

*James J. Tedesco III, Bergen County Executive  
and the Bergen County Board of Commissioners*

**Alternatives to Domestic Violence  
Bergen County Department of  
Human Services**

# **BERGEN COUNTY ALTERNATIVES TO DOMESTIC VIOLENCE**



# **SERVICE GUIDE**

**Phone:** 201-336-7575

**Website:** [www.co.bergen.nj.us/adv](http://www.co.bergen.nj.us/adv)

**Email:** [adv@bergencountynj.gov](mailto:adv@bergencountynj.gov)

**Address:** One Bergen County Plaza,  
2nd Floor, Hackensack, NJ 07601

# TABLE OF CONTENTS

---

- 01** Mission & Vision Statement
- 02** 24/7 Hotline Services
- 03** Walk-In Services
- 04** Emotional Support Services
- 05** Healthy Relationship Consultations
- 06** The Welcome Group
- 07** Survivor Group Counseling Program
- 08** Individual Counseling Program
- 09** Youth Empowerment Program
- 10** LGBTQIAP+ THRIVE
- 11** Legal Assistance & Advocacy
- 12** Court Preparation & Resourcing (CP-R)
- 13** How to Reach Us
- 14** Notes Pages

# MISSION & VISION

---

## OUR VISION

At Alternatives to Domestic Violence (ADV), we envision a Bergen County where all persons, families, and communities are able to access and thrive in safe, equitable, and autonomous relationships.

## OUR MISSION

For over 42 years, ADV's team of dedicated professionals have provided critical non-residential support services to Bergen County residents impacted and affected by abuse in their relationships.

We strive to partner with individuals and groups to prevent and eliminate domestic violence, dating abuse, and other forms of intimate partner violence, through comprehensive service approaches that strategically address the multifaceted causes and effects of abuse in diverse communities, such as prevention education, crisis intervention, legal advocacy, evidence-based counseling programs, and coordinated community responses to violence.

Appropriate clients to refer to ADV are Bergen County residents involved in a domestic violence situation, whether as a survivor or person who uses force. Most services do not require a fee. Those that do are affordable and based on a client's ability to pay.

# 24/7 HOTLINE SERVICES

---

**201-336-7575**

With the goal of providing immediate assistance to Bergen County residents in distress, our hotline is a free, confidential, 24-hour emotional support and crisis response service for all persons who may be struggling with abuse or unhealthy dynamics in their relationships. The hotline provides callers with quickly accessible information about the warning signs of abuse, how to develop safety plans, and how to access a broad range of services and supports.

# WALK-IN SERVICES

---

For face-to-face assistance, persons in distress as well as persons in need of information about our services are able to come to our office at 1 Bergen County Plaza on the 2nd Floor and meet with one of our counselors. Our walk-in hours are held on Mondays-Fridays from 9:00am-5:30pm except for holidays and any County building closures due to inclement weather. While calling ahead to our hotline to make an appointment is encouraged, it is not required.

# EMOTIONAL SUPPORT SERVICES (ESS)

## ARE YOU LOOKING TO...

- **create a safety plan?**
- **receive emotional support?**
- **find out about resources for survivors?**

For persons needing quick and flexible crisis intervention and emotional support, ESS are free, one-on-one support services offered to clients who desire personalized assistance in working towards their safety goals. ADV counselors work in partnership with clients to assess their individual cases, identify challenges and goals, and plan reasonable action steps.

Common client goals and action steps may include:

- Devising and reviewing a safety plan
- Applying for the Address Confidentiality Program
- Applying for Victim Crime Compensation Office (VCCO) funds
- Obtaining safe housing or financial assistance
- Learning coping skills for upcoming legal proceedings and hearings

**TO REQUEST ESS, PLEASE CONTACT THE  
24/7 HOTLINE: 201-336-7575**

# HEALTHY RELATIONSHIP CONSULTATIONS

---

**Are there questions that you're struggling with in your current relationship but don't know who to ask?**

**Are you seeing things that bother you in your (or a loved one's) relationship?**

**For persons who don't identify as being in crisis but who would like a confidential and nonjudgmental space to ask questions about relationships and the effects on their person—our Healthy Relationship Consultations may be a good fit!**

- Our Healthy Relationship Consultations are free, educational, one-time sessions for individuals or small groups who are looking for clarity or constructive feedback about past or current relationships. They are also open to community members who are harboring concerns and are looking for ways to support a loved one on their journey towards healthier dynamics.
- To make an appointment with our trained educators, persons can fill out the form below, or contact the 24/7 Hotline: 201-336-7575. Consultations are available in-person in our offices or virtually through secure ZOOM video calls.

