

RESOURCE DIRECTORY

Referral
List

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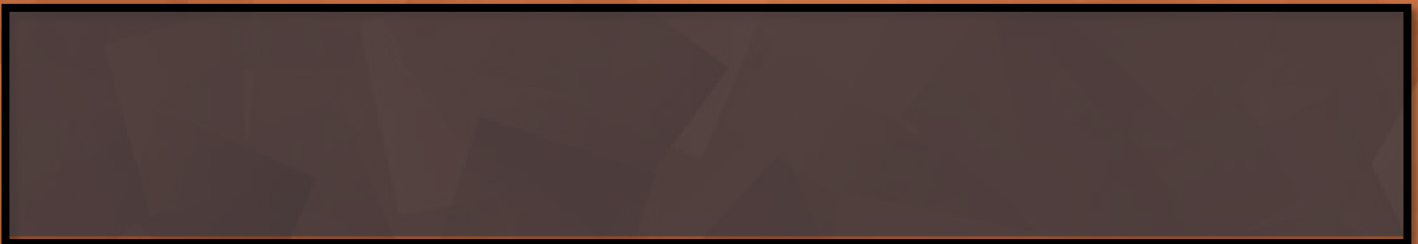
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Resource Directory Information



The following are resources and services offered within Southern Ocean County, New Jersey to better serve you and your family. There are many additional practitioners and services offered in our community.

You may wish to consult with your insurance carrier or family doctor in order to obtain the best services for your personal needs. Some practitioners may require a referral, which can generally be obtained by seeing your primary care physician.



“The future depends on what you do today.”

~Mahatma Gandhi

Degrees and Abbreviations

Below are the full titles of various degrees next the abbreviation to better help identify the services that will be the best fit for you and your family.

ACS: Approved Clinical Supervisor

ATR: Registered Art Therapist

Ph.D.: Doctor of Philosophy

LAC: Licensed Associate Counselor

LPC: Licensed Professional Counselor

LCSW: Licensed Clinical Social Worker

LCSW-R: Licensed Clinical Social Worker **that accepts third party reimbursement**

MA: Master of Arts

M.D.: Doctor of Medicine

MSW: Master of Social Work

NCC: National Certified Counselor

Psy.D.: Doctor of Psychology

RPT: Registered Play Therapist

SLP: Speech Language Pathologist

Emergency & Crisis Numbers

9-1-1

- Immediate 24/7 mobile response in the event of an emergency

Crisis Text Line

- Text “Home” to 741-741
- Provides free, 24/7 confidential support to people in crisis

Children’s Mobile Response and Stabilization Services (CMRSS)

- 877-652-7624
- 24/7 mobile response for families with children who are experiencing urgent behavioral health issues that threaten their stability in the community
- www.performcarenj.org

Psychiatric Emergency Screening Service (PESS) for Ocean County

- 866-904-4474
- Provides emergency services and counseling for non-medical emergencies and crisis interventions

National Suicide Prevention Lifeline

- 1-800-273-8255
- 24/7, free and confidential support for people in distress. Prevention and crisis resources available
- www.suicidepreventionlifeline.org

Covenant House Nineline

- 1-800-999-9999
 - Free, confidential & bilingual crisis hotline for youth and parents.
 - www.covenanthouse.org
-

Hotlines & Helplines

2nd Floor NJ Youth Helpline

- **1-888-222-2228**
- Confidential, anonymous and free helpline for all NJ youth and young adults (ages 10-24)
- www.2ndfloor.org

NJ 211 Community Resource Referral

- **Dial 2-1-1**
- Free, confidential information and referral services that connects families and individuals in need of help to community resources

Child Abuse/Neglect Hotline

- **1-877-652-2873**
- All reports of child abuse and neglect, available 24/7, toll free
- www.performcarenj.org

Family Helpline

- **1-800-843-5437**
- Provides empathic listening about parenting and refers to resources within the community

Project Child Find

- **1-800-322-8174**
- Information provided on where a child can be screened, assessed, or evaluated for possible developmental disabilities

NJ Statewide Parent Advocacy Network (SPAN)

- **1-800-654-7726**
- Provides information, training and assistance for parents and children with disabilities
- www.spanadvocacy.org

NJ Domestic Violence Hotline

- **1-800-572-7233**
- Available 24/7 to assist domestic violence victims and others

Women's Referral Central

- **1-800-322-8092**
- Available 24/7 to provide information and referrals on issues including discrimination, housing, and divorce

Programs & Agencies

Building Blocks Behavior Therapy

- **1-732-581-7096**
- 422 Lacey Road, Forked River, NJ
- Specialties: Children and adolescents affected by Autism Spectrum Disorders, and developmental disabilities.
- **Accepts most insurance**

Life Prep Counseling

- **1-732-497-8895**
- 650 Washington Street, Suite 2A, Toms River, NJ
- Specialties: Individual, couples, and group therapy for children, adolescent and adults
- **Accepts most Insurance, not Medicaid**

