

# Help at Home

Intensive In-Community and In-Home Mental Health Services



**family  
connections**

WHERE HOPE MEETS POSSIBILITY

# Who We Are

**Family Connections' Help at Home program** is a range of therapeutic, behavioral management and mentoring services for children with emotional and behavioral challenges, and their families.

## **Help at Home Program Features:**

- Assessments to understand the emotional and physical needs of the entire family
- Strength-based and trauma-informed counseling
- Youth and family focused therapy
- Identifying creative strategies to stabilize child/youth's behaviors that may lead to crisis
- Passionate, dedicated, and experienced staff
- A nurturing environment where individuals can grow and develop to their fullest potential



# What We Do

**Help at Home** has provided quality mental health services to the community for over **25** years.

**With a dedicated team of licensed clinicians, participants in the program experience:**

- Intensive short-term therapy both in the community and in the home using various trauma informed and evidence-based interventions
- Mentoring and behavioral needs assessment
- Treatment consisting of in-home individual and/or family therapy utilizing talk, art, play, and/or milieu therapies in order to achieve treatment goals
- ARC Grow Strategies - a caregiver skill building intervention designed to enhance resilient outcomes for families who are impacted by chronic adversity or stress
- Haitian Creole and Spanish speaking clinicians



# Results



## **The Help at Home program has shown to:**

- **Stabilize the child/youth's behaviors that led to crisis**
- **Increase caregiver/youth relationships**
- **Prevent or reduce the need for inpatient hospitalization**
- **Increase family resilience**
- **Prevent the need for out-of-home placement**
- **Increase parental efficacy**

# We Serve

**Bergen, Essex, Middlesex, Morris,  
Union, Passaic and Union Counties.**

**We are able to complete Strengths and  
Needs Assessments across New Jersey.**

## **How to get Help at Home:**

1. Call PERFORMCARE to request service at:  
**(877) 652-7624.**
2. Give required information regarding your  
child(ren)'s/client's needs. For I/H, the child(ren)  
must have NJ Division of Developmental  
Disabilities (DDD) eligibility.
3. Request Family Connections to complete a  
Strengths and Needs Assessment and make  
recommendations.
4. Call Family Connections' Help at Home at:  
**(973) 518-0961** to advise us that a request for  
service has been made.
5. Initial assessment will be scheduled and  
conducted by a certified therapist/clinician.
6. In-Home and In-Community services will  
begin once authorized.

**For more information, please contact:**

**Monique Roumo**

**Director of In-Community Services**

**Cell phone: (973) 518-0961**

**Fax: (973) 266-1041**

**Email: [mroumo@familyconnectionsny.org](mailto:mroumo@familyconnectionsny.org)**

**Family Connections** is a leading New Jersey non-profit with over 30 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more. **Since 1879**, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

**Our Mission:** Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

**Our Vision:** We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

**Our Core Values:** We strive every day to be:  
Inclusive | Strengths-based | Relationship-driven  
Outcome-oriented | Collaborative

For more information about Family Connections' programs, please visit our website at **[familyconnectionsny.org](http://familyconnectionsny.org)**.

If you have questions or need assistance, please contact Family Connections at **973-675-3817** or **[hope@familyconnectionsny.org](mailto:hope@familyconnectionsny.org)**.



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