

# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

List copied from [psychologytoday.com](https://www.psychologytoday.com) thru a zip code search for adolescent services

## **Mental Health:**

### **Nancy E Mauriello**

Licensed Professional Counselor, MA, LPC

[\(973\) 359-5873](tel:(973)359-5873)

Verified by Psychology Today

I am a Licensed Professional Counselor with 12 years of experience providing mental health services to adolescents, adults, and families. I earned my masters degree at Fairleigh Dickinson University in Clinical Psychology. I specialize in depression, anxiety, ADHD, oppositional defiance, bipolar, couples, and physical and emotional trauma. I focus on a cognitive approach to help guide individuals to make the changes they desire. I am dedicate to supporting and helping each individual with a warm and supportive approach to their needs.

Take the first step to help. Call or [Email](#) Nancy E Mauriello now - [\(973\) 359-5873](tel:(973)359-5873) Ask about video and phone sessions

Location: Find Your Balance Counseling Group,LLC, 28 Bowling Green Pkwy Suite LL3 Lake Hopatcong, NJ 07849 [\(973\) 359-5873](tel:(973)359-5873)

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Katherine Gannon**

Counselor, MA, LAC, NCC

[\(862\) 684-4339](tel:(862)684-4339)

Verified by Psychology Today

Looking for additional support, exploring more about yourself or a safe space to discuss life stressors? Then I'd like to encourage you to take the step to begin process of therapy. Hey my name is Katherine, I help individuals of all ages that are experiencing life transitions, relationship problems, anxiety, depression, family conflict, narcissistic abuse recovery, cancer patients and survivors, divorce, and support for students. If you're interested, I'd love to work with you! I received my BA degree in Psychology from Centenary University and my MA degree in Clinical Mental Health Counseling from Fairleigh Dickinson University.

I believe in a strength based approach- using your existing strengths to support your goals. Are you struggling with an adjustment period in your life? Are you wanting an increase of support? Or maybe you are looking to learn more about yourself. Let's clear the fog together, reclaim your power and your life.

Taking the first step to start therapy takes much courage. If you have had therapy in the past- beginning again takes courage as well. Therapy is a safe space where you can learn more about yourself and work towards goals with the support of a non-judgmental and genuine professional. If you're ready, I look forward to talking to you. Give me a call today! Call or [Email](mailto:katherine.gannon@atimeforchange.com) Katherine Gannon for a free phone consultation now - [\(862\) 684-4339](tel:(862)684-4339)

Location: A Time For Change, LLC, 828 New Jersey 15 Lake Hopatcong, NJ 07849 [\(862\) 684-4339](tel:(862)684-4339). Offers video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **A Time For Change Counseling Services, LLC**

Licensed Professional Counselor, LPC

[\(973\) 259-6147](tel:(973)259-6147)

Verified by Psychology Today

A Time for Change Counseling Services provides therapeutic interventions for children, adults, couples and families. We are a group of highly trained therapists, equipped to work with a large variety of issues and/or mental health disorders. Call or [Email](mailto:info@atimeforchange.com) A Time For Change Counseling Services, LLC for a free consultation now - [\(973\) 259-6147](tel:(973)259-6147)

[Girl Power](#): Social Skills group for girls. This groups is broken down into 2 age groups. Grades 3-5 and Grades 6-8. [Flex \(Boys Group\)](#): Flex is a social skills group for boys. It is broken down into two age groups. grades 3-5 and grades 6-8. [Creative Arts Therapy](#): This group is geared for ages 9-14. Art therapy is used to help adolescents manage emotional physical problems through creative activities.

Location: A Time For Change Counseling Services, LLC, 828 Route 15 Lake Hopatcong, NJ 07849 Call Carrie Haight [\(973\) 259-6147](tel:(973)259-6147) Offers video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Danah Rumble**

Licensed Professional Counselor, MA, LPC

[\(862\) 324-7101](tel:8623247101)

Verified by Psychology Today

My name is Danah Rumble and I am part of a group private practice that offers a calm and relaxing out-patient office setting. I have been involved in the mental health field for over 13 years and am committed to providing excellent care and comfort to client's lives. I am a Licensed Professional Counselor by the state of New Jersey and trained to help people with any problems or issues. This includes but is not limited to family therapy, marital counseling, individual therapy for depression, anxiety, trauma, and personality issues. My specialties include forensic psychology, chronic psychiatric disorders, dual diagnosis of substance abuse and psychiatric disorders, Post Traumatic Stress Disorder, and family treatment. I provide individual, group, and family therapy, as well as have flexible office hours to accommodate anyone's lifestyle.

