

**The Mission of West Bergen Mental Healthcare is to promote psychological health and personal growth. Through comprehensive treatment and supportive services, we respond to the needs of our clients and the communities we serve.**

## Focus — Asperger's Related Services

The Asperger's Related Services Department is among the numerous specialty programs offered at West Bergen Mental Healthcare. Asperger's is a neurobiological disorder that involves significant difficulty with social skills and patterned or repetitive behaviors or a narrow obsessive like approach to interests and activities. While individuals with Asperger's typically demonstrate an average to superior range of intelligence, their symptoms may range from mild to severe. In addition to Asperger's itself, affected individuals may be at increased risk for developing related issues such as anxiety and depression.

Since its inception in 1999, the Asperger's Related Services Department has become a regional leader in offering full diagnostic and comprehensive treatment services for individuals with Asperger's, High Functioning Autism, Pervasive Developmental Disorder Not Otherwise Specified (PDD, NOS), Nonverbal Learning Disabilities and other disorders affecting social communication and interpersonal skills. The



department offers extensive programming for children, adolescents, adults and family members affected by Asperger's.

Currently West Bergen offers over 30 therapeutic social skills groups for individuals ranging in age from preschool through adulthood. Each staff member is thoroughly trained in strategies and techniques to address the social and emotional needs of the individual.

**The Asperger's Related Services program at West Bergen offers a menu of services including:**

- Differential diagnostic evaluations and psychological assessments
- Consultations
- Therapeutic social skills
- Individual therapy

- Family therapy
- Specialty events and Recreational Programs
- Summer Camp with Counselor in Training Program
- Community outreach
- Trainings for schools, agencies or organizations
- Professional presentations and conferences
- Neurotypical Peer Socialization Program
- Medication consultation and management
- School or agency consultations and/or training
- Workplace or residential consultations

For more information on Asperger's Syndrome, and how West Bergen can help, visit our website at

[www.westbergen.org](http://www.westbergen.org) or call our Access Center at 201-444-3550.



# Asperger's Art Workshops—2012

West Bergen's Asperger's Related Services Program is gearing up for another year of playing drawing painting and art fun! These one-hour art workshops provide an opportunity for children on the spectrum to benefit from creative activities such as drawing, collage, painting and sculpting. Everyone is an artist!

## Objectives include:

- Increase in social interaction
- Sensory regulation
- Increase imagination, perspective, conceptual processing
- Improve motor coordination
- Provide an alternate means of self-expression
- Learn leisure skills that can grow for a lifetime & may



September 15, October 20, and November 17. Ages 6-9 11am – 12pm - Ages 10-13 1pm – 2pm. **Fee of \$35 includes all materials.**

For more information, or to register, please contact Pat Decker at (973)864-7290, or [pdecker@westbergen.org](mailto:pdecker@westbergen.org)

lead to employment opportunities  
**All workshops will be held in the new location: 615 Franklin Turnpike, Ridgewood, NJ, 07450—201-857-0080.** Scheduled dates for 2012: (all dates and times will be confirmed 1 week prior to class): February 18, March 17, April 21, May 19, June 16,

The Asperger's Program also continues to provide Therapeutic Social Skills groups for individuals with Asperger's and Related Disorders. Serves individuals from preschool through adulthood. For more information on groups, please contact Kelly Doyle, at 201-857-0080.

## Playgroups

For children who need improvement in play skills with peers, the Asperger's Program is hosting Playgroup Workshops. These workshops will focus on practicing sharing, cooperation, compromising, sportsmanship and conversation skills. 4-7 year olds Cost: \$175.00 for 5 week session which will be held on Fridays from 3:45pm to 5:00pm: 2/10/12, 2/17/12, 2/24/12, 3/2/12, 3/9/12. Additional 5 week session scheduled for 3/16/12 through 4/20/12. **All workshops are being held at the New Location: 615 Franklin Turnpike, Ridgewood, NJ 07450.** To

register please contact Kelly Doyle at 201-857-0080 ext. 7500.



## Other Group News

Many West Bergen programs conduct group therapy as a method of treatment. Group therapy is a powerful venue for growth and change. Not only do clients receive tremendous understanding, support, and encouragement from others facing similar issues, but they also gain different perspectives, ideas, and viewpoints on those issues.

The following are some of the groups held at the Center for Children and Youth:

**ADHD** groups run throughout the week depending on ages. Please contact Alan Koenig at 201-934-1160 for more information.

**Social Anxiety Group** is held on Tuesdays at 7:00 pm for teens ages 14-18. Will be launching a new group for middle school age children soon!

**Girls Teen Depression Group** meets on Wednesdays at 5:00 pm. Will be launching both a boys teen and a pre-teen girls depression group.

A **Parent Education and Support Group** meets every other Monday from 11:15am -1:00 pm using the EPIC Model, or *Every Person Influences Children*. Contact the ACCESS Center at 201-444-2550 for info.

### **NEW Social Anxiety Teen Groups**

West Bergen is now accepting referrals for the **Social Anxiety Teen group**. Clients must be between the ages of 14-18 and present with symptoms of social anxiety i.e. school refusal, fear of social situations and limited peer relationships. Please contact Lillie Coleman at 201-934-1160 for more information.

# West Bergen To Launch Electronic Medical Records

After several years of diligent planning and research, West Bergen is almost ready to implement the Electronic Medical Record (EMR) software that staff have been training to use.

