

**Comprehensive  
Adolescent Program (CAP)**

**of**

**CEC**

191 Woodport Road, Suite 209  
Sparta, NJ 07871  
(973) 512-3700  
Fax: (973) 512-3701

For further information or to schedule  
an intake appointment, please contact

**Stephanie Iacopelli, MA, LPC**  
CAP Coordinator

**Gina Marra, MA, LAC**  
CAP Case Manager

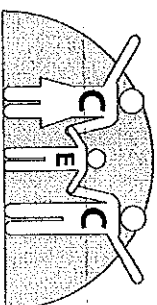
**Margaret Pittaluga, MSW, LCSW**

Executive Director

**Michael J. Fiore, Ph.D.**

Clinical Director

**Comprehensive  
Adolescent  
Program  
(CAP)**



A non-profit mental health agency

191 Woodport Road, Suite 209

Sparta NJ, 07871

## The Center's Mission Statement

Center for Evaluation and Counseling, Inc. (CEC) was established in 1994 as a non-profit organization. Its mission is to provide mental health services, free from barriers, to communities in northwestern New Jersey.

The Center's Board of Directors, which is comprised of members representing Psychology, Business, Social Work, Education, and the Law, in conjunction with CEC staff, continues to develop and implement comprehensive and innovative programs and services. Several of these programs and services have been recognized for their excellence and have since been replicated in various communities throughout the state.

CEC's commitment to the mental health needs of our communities is also illustrated via its involvement and participation in programs on both the county and state level which address issues such as: Child Advocacy, Domestic Violence, Youth Services, Child Abuse and Neglect, and Juvenile Delinquency.

## Comprehensive Adolescent Program (CAP)

CAP was developed as a joint endeavor between the Center for Evaluation and Counseling, Inc. (CEC) and the Sussex County Youth Services Commission (SCYSC). With grant funding provided by the New Jersey Juvenile Justice Commission (JJJC), Sussex County's CAP offers community-based psychoeducational services to juveniles and their families involved with the Superior Court, Family Division or high risk adolescents in need of preventative services.

**Target Population:** High risk and/or court-involved juveniles both male and female, ages 12-18 in Sussex County.

Referrals to CAP are made by:

- Sussex Cty. Court, Family Division
- Department of Probation
- HDP/HSP/Youth Review Team
- Family Crisis Intervention Unit
- School Guidance Counselors

CAP Coordinator will contact the family of the juvenile to schedule an intake appointment within 72 hours of receipt of referral.

## CAP Key Components

### Case Management

Maintains regular contact with system providers involved with CAP participants in order to maximize the clients' potential to succeed, and provides linkage with other community services as needed

### Individualized Case Plan

Minimum of 2 face to face contacts with staff are required:

Individual Support (Mandatory)  
Family Support Sessions

Psychoeducational Groups:

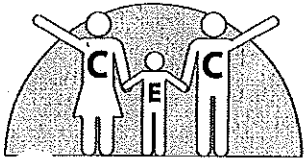
Anger Management    Conflict Resolution  
Coping Skills        Healthy Choices  
Job Skills            Life Skills  
Positive Decision Making

### Parent Participation

Parent Participation is mandatory. Parents are required to have weekly contact with the child's primary CAP Case Manager.

### Supervised Community Service

CEC provides opportunities for adolescents to complete court-ordered community service hours.



# Center for Evaluation and Counseling, Inc.

A Non-Profit Mental Health Center

Margaret Pittaluga, MSW, LCSW NJ Lic. # SC02004  
Executive Director

Michael J. Fiore, Ph. D. NJ Lic. # 2807  
Clinical Director

## COMPREHENSIVE ADOLESCENT PROGRAM (CAP) What It Is and What to Expect

The Comprehensive Adolescent Program (CAP) provides high risk and/or court-involved adolescents with a combination of case management and community-based rehabilitative services to decrease maladaptive behaviors and prevent their involvement/re-involvement with juvenile court and/or the detention center. Significant time, effort, and commitment are required by both the adolescent and his/her family in order to successfully complete the program, which is approximately **90 days**. However, the length of the program depends upon the adolescent, his/her commitment, compliance, program participation, and ability to improve upon problematic behaviors.

CAP requires **two** face-to-face contacts per week. These contacts will be tailored to the individual's needs and will occur through a combination of the following modalities: individual case management, family support, psychoeducational groups, and/or anger management groups. Your specific requirements will be detailed in a separate document entitled "Individualized Case Plan." Please be aware that your Individualized Case Plan is subject to change as progress is made in CAP. In addition, your Individualized Case Plan may be altered if you are also required to obtain other services outside of CAP.

### KEY PROGRAM COMPONENTS:

- **Case Management:** CAP participants will be assigned a primary case manager who will conduct individual case management and family support as well as maintain regular contact with other system providers such as a referring agency, psychiatrist, and probation officer (if applicable), as well as the schools in order to maximize the client's potential to succeed in the program. All CAP participants are provided services through CEC and will be linked with other social service agencies as needed.
- **Individualized Case Plan:** All CAP participants will undergo an initial assessment by CAP staff who will collaborate with family members and other system providers to generate an individualized case plan. All CAP participants are required to have a **minimum of 2 face to face weekly contacts with CAP staff**. These contacts will occur through a combination of the following modalities: individual case management, family support, psychoeducational groups, and/or anger management group.
- **Parent Participation:** Parent participation is **mandatory** for all CAP participants. Parents are **required** to have weekly contact with their child's primary CAP case manager to discuss program issues and their child's progress. This contact should be face-to-face and can occur prior to their child's individual session or during another time as scheduled between you and the case manager.
- **Supervised Community Service:** CEC provides opportunities for adolescents to complete court-ordered community service hours. Performing community service allows juveniles the opportunity to pay reparation to the community by providing their assistance and services to CEC, as well as various local organizations.

