

Let JESPY's Clinical team work with you to help improve functioning, and increase your happiness and confidence to be your best self.

TESTIMONIALS:

"The JESPY Mental and Behavioral Health Clinic has been invaluable to me."

"My JESPY therapist is a great social worker who really helps me."

"Thank you for all that you've done to help our daughter. She held you in the utmost regard and trusted you with managing her fears. We will be forever grateful."

—JESPY parent

"Thanks to JESPY, I am getting much better at telling people how I feel."

REFERRALS AND INQUIRIES

may be initiated by calling
(973)762-6909 Ext. 166.
In-person and virtual appointments
are available.

PAYMENT OPTIONS

JESPY accepts all major insurance
carriers including Medicare, Aetna,
CIGNA, Horizon Blue Cross Blue Shield,
Humana/TriCare, Optum, Amerigroup,
United Healthcare, and WellCare.



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JESPY House is a nonprofit 501 (c) (3) organization, founded in South Orange in 1978 to serve the needs of adults with Intellectual and Developmental Disabilities.



CLINICAL & BEHAVIORAL HEALTH SUPPORT SERVICES



Assisting clients with. . .
Improving social skills
Gaining confidence
Learning coping skills
Easing stress and anxiety
Adjusting to new challenges

CLINICAL & BEHAVIORAL HEALTH SERVICES

Through individualized treatment approaches and evidence-based practice, JESPY's Clinical & Behavioral Health staff helps our clients with Intellectual & Developmental Disabilities feel confident in knowing that their treatment is our top priority.

✓ **INDIVIDUAL ASSESSMENTS** – Thorough intake assessments are conducted on every new client to obtain an accurate picture of one's emotional and psychological state.

✓ **SHORT OR LONG-TERM COUNSELING** – Long-term therapies focus on helping individuals understand how their past experiences affect them today and short-term counseling focuses on present issues and solutions.

✓ **CRISIS & BEHAVIORAL INTERVENTION** – The JESPY Mental and Behavioral Health Clinic offers Crisis and Behavioral Intervention to help clients deal with emotional occurrences. Clients are also provided with a range of interventions to assist with adapting to environments, changing communication, etc.

✓ **FAMILY/COUPLES COUNSELING** – JESPY offers the full range of couples and family counseling to improve relationships between partners, children and/or other family members.

✓ **MEDICATION MANAGEMENT** – JESPY has a board-certified psychiatrist who can prescribe psychotropic medications and oversee the provision of medical monitoring related to the use of psychotropic medications.



COUNSELING BENEFITS

Participating in counseling provides an opportunity for self-development in a number of areas. Counseling can decrease depression and anxiety; lead to healthier relationships; improve social skills; increase self-confidence and insight; and develop coping skills, healthier interpersonal relationships, and more adaptive behavioral skills.

GROUPS AND WORKSHOPS

Groups are a powerful therapeutic modality which can act as a support network and sounding board as well as promote socialization and communication.



- ✓ Bullying
- ✓ Improving Self-Esteem
- ✓ Dealing with Stress & Anxiety
- ✓ Conflict Resolution & Anger Management
- ✓ Eating Disorders
- ✓ Social Skills
- ✓ Client-Focused Behavioral Health Sessions
- ✓ Couples, Dating & Relationships
- ✓ Grief & Loss

Our Licensed Clinical and Behavioral Health team has extensive experience working with adults across a wide range of issues. Clients benefit from our team's vast experience in counseling and clinical social work.

Staff are licensed in the following areas: *Licensed Clinical Social Worker (LCSW); Licensed Social Worker (LSW); Licensed Associate Counselor (LAC); Licensed Professional Counselor (LPCs).*

Certifications include: *Psychodynamic Therapy; Trauma; Rational Emotive Behavior Therapy (REBT); Cognitive Behavioral Therapy (CBT); Integrative or Holistic Therapy; Advanced Assessment and Diagnosis.*

Our team assists clients with building the skills needed in their growth toward greater independence.