



ASUN STAR

**Mental Health & Substance Use
Outpatient & Intensive Outpatient
Services**

*"Safe Space For
Individuals"*



**CLIA
Approved**

We Serve Adolescents & Adults

We Provide The Following services:

- Individual Therapy
- Family Therapy
- Group Therapy
- Medication Management
- Peer Support

- Drug Screening & Assessment
- Relapse Prevention
- Health Education
- Case Management
- Parenting Groups

"Connecting Clients To Resources"

**We Accept The Following
Health Insurances:**

- Wellpoint
- Horizon BCBS
- Fidelis
- Optum/United
- Evernorth
- Medicaid

**DMHAS Substance Use Disorder
(SUD) Fee For Service (FFS)**

- Driving Under The Influence (DUI)
- Drug Court
- Interim Services Initiative (MAP SPB)(ISI)
- State Parol Board NJ Statewide Initiative (NJSI)



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Info@ASunStar.org**

ASUN STAR

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SYNOPSIS OF SERVICES OFFERED:

(Licensed Clinicians speak the following languages: Spanish, Portuguese, French, Creole, Hindi, Punjabi, Urdu, Yorba, Korean, and Sign Language)

AREAS OF EXPERTISE INCLUDE:

Children diagnosed w/ I/DD (Intellectual/ Developmental Disabilities), Sexual Abuse, Trauma- Focused, Family Separation, Marital, Drug/Alcohol Abuse, Mental and Psychological (DSM V) Disorders, Depression, Physical Abuse and Neglect, Crises Prevention, Suicidal/Homicidal Ideation, Anger Management, Parenting Skills, Domestic Violence, Gang Prevention, Aging Out Population, Play/Drama/Art Therapy, AIDS/HIV, Abandonment, Grief, Children with Parents Who Have Been or Are Incarcerated, Behavior Modification, Disability (Mental, Emotional, Physical, Learning) Truancy, Peer Interaction and Socialization, Self-Esteem Enhancement.

MENTAL HEALTH/ DRUG AND ALCOHOL SERVICES (SUD)-

(Outpatient/ Intensive Outpatient)

We offer in-home and outpatient services to address challenges that an individual may be experiencing with Mental Health/ Drugs and Alcohol. Behavioral therapies vary in their focus and may involve addressing a person's motivation to change, providing incentives for abstinence, building skills to resist drug use, replacing drug-using activities with constructive and rewarding activities, improving problem-solving skills, and facilitating better interpersonal relationships. Also, participation in group therapy and other peer support programs during and following treatment can help maintain abstinence. Services also include psychological evaluations and medication monitoring.

TRANSITIONAL I/DD YOUTH TO THE ADULT SERVICES: We are currently credentialed for the following ADULT DDD Services: **Behavioral Supports, Career Planning, Community Based Supports, Community Inclusion Services, Natural Supports Training, Prevocational Training, Respite, Supported Employment, Individual Supports, Day Habilitation**

INDIVIDUAL COUNSELING/ BEHAVIORAL ASSISTANCE

Within this program, our youth will enhance their decision-making ability and develop increased self-confidence in their ability to achieve personal, academic, and career goals. Individual counseling may focus on any area of concern and goals are mutually planned by the youth, family, and therapist.

FAMILY/ GROUP COUNSELING

The purpose of this program is to utilize the support of others in learning how to communicate more comfortably and effectively, to identify and explore inner feelings, to gain feedback from others, and to experiment and learn new ways of relating to others. Group areas include: anger management, sexual abuse, conflict resolution, life skills, self-esteem, adjusting to a new placement, job training, becoming a teenager; and art, drama, play therapy, etc.

PARENTING SKILL CLASSES / PBMT (Parent Behavioral Management Technique):

This 12-wk structured program aims to change parenting behaviors, teaching parents positive reinforcement methods for improving pre-school and school-age children's behavior problems (such as aggression, hyperactivity, temper tantrums, and difficulty following directions). Furthermore, parents learn certain decision tactics to solve problems in order to be an effective person and parent. One-on-one sessions are held on core topics; such as: building a child's self-esteem, proper methods of discipline, and creating age-appropriate rules and boundaries. Because every parent's needs are different; outside of the core topics, the remainder of the syllabus is catered to the needs/goals of that particular youth.

PARENT MENTOR

Our Parent Mentor program works with families to bring about constructive change through support, guidance, instruction and/or treatment. During each session, the parent mentor helps the parent to discover constructive ways to address a situation that may be causing concern, assists with identifying goals, and helps them with designing action steps to attain the goal identified.

The Parent Mentor encourages the parent to discover and address stresses and challenges that may be impacting them and their children, helping the parent evaluate the systems they have in place that are already supportive and then guiding them to tap into them more efficiently. Sections of our structured 12-wk parenting program are implemented throughout the course of treatment with this service.

MENTORING SERVICES

This therapeutic behavioral program is designed to improve the quality and effectiveness of service to children within a demographic area. It is designed to transform the lives of the most highly at-risk youth within our service area, by connecting them with positive people that they can look up to and giving them positive outlets in which they explore and utilize their talents.

