



Institute of Infant and Pre-school Mental Health
 (East Orange Outpatient Mental Health Clinic)

Clinician’s specializing in therapy and assessment for very young children and families.

When parents and children experience difficult things, our staff is specifically trained to support young children and families with therapy that honors each person’s needs, culture and values. We provide individual therapy for children age’s pregnancy to 12-years-old, family therapy, parent-child therapy (children three and under with their caregiver), as well as therapy for pregnant moms. We also offer groups including parent-child play/support groups, children’s play groups and parent-only groups (Circle of Security). Psychological evaluations are provided for children, especially children who need an evaluation for Autism and developmental concerns. We provide all of these services in Spanish and English. We take Medicaid and have a sliding scale for families. We are providing therapy via telehealth as well as In-Person.

If you answer yes, to any of these questions: We are here to help.

Are the parents you work with overwhelmed? Did the parent or child go through a traumatic event? Would a supportive environment for parent and child be helpful for them to work on their relationship and help the parent or child cope better? Is this family in need of better understanding their child’s development or diagnosis? Are you worried that a child might have Autism?

Contact us at: 201-463-7058 or jmontanez@ycs.org

<p><u>Therapy Services (ages 0-12):</u></p> <ul style="list-style-type: none"> • Infant-Parent/Dyadic Psychotherapy (kids ages 0-3 with caregiver) • Individual Play Therapy • Therapy for Pregnant women • Parent Sessions • Family Therapy • Baby Steps Support Groups (ages 0-3) • Circle of Security Parenting groups • Consultation for schools and community providers • Children’s Play Groups for children/teens 	<p><u>Assessment Services (ages 0-21):</u></p> <ul style="list-style-type: none"> • Developmental screenings and evaluations (ages 0-3) • Psychological/Psychoeducational Evaluations (ages 3-21) • Autism Assessment (0-21) <p><i>Due to current COVID-19 emergency, waiting times for assessment services may be higher than usual, as this is the only service that is being provided in person. Updates will be provided to all stakeholders, once services resume in person.</i></p>
<p>Outpatient Services for children and families are also available through our Union City Clinic (Hudson County). Phone number: 201-865-7450</p>	

Institute’s Vision

We envision an Institute that cherishes the human spirit and vast potential inherent in every infant and young child through developing the resources and capacity to nurture the connections between parents and children

