

## OUR MISSION

The mission of the Riskin Children's Center is to provide high quality, low cost, comprehensive, and culturally appropriate mental health services to children.

Our goal is to promote mental health, nurture confidence, and cultivate well-being for children and adolescents.



### **Contact / Referral Information:**

973-509-9777 x125

or

[RCC@mhaessexmorris.org](mailto:RCC@mhaessexmorris.org)

**The Riskin Children's Center is  
generously underwritten by the  
Sylvia and Samuel F. Riskin Foundation.**



**Mental Health Association  
of Essex and Morris, Inc.**

33 South Fullerton Avenue  
Montclair, NJ 07042  
973-509-9777 x125  
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**A comprehensive service dedicated to  
the mental health needs of children.**

The world we live in today is very complex and many children have trouble dealing with the challenges they face. For some, these struggles may be indicators of more significant issues. Few things are more upsetting for a parent than having his or her own child struggle with a serious illness. This is especially true in the case of mental illness or severe behavioral disorders. Questions about treatment options, where to find them, the possible need for medication and the prognosis for long-term recovery can be overwhelming.

The Riskin Children's Center provides a collaborative team approach to meet the emotional needs of children ages 3 to 18.

Some of the concerns which may be facing your child and could possibly benefit from clinical intervention include:

- » Sadness or minor depression
- » Coping with issues of grief and loss
- » Difficulties with attention, behavior, or peer relationships
- » Oppositional attitudes and behaviors
- » Anxiety or frequent worrying
- » Early indicators of more serious psychiatric conditions

The Riskin Children's Center integrates many services under one roof, addressing the child as a whole. Each child receives a personalized treatment plan designed to effectively address their individual situation.

### **Our services include:**

- **Assessment:** A full evaluation of the child is done by professional therapists, special interests are addressed and a comprehensive treatment plan is developed.
- **Psychiatric Evaluation:** A Board certified psychiatrist is an integral part of the staff and is available for evaluation, planning and medication monitoring for children enrolled in the program.
- **Individual Therapies:** Play therapy, art therapy, and drama/music therapy are incorporated as child-friendly elements of treatment. Age appropriate socialization activities are integrated into the program for older participants.
- **Parenting skills** are explored and a variety of child-rearing techniques are discussed to help parents find an effective model that works with their families style and aids in their child's treatment and recovery.

### **Admission Process/Fees**

Referrals for Outpatient Therapy may be made directly through the Mental Health Association of Essex and Morris, Inc. Fees are based on the families ability to pay and payment is required at the time the service is rendered unless covered by private insurance. If your child has Medicaid, we will submit a request for payment directly to Medicaid. The Riskin Center is non-sectarian and no one is refused services based on their ability to pay.

### **About our Medical Director**

Dr. Amy Borg-Glickman believes in a holistic approach to children's mental health issues and she practices with a compassionate and caring demeanor. She is certified by the American Board of Psychiatry and Neurology in Child and Adolescent Psychiatry. A graduate of the University of Pennsylvania and the Drexel University School of Medicine, Dr. Borg-Glickman is a member of the American Child and Adolescent Psychiatric Association, as well as the New Jersey Council of Psychiatry.