How Can SAFE in Hunterdon Help?

Adolescent counselors at SAFE in Hunterdon provide trauma-informed services that can help adolescents heal with a renewed sense of hope and resilience.

Types of therapy may include:

* Age-appropriate safety planning
* Individual, group, and family counseling
* Psychoeducation
* Expressive arts therapy
* Trauma Focused - CBT
* Coping skills
* Self-soothing techniques
* Identifying strengths
* Meditation and relaxation

Sessions may take place simultaneously while the non-offending parent receives services at SAFE in Hunterdon. Parents are not required to be enrolled in counseling, but it is highly recommended. Treatment modality and length of service are determined by therapist and client. The maximum length of treatment in the adolescent program is six months.

Inquire if interested.

If You Need Help:

You can call **SAFE in Hunterdon** 24 Hotline Number: **908-788-4044**
Toll Free Hotline:
1-888-988-4033

Texting Hotline for the Hearing Impaired: **908-455-2927**

Address:
47 East Main Street
Flemington, NJ 08822

Office Hours:
Monday 9:00 am - 6:00 pm
Tuesday-Thursday
9:00 am - 8:00 pm
Friday 9:00 am - 5:00 pm

Office: **908-788-7666**
Fax: **908-806-4725**

www.safeinhunterdon.org
Email:
agency@safeinhunterdon.org

2nd Floor Youth Helpline:
1-888-222-2228

These services are funded in part by a grant awarded by the Victims of Crime Act (VOCA), Victim Assistance Grant (VAG), and Violence Against Women Act (VAWA).

SAFE
IN HUNTERDON
Hope♥Help♥Healing®

Counseling for Adolescents Exposed to Trauma

Therapeutic services for adolescents ages 13-18 provided by SAFE in Hunterdon, a leader in providing services for adult, teen and child survivors of domestic violence and sexual assault

What is Trauma?

Trauma is described as a negative event or experience that is deeply painful and distressing, during which time an individual's safety is threatened, resulting in feelings of powerlessness and an inability to cope.

Many adolescents are exposed to traumatic life events which may include, but are not limited to:
* Physical abuse
* Emotional abuse
* Sexual abuse
* Neglect
* Exposure to domestic violence
* Exposure to sexual assault

Remember that any time an adolescent does not feel safe or protected, the experience could be perceived as traumatic.

Witnessing trauma can have just as big of an impact

How are Adolescents Affected by Trauma?

Not all adolescents experiencing trauma are affected equally or in the same way. Every adolescent reacts differently to trauma. Some adolescents could be feeling:
* Scared
* Confused
* Hopeless

Other emotional experiences may include:
* Anxiety
* Nervousness
* Depression
* Sadness
* Thoughts of suicide
* Insecurity/low self-esteem
* Anger
* Resentment/bitterness

Additionally, adolescents may present with behavioral issues such as:
* Problems with sleeping/eating
* Physical aggression
* Acting out
* Bullying
* Truancy
* Poor peer choices
* Substance abuse
* Social withdrawal/running away

Exposure to trauma can also lead to difficulty concentrating and may impede an adolescent's ability to be successful in school.

What Do Adolescents Affected by Trauma Need?

* A safe, secure living environment
* Dependable, nurturing adults who will listen to them and validate their feelings and experiences
* A sense of normalcy and routine
* Supportive services that meet their needs with understanding and compassion
* Tools to promote resiliency

Other SAFE in Hunterdon Services:

* 24-hour Hotline
* Child and Adult Counseling
* Crisis Intervention
* Emergency Safe House
* Transitional Housing
* Legal Representation and Advocacy
* Creative Arts Therapies
* Financial Empowerment
* Community and Prevention Education

All services are confidential.
All crisis services are free of charge.