Myself including my fellow colleagues are dedicated to doing everything we can to help you with any problems or issues you may be facing, and to help you live a healthy functioning life. Call or [Email](mailto:Danah.Rumble@lakesidecounseling.com) Danah Rumble for a free phone consultation now - [\(862\) 324-7101](tel:8623247101) Offers video and phone sessions.

Location: Lakeside Counseling Associates, LLC, 350 Sparta Avenue Building C-2a Sparta, NJ 07871 [\(862\) 324-7101](tel:8623247101)

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Tulasi Jordan**

Clinical Social Work/Therapist, LCSW, SEP, BCD

[\(973\) 310-2170](tel:(973)310-2170)

Verified by Psychology Today

Do you have a greater potential for happiness and success than you are currently living? As a well trained and experienced psychotherapist, since 1998I have helped people to work through emotional concerns that block this potential. I utilize a variety of psychotherapy approaches such as psychodynamic (including ego-state or parts work), somatic and cognitive-behavioral. With advanced training from The Women's Therapy Centre Institute in NYC, I offer unique and in depth treatment of eating and body image problems. This also includes treatment for people with eating/body image issues that do not meet the criteria for an eating disorder diagnosis.

I am currently a teaching assistant for the Somatic Experiencing Trauma Institute, teach workshops for The Women's Therapy Centre Institute, and recently taught at Institute for Contemporary Psychotherapy in NYC. As a professional-level yoga and meditation teacher, mind-body techniques can be integrated appropriate/requested. Take the first step to help. Call or [Email](mailto:Tulasi.Jordan@insightpsychotherapy.com) Tulasi Jordan now - [\(973\) 310-2170](tel:(973)310-2170)

Location: Insight Psychotherapy 171 Woodport Road Sparta, NJ 07871  
[\(973\) 310-2170](tel:(973)310-2170) Ask about video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Tri-County Behavioral Care, LLC**

Clinical Social Work/Therapist

[\(973\) 330-8719 x1](tel:(973)330-8719x1)

Verified by Psychology Today

Tri-County Behavioral Care is a premier private practice specializing in children, adolescents, adults and families. Our approach to mental healthcare centers around compassion for each person. We focus on the person as a whole and believe that access to quality, affordable mental health is a right, not a privilege. The Tri-County Behavioral Care team stands together in our vision of empowering our patients to live abundant, healthier lives. In addition to having the highest level of education in their respective disciplines, our therapists come from diverse backgrounds and are ready to meet your individual needs. We provide a nurturing environment where you will feel comfortable and supported as you work through your challenges to achieve a more enjoyable life. Are you feeling stuck? Frustrated with the people in your life? Wishing your life could be less stressful? Tri-County Behavioral Care can help! Visit our website today to find a therapist that is right for you and schedule a free phone consultation. Call or [Email](mailto:info@tricitybehavioralcare.com) Tri-County Behavioral Care, LLC for a free consultation now - [\(973\) 330-8719 x1](tel:(973)330-8719x1)

Location: Tri-County Behavioral Care, LLC, 172 Woodport Road Ste. E Sparta, NJ 07871 [\(973\) 330-8719 x1](tel:(973)330-8719x1) Ask about video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Monica Camarate**

Licensed Professional Counselor, MS, LPC, NCC

[\(973\) 241-5317](tel:(973)241-5317)

Verified by Psychology Today

Relationships are the building blocks and the greatest sources of happiness and fulfillment in people's lives. Occasionally, they may become troubled due to daily stressors and personal issues, which brings feelings of frustration, disappointment, sadness, despair, loneliness. It may be difficult to resolve the conflict on your own. Therapy is a relationship between a trained professional and individuals in which feelings, patterns of behavior and communication, previous experiences, goals, etc. may be discussed and experimented with in a safe and structured environment. Within this new relationship, individuals can explore alternatives and make the changes they believe will improve their lives.

