

Mental Health Services @ Head Start

Children:

1. **Devereaux Early Childhood Assessment (DECA) – Every child is assessed at the beginning and end of the year (with parental permission)** - The DECA is a standardized, norm-referenced behavior rating scale that measures resilience in preschool children ages 2-5. Resilience is defined as the ability to recover from or adjust easily to misfortune or change. The test forms are available in English or Spanish. It is an assessment instrument designed to support young children's social and emotional development and to enhance the overall quality of early childhood programs.
2. **Classroom Observations:** Our consultant school psychologist observes each classroom in Head Start three times per year. The whole of the classroom is observed as well as the individual children.
Early Head Start classrooms/socializations will be observed four times a year by our consultant LCSW. One home visit in addition to the socializations will be made for home based children.
3. **Drop-in Hours** – Our Consultant school psychologist is available three times a month (October through May) at various centers for parents to “drop-in” to discuss mental health issues they, their children, or their family may be experiencing. **When funds are available.**
4. **Play Therapy:** Limited number of play therapy slots for Head Start children at the center. Parent must sign release. Requests go through the Center Supervisor to the Disability Services Coordinator.

Outside Resources for Children:

1. **Perform Care** – offers toll free information and referral services for children which are available 24 hours a day, 7 days a week. Perform Care assists families in finding and assessing mental health services. Phone Number: 1-877-652-7624
2. **The Center for Grief and Loss at Samaritan Hospice:** Counseling, groups, education, and consultation dealing with death and dying issues. Phone Number: 856-596-1600.
3. **Family and Community Services of Catholic Charities** – Counseling for individuals and families including play therapy for preschoolers. Phone Number: 609-386-7331.
4. **Legacy Treatment Services (formally Drenk Mental Health):** Family and individual counseling. Sometimes can accommodate older preschoolers. Phone Number: 606-267-1377.
5. **Oaks Integrated Care (Family Services) First Steps:** Therapeutic Preschool for children who are unable to function in a traditional pre-school setting or who are at risk for out-of-home placement. Phone Number: 609-518-5470.
6. **Jewish Family and Children's Services:** Counseling for individuals and families including play therapy for preschoolers. Phone Number: 856-424-1333.
7. **Center for Children's Support – Stratford.** Counseling for sexual and physical abuse of children. Phone Number: 856-566-7036. DCPP (DYFS) referrals only.
8. **PALS:** Counseling for children who have witnessed domestic abuse. Parent must be in a Providence House counseling program for children to be eligible for PALS. Phone Number: 609-871-7551.
9. **Family Support Organization:** Family-run, county-based organization that provide direct family-to-family peer support, education, advocacy and other

services to family members of children with emotional and behavioral problems.
Phone Number: 609-265-8838.

10. **School District Child Study Teams**: Call Sue Dietz for numbers or call child's school district.
11. **Early Intervention**: For children birth to three. Toll-free number: 1-888-653-4463.

Adults:

1. **Health Insurance**: Mental Health Services are covered through most health insurance plans (with co-pay). Call your health insurance provider for details.
2. **Drop-in Hours**: Our Consultant psychologist is available three times a month (October through May) at various centers for parents/guardians that need to "drop-in" to discuss mental health issues they, their children, or their family may be experiencing.

Outside Resources for Adults:

1. **The Center for Grief and Loss at Samaritan Hospice**: Counseling, groups, education and consultation dealing with death and dying issues. Phone Number: 856-596-1600.
2. **Family and Community Services of Catholic Charities** – Counseling for individuals and families including play therapy for preschoolers. Phone Number: 1-800-360-7711.
3. **Legacy Treatment Services (Formally Drenk Mental Health)**: Family and individual counseling. Sometimes can accommodate older preschoolers. Phone Number: 606-267-1377.
4. **Family Services - Seasons**: Family and individual counseling (must be age 6 or above). Phone Number: 1-800-963-3377.
5. **Jewish Family and Children's Services**: Counseling for individuals and families including play therapy for preschoolers (age 4 and above). Phone Number: 856-424-1333.
6. **NJ Mental Health Cares**: Mental Health information and referral services. Can help you learn about and find mental health services including: legal, housing, employment, rehabilitation, inpatient and out-patient, self-help, and more. **No Crisis Intervention Services**. Phone Number: 1-866-202-4357.
7. **Providence House/Willingboro Shelter**: Comprehensive domestic violence services including 24-hour hotline, crisis and options counseling, emergency housing, individual and group therapy for survivors and abusers, group therapy for children witnessing domestic violence, information and referral, etc. Phone Number: 609-871-7551 or 1-877-871-7551.
8. **Family Support Organization**: Family-run, county-based organization that provides direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral problems. Phone Number: 609-265-8838.

9. **Delaware House:** Partial Care, Outpatient, and Recovery program for mentally ill chemical abusers. Phone Number: 267-9339.
10. **Screening and Crisis Intervention (SCIP):** 24-hour screening for emergency psychiatric problems. Crisis intervention services. Linkage to other agencies. Phone Number: 609-835-6180. Or just go to Lady of Lourdes Hospital Willingboro.
11. **African-American Self Help Group:** Self-help group for African-Americans with mental health issues. Meets once a month at Parkway Baptist Church, Willingboro. Phone Number: 609-265-0746.
12. **NAMI FACE:** The National Alliance on Mental Health Family and Consumer Exchange helps with navigating the mental health system in Burlington County. They offer emotional support, information, education, and advise about treatment and community services. Phone Number: 856-222-9400.
13. **Suicide Hotline:** 24-hour hotline. Phone Number: 1-800-784-2433.
14. **NJHOPELINE:** NJ suicide prevention hotline operating 24 hours a day, 7 days a week with a live, not automated, responder. Phone Number: 855-654-6735
15. **Contact:** 24-hour hotline serving people in need of help, guidance, reassurance, crisis intervention, or just a listening ear. Also provides information and referral. Phone Number: 856-234-8888 or 211.
16. **Center for Traumatic Grief and Victim Services** – Addresses the comprehensive needs of family members of victims of traumatic death due to murder, suicide, vehicle crash, or other sudden fatal accident. Phone Number: 856-866-2066.
17. **211** – Resource and referral for community agencies including mental health resources.
18. **Oaks Integrated Care (Family Services - Seasons):** Family and individual counseling (must be age 6 or above). Phone Number: 1-800-963-3377.