St. Francis Community Center

- **609-494-1554**
- 4700 Long Beach Blvd. Long Beach Township. NJ 08008
- Specialties: Affordable individual, couples and families counseling for all residents of Southern Ocean County
- www.stfranciscenterlbi.org/counseling
- **Accepts Insurance, sliding fee scale, affordable**

Preferred Behavioral Health Group

- **1-732-367-4700**
- 848 West Bay Ave #1C, Barnegat, NJ
- Specialties: Quality and compassionate health services to individuals and families through a Trauma Informed Care philosophy
- Email: Info@behavioralhealth.org
- **Accepts most Insurance**

Harbor House Youth Shelter

- **1-732-240-3638**
- 2445 Windsor Ave. Toms River, NJ 08753
- Specialties: Offers 24-hour services for family crises, working with juveniles ages 10 through 18. Offers individual, sibling, and family counseling
- Email: info@oceansharborhouse.org
- www.Oceansharborhouse.org
- **Free family crisis counseling for Ocean County residents**

Ocean Academy

- **1-732-505-2260**
- 160 Route 9. Bayville, NJ 08721
- Specialties: Small therapeutic school offering educational services to students, age 9 to 21, in need of a more structured environment prior to retuning to a public-school setting.
- Email: jwoodward@oceanmhs.org
- <https://oceanmhs.org/ocean-academy-nj/>
- **Referred by local school district's child study team**

Programs & Agencies

Blue Water Counseling Services, LLC

- **609-597-3424**
- 400 North Main Street, #1 Manahawkin NJ 08050
- Lori Tomaro and Karen Gesicki: LCSW
- Specialties: Established by a team of LCSW's, this facility offers individual, family and group therapy
- **Accepts most insurance**

Neuropsychology & Counseling Associates

- **1-732-840-5266**
- 1683 Highway 88 West, Brick, NJ 08724
- Specialties: Services to children, adolescents, and families including behavioral and academic issues
- <https://www.neuronj.com/>
- **Accepts most insurance**

Family Promise of Southern Ocean County

- **609-994-3317**
- 36 Washington Street, Toms River NJ 08753
- Specialties: Helping homeless and low-income families achieve sustainable independence, temporary shelter, food and case management for children & families
- Email: fpsocstaff@gmail.com
- **Free temporary housing & meals**

Ocean Partnership for Children Inc.

- **1-732-202-1585**
- 36 Washington Street, Toms River NJ 08753
- Specialties: Community based organization serving children between the ages of 4-18 with behavioral and emotional challenges along with their families
- Email: information@oceanpartnership.org
- **Free to those that qualify**

Xanadu Behavior Therapy

- **609-242-3322**
- 615 Lacey Road Suite 3. Forked River, NJ 08731
- Specialties: Private agency that provides counseling for behavioral concerns
- www.xanadubehaviortherapy.com
- **Aetna, AmeriHealth, HCBBS, Oxford, United Health accepted**

Mindful Solutions NJ, LLC

- **1-732-281-2060**
- 52 Hyers Street, Toms River, NJ 08753
- Specialties: Trauma treatment for children and adults. EMDR certified, depression, anxiety and more.
- www.mindfulsolutionsnj.org
- **Accepts most insurance, Reduced fees available but limited**

Individual Practitioners by Location

BARNEGAT

Katie P. Davis, LCSW

- **1-732-867-8765**
- 119 Vivas Drive, Barnegat NJ 08005
- Specialties: Full Circle Therapies offers in-home counseling specializing in grief and bereavement
- **Accepts most insurance, sliding scale available, self-pay**

FORKED RIVER

Kristen Huber, MA, LPC, NCC

- **609-276-0608**
- 1044 Lacey Road, Suite #7. Forked River, NJ 08731
- Specialties: Jersey Shore Ecotherapy specializes in promoting positive change through outdoor sessions
- Email: kristenhuberlpc@gmail.com
- **Accepts most insurance**

Robin M. Bottino, LCSW

- **609-971-7060**
- 34 Manchester Ave Suite 205 Forked River, NJ 08731
- Specialties: Trauma, Sand Play, Play Therapy, parent training, and psycho-education with adults, children, adolescents, and families
- Email: robmarie@comcast.net
- **Initial Evaluation \$125, then \$100/45 minutes**

Jennifer Baker, LPC, RPT, ACS

- **1-732-567-2009**
- 1044 Lacey Road, Forked River, NJ 08731
- Specialties: EMDR, Play Therapy, family therapy and parent coaching
- www.changeforyourlife.com
- **Out of network provider, self-pay**

Dorothy Altin, LPC, NCC, RPT

- **1-856-912-1192**
- 34 Manchester Ave Suite 205 Forked River, NJ 08731
- Specialties: Individual practice in mental health counseling and Play Therapy
- Email: Altinlpc@gmail.com
- **Accepts most insurance, sliding scale available, self-pay**

Individual Practitioners by Location

MANAHAWKIN

Dr. Kristen Labin Bekelja, PsyD

- **609-512-5483**
- 21 Jennings Road, Manahawkin NJ 08050
- Specialties: Depressive and anxiety disorders in children & adolescents, childhood behavioral problems and stress illnesses
- www.livewellpsychologicalservicesllc.com
- Accepts Blue Cross Blue Shield, Medicare, \$130-160 per session