Qualifacts Systems Inc. provides Web-based enterprise software for human service and behavioral health providers. West Bergen is scheduled to Go Live April 2, 2012. West Bergen is part of a multi-agency collaborative effort and will be implement-

ing the EMR with 4 other mental health agencies in New Jersey using *the system called CareLogic*. Noting that West Bergen has four service locations and multiple residential facilities for clients, Karen Acker, Administrative Director and EMR project leader stated, "An electronic medical records system is going to improve the quality of health care and make health information available when and where it is needed."

Over the past year, staff members



from clinical, administrative and billing departments have been involved in an intense week long training in Newark, NJ

with the other collaborating agencies and Qualifacts.

West Bergen is extremely excited to be venturing into the age of electronic medical records to enhance the quality care we give to our clients.

## CARF To Survey West Bergen in March

West Bergen will undergo its third triennial CARF accreditation survey on March 19, 20 and 21. In the surveys taken in 2006 and 2009, West Bergen received a three year accreditation due to its substantial conformance to the standards and is the highest accreditation a behavior health agency can achieve.

CARF accreditation signals a service provider's commitment to continually improving services, encouraging feedback, and serving the community. Consumers, their families, and the public look for CARF accreditation as assurance that providers strive to offer the highest quality services.

To be accredited by CARF, an organization must satisfy each of the CARF Accreditation Conditions, and demonstrate through a site survey that it meets the standards established by CARF. While an organization may not be in full conformance to every applicable standard, the accreditation decision is on the balance of its strengths with those areas in which it needs improvement.

West Bergen staff have been busily preparing for this year's survey and are confident that it will be as successful as it was in previous years.



West Bergen's Asperger's Related Services

## SOAR Experience

&

## The SOAR CIT Program

### INFORMATION SESSION

Come and learn about the **SOAR Experience** – a therapeutic social skills program in a day camp-like environment for children and teens with Asperger's and related disorders. Learn about the fun filled summer days rich in social skills at the SOAR Experience for your child ages 6 – 16 and have your questions answered.

An additional information session on the **SOAR Counselor in Training (CIT) Program** will follow on the same evenings. The CIT program is a vocational and work experience program for individuals Asperger's and related disorders ages 14 - 24.

Please RSVP two days prior to the evening you wish to attend.

Wednesday March 7, 2012

Monday, April 2, 2012

Tuesday, May 1, 2012

7-7:40 for the SOAR Experience Program

7:45-8:30 for SOAR Counselor in Training (CIT) Program

Information Sessions to be held at West Bergen's newest site:

615 Franklin Turnpike, Ridgewood, NJ 07450

RSVP to Kelly Doyle at 201-857-0080 ext 7500

Note: The SOAR Experience and the SOAR CIT Program will remain at the One Cherry Lane, Ramsey site for the SOAR Experience program weeks in the summer of 2012.

If you are unable to make it to one of above sessions and would like more information, check out the SOAR Experience video on our website ([www.westbergen.org](http://www.westbergen.org)); visit our table at the CAPE Resource Center Camp and Recreation Expo on March 29<sup>th</sup>, or call to speak with a member of the Asperger's staff at 201-857-0080.

# Plans Underway for 35th Annual Brunch

Members of the Honorary Brunch Committee and Friends of the Honorees – Lawrence Inserra and the Inserra Family, will meet soon to discuss plans for the 35<sup>th</sup> Annual Brunch, set for Sunday, April 1st at 12 noon, at Seasons in Washington Township. As a family focused organization, West Bergen is especially pleased to be able to honor the Inserras.

Over the years, they have supported many many organizations and worthy causes – West Bergen among them.

Tickets for the Brunch, which cost \$80.00, which a portion is tax deductible, will be on sale soon!

Ads will go on sale for our On-Line Journal beginning mid-February. You can view last years' journal at [www.annualbrunch.com](http://www.annualbrunch.com).

For more information on the Brunch, please contact Carol Cohen, at 201-444-3550 or [ccohen@westbergen.org](mailto:ccohen@westbergen.org).



**West Bergen  
Mental Healthcare**  
120 Chestnut Street  
Ridgewood, NJ 07450  
201-444-3550/Fax 201-652-1613  
Monday- Thursday: 9:00 AM- 8:45 PM  
Friday: 9:00 AM-4:45 PM



**West Bergen  
Center for Children and Youth**  
One Cherry Lane  
Ramsey, NJ 07446  
201-934-1160/Fax 201-934-0019  
Monday-Thursday: 9:00 AM-8:45 PM  
Friday: 9:00 AM -4:45 PM  
Saturday: 9:00-2:30 PM



**West Bergen Counseling Group**  
3 Post Road  
Oakland, NJ 07436  
201-651-1900/Fax 201-651-9608  
Monday-Thursday: 9:00 AM-8:45 PM



**NEW SITE!!  
West Bergen Counseling Group**  
615 Franklin Turnpike  
Ridgewood, NJ 07450  
201-857-0080

Monday- Thursday: 10:00 AM - 9:00 PM  
Friday: 10:00 AM – 5:00 PM  
Saturday: 9:00 AM- 2:00 PM

**For all appointments call 201-444-3550**



**West Bergen is on  
Facebook!**

Check us out on... **LinkedIn**



A 501(c)(3) nonprofit that relies on  
**YOUR DONATIONS**  
to be able to serve the children and  
families of our communities

[www.westbergen.org](http://www.westbergen.org)

The West Bergen Beat is prepared by  
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