

About CBH

The Center for Behavioral Health (CBH) provides psychotherapy and psychiatric services out of our Montclair office located at 33 South Fullerton Avenue. Treatment modalities include individual, marital, and family therapies. Ongoing medication management services are available with our psychiatrist. We also have a variety of different therapeutic support groups for those diagnosed with a mood disorder.

Typical diagnoses treated include:

- Anxiety
- Depression
- Traumatic stress reactions
- Family conflicts
- Problems at work/school
- Financial stress
- Stress Related Health Problems
- Bereavement
- Adjustment disorders

CBH also runs “The Comfort Zone” weekly on Fridays at 12pm. The Comfort Zone is a drop in support group for individuals diagnosed with Mood Disorders.

Admission Process/Fees

Referrals for Outpatient services may be made directly through the Mental Health Association of Essex and Morris, Inc.

CBH is open to individuals 18 years of age and older who reside or work in Essex County and can benefit from therapy.

For those insured with Medicaid or Medicare, we will submit a request for payment directly to Medicaid or Medicare. If you are uninsured, fees are based on one’s ability to pay. CBH is non-sectarian and no one is refused services based on their ability to pay.

Individuals are seen for an intake evaluation and can schedule a second appointment with our psychiatrist for a psychiatric evaluation. The individual will be referred to a CBH therapist to begin treatment.

Program History

In the mid-fifties, a prominent local psychiatrist, Lewis H. Loeser, was concerned with the lack of adequate mental health services for adults and families with limited incomes. He suggested to the Mental Health Association of Essex County, Inc. (MHAEC) that there might be local mental health professionals who would be willing to contribute time to an outpatient treatment program.

In 1957, Center for Behavioral Health began with 12 private therapists and financial support from MHAEC.

