

*“When adolescents feel involved in their own health, and respected for what they bring to it, they are more likely to grow up with higher self-esteem, a respect for their physical and mental well-being, and the skills to make wise behavioral decisions.”*

*- Richard Kreipe, MD Professor of Pediatrics,  
Division of Adolescent Medicine,  
Golisano Children’s Hospital at Strong Memorial*

**If your family, school or community  
would benefit from services for adolescents  
or if you have further questions  
please contact the JFS MetroWest  
Adolescent Services Department at  
at 973-765-9050**



**Jewish Family Service**  
of MetroWest New Jersey

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Jewish Family Service of MetroWest New Jersey has been helping families and people of all ages manage life’s challenges since 1861. Time-honored values of empathy, professionalism and confidentiality are the hallmark of JFS, while our up-to-date treatment modalities and nimble response to community need have distinguished JFS as a premier family service agency.



*JFS MetroWest strives to ensure access and meaningful participation by all members of the community.  
Please call to discuss how we can help you.*



**Jewish Family Service**  
of MetroWest New Jersey

## Adolescent Services



*Adolescents face many unique challenges at home, at school and in their relationships. JFS MetroWest licensed clinical social workers, specializing in adolescent issues, work with them and their families to identify and build upon individual strengths, allowing them to grow into healthy, caring adults and reach their full potential.*



## Why turn to JFS MetroWest?

JFS MetroWest clinicians with expertise in adolescent development and trauma based cognitive therapy offer counseling services to adolescents with a range of mental health issues from typically developing teens who are testing boundaries, to teens who have experienced trauma and are acting out with worrisome self-destructive behaviors.

Counseling services are facilitated by licensed clinical social workers who provide confidential individual, group and/or family counseling. Workshops and groups encourage positive decision making and social skills development.

Modalities used are evidence-based, with documentation proving success. Please visit our website [www.jfsmetrowest.org](http://www.jfsmetrowest.org) for more information.

## Warning signs your adolescent may need help:

- Withdrawal from family and friends/isolation
- Unexplained aches and pains
- Irritability, anger or hostility
- Loss of interest in activities
- Changes in eating and/or sleeping
- Restlessness
- Sadness or hopelessness
- Tearfulness or frequent crying
- Irresponsible behavior
- Worrying excessively
- Self harm
- Thoughts of death or suicide

## Issues commonly faced by adolescents and their families:

### Emotional and Social Challenges

- Anxiety
- Defiant behavior
- Depression
- Impulsivity
- Social anxiety
- Social – communication
- Grief, loss and bereavement
- Identity issues

### Learning/Behavioral

- ADHD/Executive functioning difficulties
- Autism and related disorders
- School refusal
- Behavioral challenges at school

### School/Life Transitions

- Adjusting to change
- Acclimating to a new school
- Moving to new home
- Addressing Bullying
- Managing Stress

### Family and Relationships

- Conflict resolution
- Parenting
- Communication
- Divorce
- Family dynamics
- Domestic Violence

