Bergen Regional Medical Center provides specialized treatment programs utilizing a highly successful continuum of care for children and adolescents who have mental health challenges impeding their ability to reach their potential.

Located at 230 East Ridgewood Avenue in Paramus, NJ, Bergen Regional Medical Center provides a comprehensive set of quality services including Long Term Care, Behavioral Health Care, Ambulatory and Acute Care. The Medical Center is a designated safety net facility for the State of New Jersey and is dedicated to providing care for vulnerable populations. BRMC also provides services for those eligible for health insurance or Medicaid under the Affordable Care Act.

Bergen Regional is both the largest hospital and the largest licensed nursing home in New Jersey. The hospital houses one of the most comprehensive mental health services programs in the state, which provides psychiatric and substance abuse treatments along the continuum of outpatient and inpatient settings. In addition, Bergen Regional has a full service emergency department, state of the art operating suites, and more than 20 ambulatory medical specialty clinics.

Conveniently located near all major highways and accessible by NJ Transit.
BRMC’s Child and Adolescent Inpatient Psychiatric Services provides an opportunity for young people to overcome struggles, change the course of their lives and have a rewarding and fulfilling childhood/adolescence.

The highly trained professionals at BRMC realize early intervention and treatment are essential to providing the care needed for optimal results. Yet, younger patients are often reluctant to participate in the treatment process and frequently do not come forward with issues they may be having. This is why the BRMC team works closely with parents, families and appropriate school officials to provide resources to identify problems early on and set up successful treatment programs that are easy for younger patients to access and accept.

Bergen Regional Medical Center is designated as one of the eleven Children’s Crisis Intervention Services (CCIS) inpatient units in New Jersey. The unit provides short-term, crisis stabilization within the structure of a behavior therapy treatment program focused on the safe and effective treatment of younger patients ages 5 through 17. The program also includes subacute level of care for those children who require a longer length of stay due to the intensity and nature of their problems.

An individualized treatment plan is developed for each patient with active involvement of the parents/guardians and other appropriate family members. Each child receives four hours of school daily in addition to participating in a very detailed treatment program that includes structured groups, skills groups, recreational therapy and family therapy. Patients are expected to identify a daily specific problem, goal and task list. The BRMC multidisciplinary team then works with each young patient to help them obtain the tools and skills needed to overcome their problems and achieve their goals.

The treatment team of highly skilled and renowned child psychiatrists, social workers, nurses, teachers, and recreational therapists actively interact with the young patient reinforcing learning and utilizing safe and effective behaviors with the goal of discharge as soon as the patient is no longer considered to be a danger to themselves or to others.

Discharge planning begins on admission and provides the patient and family with an effective treatment and support program after completion of the BRMC program.

Evergreen
Adolescent Outpatient Group
Teen T.H.R.I.V.E. RECOVERY

Bergen Regional also offers Teen T.H.R.I.V.E., an adolescent group for teens 13-17 with a focus on recovering from alcohol/drug abuse/addiction. Most of the teens are referred to Teen T.H.R.I.V.E. through the substance abuse counselors, principals, coaches or from Family Court Judges.

Teen T.H.R.I.V.E. encompasses multiple levels of care beginning with early intervention, intensive outpatient as well as an aftercare component. Teen T.H.R.I.V.E. is also co-occurring licensed by the Division of Mental Health and Addiction Services.

In the event a child or adolescent experiences a mental health emergency, the Bergen Regional Emergency Department is the only one of its kind in the area that provides 24/7 access to psychiatrists and other health care professionals dedicated to treating adolescents experiencing a behavioral health crisis.

Bergen Regional Medical Center, including its Behavioral Health Division, is fully accredited by The Joint Commission.

Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services at Bergen Regional Medical Center

Board certified child psychiatrists and licensed social workers are available to treat children between the ages of 5-17 for a variety of mental health issues including:

- ADHD
- Anxiety
- Bullying
- OCD
- Depression
- Bipolar Disorder
- Anger
- OCD

Treatment modalities include psychiatric and psychosocial assessments, individual, family and group therapy, and support groups for parents.

Call the
The Access Center for Mental Health and Substance Abuse Services at 800.730.2762 for information or appointments.

The admission process is quick, with specialists available to assist with any insurance questions.