

COUNTY OF BERGEN
Department of Human Services
Division of Family Guidance

MISSION STATEMENT

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

THE FAMILY GUIDANCE VISION:

The Division of Family Guidance is Bergen County's resource for youth and families in need.

Values:

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
- Community Safety



COUNTY OF BERGEN



James J. Tedesco III
County Executive

Board of Chosen Freeholders

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DEPARTMENT OF HUMAN SERVICES

Jane C. Linter
Director

Division of Family Guidance



Children's
After-School
Treatment
Services
(C.A.T.S.)



County of Bergen
Department of Human Services
Division of Family Guidance
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
(201) 336-7350 or 7358
Fax: (201) 336-7370

www.co.bergen.nj.us/bcdhs/divisions/family.htm

CHILDREN'S AFTER-SCHOOL TREATMENT SERVICES (C.A.T.S.)

OVERVIEW

- ❖ C.A.T.S. is a therapeutic after-school program designed to help improve the social skills of elementary and middle school-aged children.
- ❖ The C.A.T.S. program includes play-based group therapy, art therapy, therapeutic recreational activities and family support services.
- ❖ Individual therapy is offered to children who would benefit from more intensive therapeutic work.
- ❖ C.A.T.S. services are provided at no cost to participating families.
- ❖ Referrals are accepted from parents, schools, and other community agencies.



SERVICES

- ❖ C.A.T.S. targets social, emotional, and developmental issues which impact each child's development and growth.
- ❖ The C.A.T.S. curriculum is based on The Second Step Program which helps children to develop empathy, gain greater impulse control, practice problem solving methods, as well as increase their frustration tolerance through anger management and relaxation training.
- ❖ C.A.T.S. also provides a parent group that focuses on parenting strategies and support.
- ❖ C.A.T.S. groups are held Tuesdays, Wednesdays, and Thursdays during the academic school year.
- ❖ The program follows the Bergen County Special Services school district's holiday, vacation, and school closing schedules.

C.A.T.S. Groups take place at
321 East Ridgewood Ave., Paramus, NJ 07652



Across From
Bergen Regional

GETTING STARTED AT C.A.T.S.

- ❖ The first step of the treatment process is a phone screening with the parent/caregiver to determine a child's ability to benefit from the C.A.T.S. program.
- ❖ If a child seems appropriate for the C.A.T.S. program, an intake interview is scheduled with the parent/caregiver. During this process, the therapist collects detailed information about the child and the family.
- ❖ To learn more about the C.A.T.S. program, or to schedule a time to speak with a C.A.T.S. clinician, please contact us at:

**Children's After-School
Treatment Services**
Phone: (201) 336-7358
or (201) 336-7350
Fax: (201) 336-7370

C.A.T.S. Assessments take place at
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601



By the
Courthouse