C.O.P.E.

Children's Out-Patient Endeavors

C.O.P.E. – a CarePlus program for children 4 through 18 – matches skilled clinicians with the needs of the child, youth, and/or family. It offers flexibility in scheduling appointments while minimizing wait time to receive out-patient services.

Program Goals: C.O.P.E. provides comprehensive, quality mental health services to families to achieve a maximum degree of emotional stability and functioning in a least restrictive environment.

Specialized Services:

- Individual and Family Therapy
- Cognitive Behavioral Therapy Trained Clinicians
- Trauma-Focused Cognitive Behavioral Therapy
- Attention Deficit Hyperactivity Disorder (ADHD)
- Depression and Anxiety
- Behavioral Concerns
- School Issues

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.

For more information or to make a referral…

Call CarePlus Admissions at 201-986-5000.

healing one another…together

CarePlus NEW JERSEY

Healthy minds, healthy bodies.™

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For more information on the services offered by CarePlus, visit www.CarePlusNJ.org