Mary J. O'Meara, LPC

- **609-618-7479**
- 703 Mill Creek Road, Manahawkin NJ 08050
- Specialties: Children and adolescents struggling with anxiety, stress, and pressure.
- Accepts some insurance, \$110 per session, sliding scale available if needed

Bill Halbeisen, LPC

- **609-978-0921**
- 1351 Mill Creek Road, Manahawkin NJ 08050
- Specialties: Attention-Deficit Disorder, learning disabilities, mood disorders, anger management & self-esteem issues
- Email: bh-lpc@comcast.net
- Medicaid, FlexFunds accepted

TOMS RIVER

Dr. Jay Gordon, Ph.D

- **1-732-930-2242**
- 388 Lakehurst Road, Suite 2A, Toms River, NJ 08755
- Specialties: Children and adolescents with behavioral, emotional, and neurological problems for over 20 years
- www.pathwaysneuropsychology.com
- Most insurance accepted

Dr. Joanne Perry, Ph.D

- **1-732-930-2242**
- 388 Lakehurst Road, Suite 2A, Toms River, NJ 08755
- Specialties: Art treatments for social skills problems and executive functioning disorders, psychotherapy
- www.pathwaysneuropsychology.com
- Most insurance accepted

Individual Practitioners by Location

TOMS RIVER

Erica Riczu, MA, LPC, NCC

- **1-732-736-8366**
- 780 Commons Way Bldg J, Toms River, NJ 08755
- Specialties: Individual therapy and social skills group therapy for children and adolescents. Trained in Sand Therapy, EMDR, Cognitive-Behavioral therapy and Hypnotherapy
- Email: ericariczu@hotmail.com
- Aetna, BCBS, out of network, \$120-170 per session, sliding scale available

Marc Panepinto, LCSW

- **1-908-279-0426**
- 30 Main Street, Ste. 28-2A, Toms River, NJ 08753
- Specialties: Struggling youth, families in crisis, children with attention and behavior problems, eating disorders
- <https://www.marcpanepinto.com/>
- Some insurance accepted, \$154-220 per session, sliding scale available

Cheryl Kasper, MSW, LCSW

- **1-732-600-0971**
- 520 Main Street, Toms River, NJ 08753
- Specialties: Attention-deficit disorder, learning disabilities, mood disorders, anger management & self-esteem issues
- <http://oceancountysocialskills.com/>
- out of network, accepts some insurance

Karen Senese, MD

- **1-732-557-4147**
- 520 Main Street, Toms River, NJ 08753
- Specialties: Children/adolescent psychiatry specializing in diagnosing and treating mental & emotional conditions

Roberta Gold, MSW, LCSW

- **1-848-456-2265**
- 1466 Hooper Ave, Suite 1, Toms River NJ 08753
- Specialties: Children experiencing depression, anxiety, and grief
- Email: rgold.fcc@gmail.com
- Accepts most insurance, \$120-200 per session, sliding scale available

Erin Saponara, MA, ATR

- **609-457-2698**
- 1239 Brandywine Drive, Toms River, NJ 08753
- Specialties: Registered Art Therapist and art teacher in K-12 setting. Experience with Autism and domestic violence
- Email: erits@comcast.net
- Self-pay, Medicaid/FlexFunds accepted

Individual Practitioners by Location

WEST CREEK

Michelle Scarano Holler, LCSW

- **1-732-610-7534**
- 1064 South Main Street Suite 1E, RM 203, West Creek, NJ 08092
- Specialties: Children and youth struggling with anxiety, depression, Bipolar Disorder, family conflict and stress management
- Email: michholler72@yahoo.com
- Accepts most insurance, \$70-150 per session, sliding scale available

Marissa Giuliano

- **609-722-7275**
- 27 Eagle Ridge Lane, West Creek, NJ 08092
- Specialties: Children and adolescents with anxiety, depression, and eating disorders, academic and social concerns
- <https://thebodypositivecoach.com/>

TUCKERTON

Mary Ellen Jill Dimeglio, LCSW

- **1-848-777-4110**
- 125 E. Main Street Suite 6, Tuckerton NJ 08087
- Specialties: 30+ years' experience with children and adolescents, utilizing Play Therapy, Cognitive Therapy & coping skills
- <http://oceancountysocialskills.com/>
- Accepts most insurance, up to \$150 per session, sliding scale available

BRICK

Kerri L. Russell-Russo, MSW, LCSW

- **1-732-823-4032**
- 35 Beaverson Blvd Suite 4D, Brick NJ 08723
- Specialties: 15+ years' experience with children, adolescents and family therapy. Focus on trauma, PTSD, and behavioral
- Accepts most insurance, \$80-180 per session

Jessica Bragen, MSW, LSW

- **1-732-477-0862 x105**
- 74 Brick Blvd, Building 4, Suite 206B, Brick NJ 08723
- Specialties: Focus on anxiety and life transitions
- Participates with all commercial insurance