



HEALTHY BOUNDARIES- HEALTHY MINDS (HBHM)

PROGRAM DESCRIPTION

The Healthy Boundaries, Healthy Minds (HBHM) program at the Center for Evaluation, Inc. is a FREE county funded program for families in Morris County.

The goal of this evidenced based treatment is to reduce or eliminate problematic sexual behavior and to improve prosocial (socially appropriate) behavior in children and adolescents. It is a family oriented model of treatment in which parents and caregivers are also given a broad range of skills to support their youth through their challenges and promote resiliency, self efficacy, and success in their future.

TARGET POPULATION

- This program is broken down into two age groups: children from the ages of 7 to 12, and adolescents from the ages 13 to 18. Both males and females.
- If you observe your child/adolescent exhibiting difficulties understanding social boundaries, has a preoccupation with sexual content, is acting out sexually towards others, etc. then this program may be appropriate for your youth.
- Other factors to look out for is if the behaviors are high in frequency of occurrence and not decreasing with intervention, and if the behavior includes intimidation.

PROGRAM BREAKDOWN

- Treatment length is approximately 18 week but varies case to case
- Parent participation is a MUST
- We provide assessment, treatment, psychoeducation and supportive services to youth and their families in this program.

Referrals can be made by schools, parents/guardians, law enforcement, DCP&P, and Morris County service providers. If you have any questions, please contact us and we can help you through the process.

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