TUTORING

Tutor will work one-on-one with youth on individual needs identified by an individualized lesson plan.

JOB COACH

This service allows a youth to learn the basic skills of preparing to locate employment and work experience through volunteering. The Job Coach will work one-on-one with the youth to build a resume, which may include finding volunteer opportunities to identify interest and add experience to the resume. Additional objectives will include: helping the youth to complete applications and apply for jobs in-person and online, working on interview skills (verbal vs. non-verbal communication), and identifying strengths and long term vocational and/or educational goals.

INDIVIDUAL SUPPORT SERVICES (ISS) - ADLs

This program is designed to help youth 3-21 years old who are DD eligible to address adaptive behavior and skill development for activities of daily living (ADLs). These services help individuals learn the basic activities (i.e. eating, toileting, hygiene, dressing) of daily living and instrumental activities (i.e. washing dishes, use of telephone, preparing simple meals, managing money) of daily living to live independently within the community.

IIH Clinical Services

This program is designed for clinicians to implement the Applied Behavior Analysis (ABA) module while decreasing dangerous behaviors and assisting youth in acquiring and retaining self-help, communication, and adaptive skills. A focus is put on a transfer of skills to the youth while working with/training the youth's parent or caregiver to implement the plan.

IIH Behavioral Services/ ABA Services

This program allows BCBA's and Behavioral Techs to utilize the Applied Behavior Analysis (ABA) module and is designed for decreasing dangerous behaviors while assisting youth in acquiring and retaining self-help, communication, and adaptive skills. A focus is put on a transfer of skills to the youth while working with/training the youth's parent or caregiver to implement the plan. Services can occur in a home and/or facility-based setting.

FAMILY SUPPORT SERVICES (FSS) - RESPITE

This program is designed to help youth 4-21 years old who are DD eligible to participate in a number respite programs. The programs include: **Weekend Respite** (Saturday Program), **Afterschool Respite**, **Agency Hired Respite** (a representative from the agency will visit the home), and **Self-Hired Respite** (family hires a staff member to work with their family).

GROUPS

SELF ESTEEM BUILDING GROUPS (GIRLS GROUP / BOYS GROUP)

This program contains a collection of strategies to help both children and adults: (1) develop an accurate concept of who they are and (2) practice skills for interacting in a positive manner with others. Our direct goal is to directly enhance the self-esteem of our youth by engaging them in experiences that develop a wide range of life and social skills and to build their confidence and sense of responsibility.

ANGER MANAGEMENT/ CONFLICT RESOLUTION GROUPS

This program serves as an effective way to handle difficult situations in the home setting, the school, and in the community. This program helps our clientele understand that physical violence is not appropriate ways for dealing with problems. Furthermore, it teaches each client how to utilize alternative dispute resolution in his or her daily lives.

LIFE SKILLS/ AGING OUT POPULATION

Youth in this program will be taught the fundamentals of independence. Areas covered will include; self-help skills, independent living skills, academic/ vocational achievement, positive self-image, communication skills, budgeting, nutrition, positive social skills, drug/alcohol prevention, AIDS/HIV prevention, decision making skills and tools in conflict resolution, as well as community linkages.

SATURDAY PROGRAM

Youth who attend this program are offered a wide range of therapeutic activities and experiences. The focus of the program includes: improving communication and socialization, learning problem solving and decision-making skills, conflict resolution, respecting adult authority, strengthening life skills and independence, recreation, arts and crafts, and culinary exposure.

SUMMER PROGRAM

SUMMER EXPLORATION PROGRAM/

FUTURE LEADERS OF TOMORROW SUMMER PROGRAM

The primary goal of the ASun Star's Therapeutic Summer Day Camp is to prepare youth to live and thrive in a world that is increasingly changing. Additionally, to create a therapeutic atmosphere where children can succeed and develop self-help skills, independence, academic enhancement, and a positive self-image.

The program curriculum includes: education and career development, college bound options, community service, therapeutic groups, leadership training, arts and creativity, culinary exposure, computer classes, recreation (dance, sports, yoga).

The goals of the program will be met by targeting the following objectives:

1. Provide therapeutic groups on topics that affect youth within their daily lives
2. Provide behavioral support to assist youth within a structured environment
3. Provide an opportunity for youth to attend camp that may have behavioral, mental, and developmental disabilities
4. Provide a comprehensive package of educational materials in the area of (science, technology, writing and comprehension, math and creative arts)
5. Provide both peer group support and tutoring
6. Provide educational seminars and trips that are age appropriate for each group involved.

OTHER INFO

NON- INSURED FAMILIES

Families that do not possess insurance and show a financial need will be able to obtain services at a negotiated rate based on income and agency scholarship funding available.
*****PLEASE CALL FOR EXACT RATES AS WELL AS RATES FOR SERVICES NOT LISTED*****

OTHER INSURANCES

Please call to get confirmation before sending referral under the following insurances:
Aetna, Amerigroup, Horizon Blue Cross/ Blue Shield/ NJ Health, WellCare, United/Optum