



**For Emergencies
Call 911**



The Center for Children & Youth is a
Designated Center of Excellence
from Columbia University

Service Locations

West Bergen Mental Healthcare
120 Chestnut Street
Ridgewood, NJ 07450 

**West Bergen
Center for Children and Youth**
One Cherry Lane
Ramsey, NJ 07446 

West Bergen Counseling Group
860 Wyckoff Avenue
2nd Floor
Mahwah, NJ 07430 

Online@ www.westbergen.org



For additional information or to schedule
an appointment please
contact our **ACCESS CENTER**
at 201-485-7172

Voted #1 in Nationwide
Customer Satisfaction by
Mental Health Corporations
of America (MHCA)

ADHD (Attention Deficit Hyperactivity Disorder) Program



Who We Are...

West Bergen Mental Healthcare, recognizing the growing and unmet need for counseling and psychiatric services specifically for children, established the Center for Children and Youth in 1990. This high quality mental health center offers parents and children meaningful and effective services as they face a changing and challenging society.

When families experience a full range of needs and problems, they turn to the Center for help in managing behavioral issues, developmental concerns, family conflict, school difficulties and serious psychological problems such as major depression and severe anxiety. We provide research-based programs designed to address these needs.

The Center for Children and Youth has served more than 6,000 children, adolescents and their families.

West Bergen is committed to meeting the psychological needs of our clients with sensitivity and responsive, innovative services at the highest possible standard. We strive to improve the quality of life in the communities we serve... ***one life at a time.***

ADHD...

Our specialized program for children and adolescents with ADHD addresses problems in school functioning, social skills and family relationships. These children often have difficulty establishing and maintaining friendships, are frustrated in school and lack a positive view of self. The ADHD Program is designed to help children and teens build problem solving skills, improve impulse control and enhance their sense of competency.



Characteristics of ADHD include:

- Lack of attention or focus
- Poor impulse control
- Deficits in time management

- Moodiness
- An inability to anticipate outcomes or consequences
- Weak problem-solving skills

Our treatment program addresses these multiple concerns. The treatment philosophy is consistent with the most current research in this field and may include all or some of the following:

- Comprehensive Evaluation
- Consultation
- Individual and Family Therapy
- Therapeutic Groups
- Medication Management
- Parent Groups
- School Consultation
- Computer Based Training