CAP offers eight psychoeducational groups per week from Monday thru Thursday 4:00-7:00pm. Details are as follows:

### **POSITIVE DECISION MAKING:**

- Adolescents will examine the process of making thoughtful, intelligent personal and relationship decisions. The participants will discuss how to identify the problems/issues and the possible solutions to them, will learn how to reduce impulsivity in the decision-making process, and will learn how to gather pertinent information (and how to determine what information is pertinent) that will be considered in order to reach a positive conclusion.
- Learning to consider not only what is in the juvenile's best interests, but also in the best interests of their families and others around them, is an important feature of this process. The adolescents will also learn about the responsibilities that come with choice, how to consider and weigh the consequences of their choices, both intended and unintended.
- Adolescents will discuss goal setting, planning for the future, and time management.

### **HEALTHY CHOICES:**

- Adolescents will learn how to apply their decision- making ability to making choices that are in their own best interests and the best interests of family, friends, and community.
- This group will teach adolescents to act in a thoughtful and planned manner, decreasing reactive and impulsive behavior.
- They will examine substance abuse, including drugs, alcohol, and tobacco. They will discuss body image, obesity, nutrition, sexual orientation, sexual activity, Internet safety, and how to navigate some of the more treacherous waters of everyday life.

### **COPING SKILLS**

- Adolescents will learn to identify emotional states, frustrations, and challenges to daily life, and effectively manage them in order to seek to maintain or enhance feelings of well-being.
- They will learn to address their emotions, and build and utilize appropriate coping skills in order to adapt and/or meet personal goals in order to minimize and cope with their everyday environment.

### **LIFE SKILLS**

- Participants will learn appropriate social skills to be applied in various social settings
- Direct skills instruction includes hygiene, financial and time management.

## **ANGER MANAGEMENT**

- Adolescents will develop an understanding of the nature of anger, anger management skills and concepts.
- They will learn to recognize the role of trigger thoughts, primitive/evolved brain functioning, cognitive distortion, the problems of shame and narcissism, effective communication and assertiveness, emotional regulation, and consequential thinking.
- Adolescents will learn and utilize a variety of coping skills including positive decision-making, impulse control, conflict resolution, stress management, relaxation techniques and symbolic visualization in order to more effectively manage their anger and emotions..

## **CONFLICT RESOLUTION**

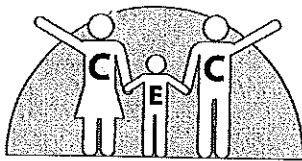
- This group will build a wide range of processes that encourage nonviolent resolution of all manner of disputes by reducing aggressive and destructive behaviors.
- Adolescent will learn effective decision-making skills to manage conflict, identify their interests, express their views, and seek mutually acceptable solutions to disputes.
- Common forms of conflict resolution that will be explored will include negotiation, mediation, arbitration, community conferencing, and peer mediation. Similarly, interpersonal skill building will focus on developing the social skills required for the juveniles to interact in a positive way with others.
- Direct skills instruction includes activities that provide participants with explicit information on conflict resolution skills and ample opportunities to rehearse them

## **EMPLOYMENT SKILLS**

- Participants will learn various employment skills
- Direct skills instruction includes learning to research employment opportunities, creating a resume, and interview skills

### **\* CAP Case Manager Availability:**

CAP case managers can be reached Monday through Friday from approximately 9:00AM to 5:00PM at 973-300-1900. However, these hours vary due to other obligations. If your primary case manager is unavailable, ask for another CAP case manager. If you receive our voice mail, leave a message and one of us will get back to you as soon as possible. When leaving messages, please leave your name, the number at which you can be reached, and the reason for your call.



# Center for Evaluation and Counseling, Inc.

A Non-Profit Mental Health Center

Margaret Pittaluga, MSW, LCSW NJ Lic. # SC02004  
Executive Director

Michael J. Fiore, Ph. D. NJ Lic. # 2807  
Clinical Director

## CAP Referral Form

Date: \_\_\_\_\_ Date/Time of Next Scheduled Hearing: \_\_\_\_\_

Referral Source: ☐ Family Division ☐ HDP/HSP ☐ Probation Dept. ☐ FCIU ☐ Other \_\_\_\_\_

Referral Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Client Name: \_\_\_\_\_ Phone Number(s): \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Client DOB: \_\_\_\_\_

Address: \_\_\_\_\_

1. Reason for Referral/History of Charges/Current Legal Status:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Date client was lodged in detention facility (if applicable): \_\_\_\_\_

3. Any evaluations pending (i.e. Drug/Alcohol, Psychiatric, Psychological): \_\_\_\_\_

4. Is there any indication of substance abuse by the client? ☐ Yes ☐ No

5. Check if the client is currently involved with, or has significant history with, any of the following agencies:

☐ HDP/HSP

☐ Family Crisis Intervention Unit (FCIU)

☐ CMO

☐ DCP&P – Caseworker? \_\_\_\_\_

☐ Family Intervention Services (FIS)

☐ CCIS/Center for Mental Health

☐ Other Counseling/Psychological Svcs. – Please specify: \_\_\_\_\_

☐ Substance Abuse Counseling – Where? \_\_\_\_\_

☐ Other \_\_\_\_\_

Other Relevant Information:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

REV. 07/14/15

NJ Charity's Reg. # CH 0655800

Tax I.D. # 22-3321714

1719 Route 10 East  
Parsippany, NJ 07054  
(973) 829-6960  
FAX: (973) 829-6802

191 Woodport Rd,  
Suite 209  
Sparta, NJ 07871  
(973) 512-3700  
FAX: (973) 512-3701