I have extensive experience working with families, individuals and couples. I have worked with children of all ages, including the very young, utilizing therapeutic play. My eclectic approach utilizes techniques from many different schools of thought in order to better fit your needs.

Mostly, it is the positive, supportive, and empathetic relationship I establish with people which is the key to achieving individualized goals. By focusing on your values, strengths, and resources, while providing expertise and supportive guidance, I can help you take the necessary steps to change.

Call or [Email](mailto:monica@meaningfullivingllc.com) Monica Camarate for a free phone consultation now - [\(973\) 241-5317](tel:(973)241-5317)

Location: Meaningful Living, LLC, 10 Poplar Tree Lane Sparta, NJ 07871

[\(973\) 241-5317](tel:(973)241-5317) Ask about video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Lauren Muriello**

Licensed Professional Counselor, MA, LPC

[\(973\) 794-6888](tel:(973)794-6888)

Verified by Psychology Today

Please know we are here to help. We are providing online therapy using a HIPAA compliant server. Teen groups are running online!

TEEN ISSUES, CHILDREN ISSUES, COUPLES, FAMILIES & INDIVIDUAL ADULTS. I'm warm and caring, yet direct - so I can help you make the changes you want to make while feeling supported. My clients say I'm easy to talk to, and a positive influence in their lives. I love working with teenagers and children, in addition to couples and families. I look forward to hearing from you and talking about how I can help you and your family.

I have extensive experience working with teenagers. I served as Co-Director of Omega Teen Camp, (Omega Institute - the nation's largest holistic center). I also have extensive training in structural family therapy - a wonderful way of working with individuals and their families to see how everyone effects one another.

My clients often say they feel very relaxed with me, and never judged. That's always my goal - to create a comfortable, safe space for you and your children to grow and heal. Take the first step to help. Call or [Email](mailto:Lauren.Muriello@psychologytoday.com) Lauren Muriello now - [\(973\) 794-6888](tel:(973)794-6888)

## **Teen Therapy Support Groups - DBT & CBT Skills**

For girls and boys ages 13-17 who need to learn healthy coping skills and develop self esteem. (Includes, but not limited to, adolescents with Depression, Cutting and Anxiety diagnosis.) Girls and Boys meet separately. We use modern techniques including DBT & CBT combined with creative, fun approaches to help your teen develop important life skills. GROUPS MEET AT BOTH OF OUR LOCATIONS: MONTVILLE, NJ & MILLBURN, NJ

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **[Confident Kids - Social & Emotional Skills Group](#)**

We make our group fun and engaging, so your child will want to come! This group will help your child increase self-esteem, impulse control, and social skills. We're not just therapists, we're parents too, so know how to connect to your child so they feel comfortable

Location: Well Being Therapy Center, 112 Main Road Bldg 2 Montville NJ 07045 [\(973\) 794-6888](tel:9737946888)

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# **Private Mental Health and Addiction Counseling** **Services for Adolescents in Jefferson Area** **Drug and Alcohol Specialists:**

## **Maria C Pisani**

Licensed Professional Counselor, LPC, LCADC

[\(973\) 221-8494](tel:(973)221-8494)

Verified by Psychology Today

Maria has counseled various populations in different settings such as withdrawal management, inpatient treatment programs, outpatient counseling programs, prisons and high schools. She has worked with both adolescents and adults providing substance use awareness, prevention and intervention services. Maria has also worked with individuals that were in or are in domestic violence situations. Maria practices the use of motivational enhancement consistent with a person's specific stage of recovery in both addiction and mental health. Other practices include contingency management, relapse prevention and cognitive-behavioral techniques. Intervention services include individual and group counseling along with educational groups that focus on co-occurring disorders; those that are dealing with an addiction and/or anxiety, depression, and/or post-traumatic stress. Take the first step to help. Call or [Email](mailto:maria.pisani@psychologytoday.com) Maria C Pisani now - [\(973\) 221-8494](tel:(973)221-8494) Offers video and phone sessions

Location: Sparta Avenue SUITE C-2A Sparta, NJ 07871 [\(973\) 221-8494](tel:(973)221-8494)

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Bilingual Counseling NJ, LLC**

Licensed Professional Counselor, MS, LPC, LCADC, NCC, SAC

[\(973\) 528-7192](tel:(973)528-7192) Verified by Psychology Today

I am offering telehealth sessions. Estoy ofreciendo sesiones virtuales.

