If you or someone you care about need(s) help, the following number(s) may be of great help and can be contacted confidentially:

Click Here:

Community Resources

http://www.cocucmo.org/ Circle of Care offers an overview video with good explanation of Performcare services

Performcare NJ - a full service behavioral heath care company that provides support to families and children in crisis

Care Plus - a Mental Health center that provides affordable mental health services to individuals in Northern New Jersey

NJ Parent Link - a link to the state early childhood, parenting, and professional resource center

NJ Department of Human Services -a state based program that makes sure individuals with disabilities are protected and have access to programs

Early Intervention - a program to seek assistance for families who have developmental concerns about children under the age of 3

The Importance of Play - an article about the importance of play

Zero to Three - social and emotional milestones of children from birth to age 3

Big Brothers Big Sisters Northern NJ - a mentoring service for children in Northern New Jersey

Division of Developmental Disabilities NJ - funds services and supports for individuals with developmental disabilities

Autism NJ - statewide network of parents/professionals dedicated to improving lives of individuals with autism

Special Olympics NJ - an organization that provides year round sports training for individuals with disablities

ARC of Bergen County - a not for profit organization that supports individuals with disabilities in Bergen and Passaic Counties

National Suicide Prevention Hotline - a 24/7 hotline that provides support to people in distress

The Division of Child Protection and Permanency, DCP&P (*formerly the Division of Youth and Family Services, DYFS*), is 201-996-8900 - after 5pm and weekends Hotline **1-877-NJABUSE**

BEHAVIORAL HEALTH SERVICES FOR CHILDREN AND YOUTH For questions about or to access behavioral health services for children and youth, call the 24-hour, toll-free Access Line at: 1-877-652-7624

CHILDREN WITH DEVELOPMENTAL DISABILITIES As of January 1, 2013, the New Jersey Department of Children and Families - Division of Children's System of Care (CSOC) assumed responsibility for determining eligibility of children under age 18 for developmental disability services and for providing support and services formerly provided by the Department of Human Services - Division of Developmental Disabilities (DDD) for individuals under age 21.For information on the application process please call:1-877-652-7624 Applying for Determination of Eligibility for Children For information on the application process for children under age 18 or to request developmental disability services for a child under age 21 who has already been determined eligible to receive developmental disability services please call PerformCare,the entity contracted to administer the service system at 1-877-652-7624 or visit the PerformCare website.

Determinations of eligibility for individuals age 18 and older for developmental disability services are made by DDD. For information on DDD's application process for children age 18 and older or to request services for an individual over age 21 who has already been determined DDD eligible please call DDD at 1-800-832-9173

STORM & STRESS INFORMATION As Pompton does experience flooding and other weather related emergencies, this information is being shared with you as a preventative measure, to safeguard you and your family. Should there be a need, school information will be sent to you via the electronic system.

Please forward this and the below information to anyone who you feel would benefit from its review: http://www.state.nj.us/emergency/flood/stress.htmlthis article discusses the stress of weather, flooding and ways to discuss concerns with children. I distributed it last year following the flood, but felt that it could also be helpful in preparation and as a way to begin a talk among family.

1. http://www.ready.gov/ - this website is the recommended site from nj.gov to review for emergency situations
2. http://511nj.org/ - this website provides up to date information on roads that could be closed or have high volume. http://www.pomptonlakesgov.com
3. Continue to listen to WGHT and Channel 12 for any updates information.

The borough asks that you do not call Police Headquarters or the Emergency Management phone to avoid tying up emergency phone lines. Local information will be available from the Borough emergency phone at 973-835-0143. If you have family members with disabilities who may need additional assistance, do not delay in letting them know. In addition to stocking up on the usual food, water, batteries, etc, I was provided with the following advice: ATM's and gas pumps may not work w/o power, so be sure to fill-up/have what you may need. Keep all cell phones fully charged and know where your DC chargers are (if you have DC chargers). If you need electric to cook, consider topping off the spare propane tank for the BBQ.