



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCEAN COUNTY YMCA

Y counseling services was implemented in January, 2020 to offer support, counseling, behavioral and mental health outpatient services to all school aged children in the district. This service will continue to operate throughout the school year, in-person or through tele-health.

The Community YMCA Young People's Program empowers children and adolescents to cope with difficult situations through 1:1 therapeutic counseling sessions in the convenience of their school (or through tele-health counseling). The Y's school-based Young People's Program helps schools address the behavioral and emotional health needs of their students. The totality of the last six months has put much pressure and stress on parents and students. The Y counseling program can assist in adjustment to our new reality, giving families the strength and direction to a more stable community.

Services include: Individual and family therapy; parenting education; Psychiatric services; English and Spanish speaking services; After-school and/or evenings. There is no charge to the school, services are billed directly to insurance.

Problems addressed: School difficulties; Parent/child conflict; Grief/loss issues; Depression; Anxiety; Adjusting to transitions; Behavior problems; Trauma issues (pandemic, natural disasters, witnessing domestic violence, abuse, neglect, etc.); Parenting issues (substance abuse, divorce, behavior management).

Y counselors, all Masters Level, are licensed and background checked. They work closely with school administrators and counselors to achieve the greatest degree of social, emotional and academic success.

If you need assistance, please contact your child's school guidance counselor. A referral form will be filled out, insurance verified and a counselor will contact you for the start of services. Sliding scale fees are available based on income and state funding may be available for some of our services based on eligibility.