

## Contact / Referral Information:

### Main Office

33 South Fullerton Ave  
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Or email us at [CBH@mhainspire.org](mailto:CBH@mhainspire.org)



The mission of the Mental Health Association is to promote mental health, including the integration of physical healthcare, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders.

We, as a community organization, accomplish our mission through advocacy, education, prevention, early intervention, treatment, and service.



[www.MHAinspire.org](http://www.MHAinspire.org)

# Counseling

Providing comprehensive, quality, person-centered behavioral health services to those 18 and older.

SUPPORT GROUPS

MEDICATION

PROJECT F.E.R.S.T.

**MHA**  
MENTAL HEALTH ASSOCIATION  
INSPIRING HOPE AND HEALING

## Center for Behavioral Health

The Center for Behavioral Health's (CBH) services are therapy centered and focus on providing individual counseling to treat anxiety, depression, traumatic stress reactions, bipolar disorder, bereavement, and adjustment disorders, stress related health problems, and much more.

Psychiatric services including evaluation, consultation, and ongoing medication management are also available for clients.

### Typical diagnoses treated include:

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



### ADMISSION

CBH is open to those 18 and older, and who either live or work in Essex County. Individuals are seen for an intake evaluation and then referred to a therapist to begin treatment. CBH sees clients with Medicaid, Medicare, and those who are uninsured.



### GOALS

The goal of CBH is to provide quality psychotherapy, psychiatric evaluation and medication management to those who need it.



### SUPPORT GROUPS

CBH offers a variety of support groups including psychoeducational groups, psychotherapy groups, marital and family therapies, and drop in support groups.



## 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.