I am a Bilingual Licensed Professional Counselor and a Licensed Clinical Substance Abuse Counselor. I provide counseling services to individuals, couples, and families of all ages who may be experiencing depression, anxiety, loss, family conflicts, domestic violence, substance use/misuse and/or a variety of related mental health concerns. I am delighted to be able to help you find or renew hope, strengths, and/or to develop reachable goals which will enable you to fulfill your full potential. I have more than 5 years of experience in the mental health and substance abuse field. My experience includes providing outpatient and inpatient mental health and substance abuse treatment as well conducting assessments/evaluations. I am also certified as a Student Awareness Coordinator. My practice includes providing counseling in both English and Spanish. I provide a safe, honest, comfortable, and non-judgmental environment.

Call or [Email](mailto:) for a free phone consultation now - [\(973\) 528-7192](tel:(973)528-7192)

Location: Bilingual Counseling NJ, LLC, 100 Enterprise Drive Suite 301  
Rockaway NJ 07866

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Christie Giacobbe**

Licensed Professional Counselor, LPC, LCADC, ACS, SAC

[\(862\) 500-5854](tel:8625005854)

Verified by Psychology Today

I have been working in the field of adolescent mental health and substance abuse counseling for over 14 years. I started my career working in a mental health partial hospitalization and intensive outpatient program for adolescents and eventually came to specialize and work with adolescents and their families with substance abuse and co-occurring disorders in an intensive outpatient program which I coordinated, before moving on to work with adolescents in a high school setting. I specialize in working with adolescents and young adults with substance abuse, anger issues, anxiety, depression, relationship issues, multicultural issues, women's issues, post-traumatic stress, grief and loss, and self-esteem issues. I have also worked with families on improving communication and developing limits and boundaries. I believe in creating a safe, non-judgmental, empathetic, and supportive environment. I work hard to help my clients reach their goals and build congruency between their wants and needs through a variety of ways. I believe in building rapport and working with my clients to develop the skills and insight they need to reach their goals. Take the first step to help. Call or [Email](mailto:christie@lakesidecounseling.com) Christie Giacobbe now - [\(862\) 500-585](tel:8625005854)

Location: Lakeside Counseling Associates, LLC, 350 South Sparta Avenue Sparta, NJ 07871 [\(862\) 500-5854](tel:8625005854) Offers video and phone sessions

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# Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area

## Anthony Polito

Clinical Social Work/Therapist, LCSW, LCADC

[\(973\) 850-4010](tel:(973)850-4010)

Verified by Psychology Today

For information on our COVID-19 Coronavirus Precautions, please visit:  
[www.ascendnj.com/covid-19-coronavirus-precautions/](http://www.ascendnj.com/covid-19-coronavirus-precautions/)

I have been in the behavioral health field for over twenty years and have seen time and time again that addiction and mental health issues are a complex interaction of biology, psychological makeup, environmental influences and social factors. In short, mental health and addiction issues are complicated to understand and difficult to treat. Yet while treating individuals with mental health and/or substance use disorders, I have witnessed the best in the human spirit and have seen countless people develop the skills they need to recover and go on to lead fulfilling and contented lives. My approach is rooted in the tenets of Cognitive Behavioral Therapy, Positive Psychology, and Motivational Interviewing. Using a blend of evidenced based techniques and interventions, I seek to elicit the changes that people desire and assist them in exploring the best ways to reach their goals while drawing on character strengths they already possess. My larger practice can provide services in Spanish as well additional holistic therapies such as Mindfulness, Relaxation and Yoga into the overall treatment experience, as well. Take the first step to help. Call or [Email](mailto:Anthony.Polito@ascendnj.com) Anthony Polito now - [\(973\) 850-4010](tel:(973)850-4010)

## [Helping Families Cope Therapy Group](#)

Helping Families Cope is a support group designed for parents, caregivers, or other loved ones of individuals who are struggling with addiction and/or co-occurring issues. The purpose of this group is to provide family members and loved ones with information, education and support to help them cope with and address their loved one's addiction. Individuals over the age of 15 are welcome. This group is free of charge and is open to

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# Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area

anyone in the community who is struggling with coping with someone else's substance use. This group meets the third (3rd) Wednesday of every month at 7:00pm.

