Out-of-home treatment is considered a last resort and is sought only after having exhausted every effort at a community-based plan.



HOW ARE YOU, **REALLY?**

For many youth in the Black, Indigenous, People of Color (BIPOC) community, the answer is **'I'm not ok.'**

- *Disappointing perspectives on current events from friends or family*
- *Overexposure to hostility in the news and social media*
- *Generational trauma*
- *Disproportionate COVID-19 impact*
- *Civil unrest*
- *Tough conversations about race*

These, and other stressors, can impact mood, sleep cycles, energy and productivity.

For youth exhibiting signs of behavioral health challenges, call the **Children's System of Care** at **1-877-652-7624**

or introduce them to **2nd Floor**, an anonymous youth helpline with trained staff and volunteers at **1-888-222-2228**



Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

Watch for:

- **opposition and aggression**
- **disrespect and property damage**
- **anxiety or depression**
- **lying and fighting**
- **stealing or substance use**
- **running away or self-harm**

Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.



If your child is in crisis, GET HELP!

Social distancing can create a feeling of isolation from friends and support systems.

For children and youth with behavior disorders or mental health diagnoses, COVID-19 may heighten their anxiety and distress.

NJ's free Mobile Response services provide safe, real-time emergency counseling and therapies, 24/7/365.

Don't wait! Call the Children's System of Care at 1-877-652-7624.





Support Your Teen's Mental Health

- Acknowledge your teen's emotional pain
- Offer reassurance when facing fears
- Consider help from a professional
- Educate yourself about how the body reacts to anxiety
- Let your teen know: "It's ok not to be ok"

Call 2nd Floor Hotline at 1-888-222-2228 or access services from one of our Family Support Organizations at 1-877- 652-7624.

