



Seashore
Family Service of NJ
Comprehensive Services for Families



Welcome to
Seashore Family
Services of New Jersey

FAMILY AND
INDIVIDUAL
COUNSELING
SERVICES PROGRAM

For over twenty years, Seashore Family Services of New Jersey (SFSNJ) has been providing personalized yet professional substance abuse counseling, prevention, assessments and referrals in Ocean and Southern Monmouth Counties. We are dedicated to providing high quality services to families and individuals who are experiencing adjustment problems in their daily lives.

A leader in Family Counseling: Since 1972, SFSNJ has been an outstanding provider of counseling services in our communities. Our staff is comprised of highly trained, experienced and licensed counselors in social work, professional counseling, family therapy, gambling and addictions. We provide a safe and confidential environment designed to deliver a therapeutic atmosphere that ensures our client's progress.

Organizational Support and Experience: Seashore Family Services offers counseling services to individuals and families who are residents of Ocean and Southern Monmouth Counties. Our clients range from children as young as

seven years old to our geriatric neighbors. Our facilities are accessible via public transportation (bus, taxis) and are also handicap accessible. Referrals to SFSNJ come from a variety of sources including New Jersey's Division of Youth and Family Services (DYFS), other programs, area school systems, municipal courts, lawyers, insurance companies, employers, and self-referrals. We provide counseling services to individuals with diverse backgrounds and co-occurring disorders.

Family Services: Our family services are fully tailored to our clients' "hopes and dreams". A determination of services is based on individual assessments, which are completed when a client requests treatment. If psychiatric intervention is

necessary, a referral is provided in order to determine appropriate treatment services.

Our family counseling services are designed to assist in managing family conflicts, develop communication strategies, and cope with issues within the family unit. These services include individual sessions for each adult member and their children, based on their needs.

Services provided: SFSNJ provides the following family and individual counseling services:

- Evaluations and Referrals
- Couples and Family Counseling
- Adolescent Substance Abuse Evaluation and Prevention Program
- Relationship Issues



- Parenting Issues
- Divorce Adjustment
- Pre-Marital Counseling
- Grief And Bereavement
- Stress Management
- Life Transitions
- Depression
- Anxiety And Stress
- Gambling
- Gender Issues
- Domestic Violence
- Nicotine Cessation Counseling
- Anger Management
- Co-Dependency & Substance Abuse Counseling

Referral Procedures and Other Agency Involvement: SFSNJ provides referrals to a variety of sources including: inpatient programs, substance abuse programs, adult education, psychiatric, medical services, and more. All clients are assigned a primary counselor and are evaluated through an individualized assessment interview.

Clients are referred to our affiliates for psychiatric consultations or treatment. Affiliation agreements are in place with private psychiatrists and Ocean Mental Health Services. SFSNJ also has affiliation agreements with several area inpatient substance abuse programs. These are

available to us and our clients should we determine a need for long or short-term inpatient services for alcohol and drug abuse. Other community agencies' services are utilized to enhance client services in the event other social services are necessary including social services emergency assistance, local shelters, local health centers, hospitals, etc.

Length of Program: Our services are based on individual needs and the program length depends on the desired results. At SFSNJ we believe that short-term solutions cannot be resolved unless long-lasting changes in behavior are implemented and people have to be confident that the changes they need to make in their lives are sustainable and they are comfortable with the choices they make.

A self-referred client is in total control of how long our services last however if a legal entity or employers make a referral to SFSNJ, a client may be required to complete a minimum number of sessions or attain certain goals prior to discharge.

If specialized treatment services are required, a recommendation is made in writing to the client and a referral is provided. We expect our clients to participate in all assigned counseling sessions. And, our clients must be psychiatrically stable on any medications they may have been prescribed.

Client Population: SFSNJ provides services to all family and individuals who request services. Individuals whose primary diagnosis is mental-health-related can participate in outpatient counseling services.

Staff Qualifications: You can be assured that the counselor assigned to you is a trained professional in the counseling/therapy field. Our staff is comprised of licensed and certified professionals in the areas of counseling, social work, and alcohol/drug counseling, some with an average of over 20 years experience in social services and drug counseling. Our trainees have been carefully selected to provide services within the international standards of our accreditation and the licensing standards on the State. Some of our staff have dual licenses and/or certifications.

Locations: Counseling and Referral Services are provided at both SFSNJ locations at:

Brick, NJ

270 Chambers Bridge Rd. Suite 10
Brick, NJ 08723
Telephone: 732-920-2700

Toms River

226 Main Street, Toms River, NJ
732-244-1600

www.sfsnj.org
info@sfsnj.org



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