## [Anxiety Management Workshops- Adults & Adolescents](#)

Location: Ascend Treatment and Wellness Center, 100 Enterprise Drive Suite 301 Rockaway NJ 07866 [\(973\) 850-4010](tel:(973)850-4010) Offers video and phone sessions

### Jon Boschen

Clinical Social Work/Therapist, MSW, LCSW, LCADC

[\(973\) 988-2203](tel:(973)988-2203)

Verified by Psychology Today

Due to Covid-19, I have moved to doing online therapy sessions, to help prevent any exposure that might occur. Accepting New Clients :)

I am Licensed Clinical Social Worker and a Licensed Clinical Alcohol Drug Counselor with more than a decade of experience in mental health and substance abuse fields in community-based and hospital settings. I have worked extensively with adolescents/teens and adults during this time, in inpatient and outpatient settings. Professionally, I hold a Bachelor's Degree in Psychology from Seton Hall University and a Master's Degree in Social Work from Rutgers University. Clinically, I identify as a "Strengths-based Solution-focused Clinician" that strives to empower my clients therapeutically to achieve their goals. I am trained in a variety of therapeutic disciplines, to meet my client's therapeutic needs where they are in the moment, through a loving-kindness approach.

My experience focuses on relational issues, divorce, low self-esteem/mood disorders, depression, anxiety, PTSD, grief/loss and substance abuse issues. I also have served on several professional advisory boards, task forces and committees within State of New Jersey related to mental health and substance abuse. Take the first step to help. Call or [Email](mailto:jonboschen@ascendtreatment.com) Jon Boschen now - [\(973\) 988-2203](tel:(973)988-2203)

Location: Jon Boschen, LCSW, LLC, West Milford, NJ 07480 [\(973\) 988-2203](tel:(973)988-2203) Offers video and phone sessions

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# **Private Mental Health and Addiction Counseling** **Services for Adolescents in Jefferson Area**

## **Bernard Ivin**

Clinical Social Work/Therapist, LCSW

[\(973\) 943-4751 x1](tel:(973)943-4751)

Verified by Psychology Today

I help clients overcome depression, anxiety, substance abuse, and other life difficulties in the pursuit of living more successful and happy lives. I specialize in Cognitive Behavioral Therapy (CBT). The goal of CBT is to teach clients how to become their own therapist, capable of using a variety of coping strategies to effectively manage their feelings and reactions. Clients learn a system for restructuring negative thought, generating self-motivation, and changing unhealthy behaviors. I am committed to providing clients with the highest quality of care and service possible. This is not just a slogan that appears on my letterhead, but rather a self-imposed expectation that I strive to achieve every counseling session. This is evident in many ways including the numerous positive reviews provided by current and past clients. Call or [Email](#) for a free phone consultation now -  [\(973\) 943-4751 x1](tel:(973)943-4751). [Early Substance Abuse Intervention Group](#)

Location: Strength for Change, LLC, 22 Howard Blvd Suite 101 Mount Arlington, NJ 07856  [\(973\) 943-4751 x1](tel:(973)943-4751)

## **Lisa Coppola**

Licensed Professional Counselor, LPC

[\(862\) 206-5044](tel:(862)206-5044)

Verified by Psychology Today

I have 5 years of experience working in the mental health field. My experience includes providing individual, group and family therapy to adults and adolescents who suffer from anxiety, depression, substance abuse, co-occurring disorders and severe and persistent mental illness. I strive to assist and empower each client in reaching their personalized goals by providing a warm and supportive environment. I utilize a variety of therapeutic interventions and will help guide you to identify and build off your strengths, while teaching effective coping skills, communication and providing psychoeducation.

