

Crisis Resource List

Crisis Services:

Immediate Urgent Response: 9-1-1

Acute Psychiatric Services:

Call: 855-515-5700

Provide crisis screening and referral for psychiatric emergencies.

Mobile Response and Stabilization Services:

Call: 877-652-7624

In home intervention available 24/7, to help children and youth who are experiencing emotional or behavioral crises.

Hotlines/Helplines:

Suicide Hotline:

Call or Text 988

National Suicide and Crisis Hotline



NJ Hopeline:

855-654-6735

NJ Suicide Prevention Hotline

2nd Floor Youth Helpline:

Call or Text 888-222-2228

Youth helpline serving all youth and young adults in NJ.

Trevor Lifeline:

Call 866-488-7386

or Text 678-678

Crisis and suicide prevention helpline for LGBTQ+ youth and young adults.

Center for Empowerment:

Call: 201-795-5757

Education and Outreach phone: 201-795-8559
State designated sexual assault program for Hudson County



Contact Us For More Information



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Specialized Care Coordination Services

Hudson County, NJ



What is Problematic Sexual Behavior (PSB)?



Problematic Sexual behavior (PSB) is sexually-oriented conduct in children and adolescents that is not in alignment with their developmental stage, posing potential harm to those affected by such behavior.



SEXUAL BEHAVIOR IS A CONTINUUM

Typical

Exploratory
Agreed Upon
Near Same Age
Periodic

Problematic

Planned
Coerced
Disparate Ages
Preoccupying

Specialized Care Coordination plays a crucial role in guaranteeing that children initiating or impacted by Problematic Sexual Behavior (PSB), along with their families, have access to tailored medical and mental health services.

Referral Process

State Central Registry
(NJ DCP&P)
1-877-652-2873

Types of Treatment

- Problematic Sexual Behavior- Cognitive Behavioral Therapy (PSB-CBT)
 - Adolescents (13 or Older) Initiating PSB
 - one year
 - Children (12 or Younger) Initiating PSB
 - 16-18 weeks



- Trauma Focused- Cognitive Behavioral Therapy Problematic Sexual Behavior (TF-CBT- PSB)
 - Children (3-12 years old)
 - 20-22 Weeks
 - With Identified Trauma

Who Provides Treatment and Recommendations?

Licensed Clinicians trained in PSB-CBT and TF-CBT modalities.

After an initial evaluation, treatment recommendations may include individual, group, and/or family counseling.

Regional Diagnostic Treatment Centers provide medical evaluation.



Hudson County Center is:
Audrey Hepburn Children's House
Hackensack, NJ