Take the first step to help. Call or [Email](#) Lisa Coppola now -  [\(862\) 206-5044](tel:(862)206-5044)

Location: 350 Sparta Avenue #C2A Sparta NJ 07871  [\(862\) 206-5044](tel:(862)206-5044)

Offers video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Edward Blevins**

Licensed Professional Counselor, MEd, LPC, NCC

[\(908\) 669-4976](tel:(908)669-4976)

Verified by Psychology Today

I help children in conflict, struggling couples, unhappy families, and adults who are motivated to change. Call me for a free phone consultation or to set up an appointment. Anger, anxiety, depression, grief, parenting concerns, marital discord, bullying and harassment, behavioral disorders, substance abuse, school or job avoidance, and issues specific to children and adults with developmental disabilities are all problems we can work on successfully together . I have 25 years of school experience working with children, backed by twelve years of clinical experience in Sussex County assisting children and adults in improving their lives. I work well with children and adults, including those with developmental disorders such as Asperger's/high functioning Autism Spectrum Disorder, Attention Deficit Disorder, and other unique perspectives. Afternoon, evening, and late evening appointments are available.

I have an excellent working relationship and reputation with Sussex County schools and the criminal justice system. Call me if your child is in legal trouble or has had issues in school, including problems with Vaping or Ecigarettes. Call or [Email](mailto:Edward.Blevins@firstlightcounseling.com) Edward Blevins for a free phone consultation now - [\(908\) 669-4976](tel:(908)669-4976)

Location: First Light Counseling, 25 Main Street Rear Suite A Sparta NJ 07871 Ask about video and phone sessions [\(908\) 669-4976](tel:(908)669-4976)

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# Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area

## Paul DePinto

Licensed Professional Counselor, LPC, ACS

[\(201\) 509-4742](tel:(201)509-4742)

Verified by Psychology Today

I help adults and children overcome difficulties with Depression, Anxiety, Attention Deficit Hyperactivity Disorder, School Underachievement, Relationship Problems, Substance Abuse and a Variety of Other Life Difficulties. I custom tailor my interpersonal style and therapeutic strategies to match a client's age, personality and motivation for change. This individualized approach creates an environment in which the client feels deeply understood and valued. The spirit of trust and collaboration that results is one of the keys to motivating those I serve and improving their treatment outcome.

I use a therapeutic approach called Motivational Cognitive Behavioral Therapy. It was created by my mentor Bernard Ivin. It is a combination of CBT and other approaches. The goal is to teach clients to become their own therapist, using a variety of "life skills" to manage their emotions and behaviors. I am truly committed to providing inspiring those I serve to live a life that is in line with their goals, hopes and dreams. I believe that everyone has the capacity for change and the human spirit is strong and resilient. I am passionate about helping my clients progress successfully in their journey through life.

Call or [Email](mailto:Paul.DePinto@strengthforchange.com) Paul DePinto for a free consultation now - [\(201\) 509-4742](tel:(201)509-4742)

Location: Strength For Change, 22 Howard Boulevard Mount  
Arlington, NJ 07856 [\(201\) 509-4742](tel:(201)509-4742)

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Victor Perez**

Counselor, MA, LAC, NCC

[\(973\) 453-0189](tel:(973)453-0189)

Verified by Psychology Today

I am a Licensed Associate Counselor and Nationally Certified Counselor with a master's degree in clinical mental health counseling from Kean University. I have experience working with adolescents and adults dealing with substance use, emotional, and mental health issues. I am bilingual in English and Spanish, and I am currently enrolled in a doctoral program for counseling and supervision at Kean University. I operate from a humanistic orientation, incorporating skills from Dialectical Behavioral Therapy (DBT). I also incorporate techniques from positive psychology theory (PPT) into my practice. I specialize in working with individuals to help them develop resiliency skills such as optimism, self-efficacy, and general life skills.

Take the first step to help. Call or [Email](#) Victor Perez now - [\(973\) 453-0189](tel:(973)453-0189)

Location: 100 Enterprise Drive Suite 301 Rockaway NJ 07866 [\(973\) 453-0189](tel:(973)453-0189) Offers video and phone sessions

These are not recommendations. List compiled by Jefferson Township Municipal Alliance Committee by zip code search on Psychology Today to aid families in search of adolescent mental health & addiction services in the Jefferson area. Each family must determine which counseling service works best for their needs. Contact provider directly for financial information or visit : <https://www.psychologytoday.com/>

# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Emmanuel Akpan**

Licensed Professional Counselor, PhD, LPC, LCADC, SAP, LAMFT

[\(973\) 510-0083](tel:(973)510-0083)

Verified by Psychology Today

Services through telehealth include: Outpatient groups and individual counseling sessions, Intensive Outpatient (IOP) programs & Assessments

Mt. Olive Counseling & Clinic is a New Jersey State licensed facility that offers superior outpatient mental health and substance abuse treatment for adolescents, adults & families. The following programs are available: adolescent and prevention program, adolescent outpatient program (OP), adolescent intensive outpatient program (IOP), adult outpatient program (OP), adult intensive outpatient program (IOP), partial care programs, rehabilitation program, anger management, supported employment, and DUII provider. After a comprehensive evaluation, we collaborate with patients and families to develop a treatment plan to improve the patient's health, promote positive social activity, peer relations, and improve family relationships. Conduct comprehensive face-to-face assessment and clinical evaluation for Department of Transportation (DOT) workers who have violated drug and alcohol program regulation. Develop and direct a follow-up testing plan for employees returning to work following successful compliance; and provide the employee and employer with recommendations for continuing care. Take the first step to help. Call Emmanuel Akpan now - [\(973\) 510-0083](tel:(973)510-0083)

Location: Mount Olive Counseling & Clinic, 1278 Route 46 LedgeWood, NJ 07852 [\(973\) 510-0083](tel:(973)510-0083) Offers video and phone sessions

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# **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

## **Lakeside Counseling Associates, LLC**

[\(862\) 701-4614](tel:(862)701-4614)

Verified by Psychology Today

Lakeside is currently open and accepting new clients for telehealth counseling. Please call our office at (973) 726-4533 for details.

Lakeside Counseling Associates is a multi-specialty group private practice, offering behavioral health services to adults, children and adolescents. We provide individual counseling, couples counseling, family therapy and group therapy in a calm and relaxing outpatient setting. In addition to office visits, we offer teletherapy services as an option. Our diverse team of mental health professionals are dedicated to providing the highest quality of care, personalized for each individual's needs. All of our therapists are experienced licensed professionals with a wide range of specialties and qualifications.

Take the first step to help. Call or [Email](#) Lakeside Counseling Associates, LLC now - [\(862\) 701-4614](tel:(862)701-4614)

Location: Lakeside Counseling Associates, LLC, 350 Sparta Ave, Suite C-2a Sparta, NJ 07871 [\(862\) 701-4614](tel:(862)701-4614)

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**Private Mental Health and Addiction Counseling  
Services for Adolescents in Jefferson Area**

**Substance Abuse Evaluation Providers &  
Outpatient Services:**

Ascend Treatment Center - Anthony Polito , Rockaway, NJ, 862-781-6141

Kieran Ayre (Private practice) , Morristown, NJ, 973-670-3123

Center for Prevention & Counseling, Newton, NJ, 973-383-4787

Daytop Parsippany, NJ, 973-539-5764

High Focus Center, Parsippany, NJ, 800-877-FOCUS

Leslie Malnack (Private practice) Sparta/Denville, NJ, 973-586-2548

New Life Recovery , Pompton Lakes, NJ, 973-728-7788

New Pathways - Elisa Warren Pine Brook, NJ, 201-436-3469

Strength for Change - Mt Arlington, NJ, 973-770-7600

Summit Behavioral Health Florham Park, NJ, 855-855-9199

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## **Private Mental Health and Addiction Counseling Services for Adolescents in Jefferson Area**

Morris County Human Services Provides information, referral options, and helps to link you to publicly funded community addictions treatment services, in addition to prevention and education programs. 973-285-6867  
<https://hs.morriscountynj.gov/addiction/>

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