**USE THIS LINK TO ACCESS OUR APPOINTMENT REQUEST FORM:**  
**[HTTPS://RB.GY/LU8FL](https://rb.gy/lu8fl)**

# WELCOME GROUP

---

## ARE YOU LOOKING TO...

- **learn more about the signs of abuse in relationships?**
- **take the first steps towards healthier dynamics?**
- **connect with others who've been through this too?**

- The Welcome Group is a free 8-week educational program for adult survivors of abuse offered via our HIPAA-compliant remote platform. Our Welcome Group participants will learn about abuse dynamics in a safe group setting and will begin building their toolbox of coping skills, safety plan strategies, community supports, and peer networks.
- The Welcome Groups are open to all persons looking for a hassle-free introduction to abuse in intimate relationships and to learning more about services available from ADV and community partners.
- Our Welcome Group program is open to persons of all genders, 18 years and older, and includes Welcome Groups for folks who identify as part of the community.

**TO GET STARTED, PLEASE CONTACT THE 24/7  
HOTLINE: 201-336-7575**

# SURVIVOR COUNSELING PROGRAM

## ARE YOU LOOKING TO...

- **learn about abuse and its effects on our hearts, minds, and bodies?**
- **foster opportunities for healing and adaptation?**

Our counseling group programs for survivors of abuse offer free, safe, and therapeutic spaces for participants to learn about abuse in supportive environments, process their experiences of resistance and survival, and nurture their journeys towards healing and reconnection. Groups vary in length and duration and are available during weekday mornings, afternoons, and evenings. All participants will be required to complete intake assessments in advance where ADV counselors are available to assist in devising the best service plan.

Current groups available in-person and/or virtually via secure ZOOM video calls:

- **Processing Groups** provide information and support to survivors of abuse, granting them safe spaces to process their experiences while building a sense of community.
- **Dialectical Behavior Therapy (DBT) Skills Groups** support participants in learning how to cope effectively with intense emotions and to feel more empowered in their interpersonal relationships.
- **Healthy Relationships for Teens (HRTs) Group**
- **LGBTQIA+ THRIVE Group**

**TO GET STARTED, PLEASE CONTACT THE 24/7  
HOTLINE: 201-336-7575**

# INDIVIDUAL COUNSELING PROGRAM

---

## ARE YOU LOOKING TO...

- **alleviate significant emotional discomfort from trauma experiences?**
- **learn coping skills to safely recognize, hold, and defuse disturbing memories, feelings, or sensations?**

- Sometimes the emotional power of memories associated with trauma is very overwhelming and prevents us from working towards our day-to-day goals.
- Our trauma-focused individual counseling program is a good fit for participants who need one-on-one support in realizing their safety planning and healing goals.
- Participants work in partnership with counselors to develop personalized wellness plans, which may include receiving education on the dynamics of abuse, nurturing their self-esteem, learning effective coping skills for trauma, and/or expanding their support systems.

**TO GET STARTED, PLEASE SPEAK TO YOUR ADV COUNSELOR OR  
CONTACT THE 24/7 HOTLINE: 201-336-7575**

# YOUTH EMPOWERMENT PROGRAM

---

**Y.E.P creatively connect Bergen County youth, ages 14-21, to quality services that raise awareness about abusive behaviors in different types of relationships. All services are free and confidential.**

- **Healthy Relationships for Teens (HRTs) Groups:** Teens will explore how to have healthy relationships with self, peers, and loved ones and to safely disrupt abuse in their environments. Groups meet weekly with several weekday and virtual/in-person options.
  - HRT Group for youth identifying as LGBTQIAP+ also available.
- **Healthy Relationship Consultations:** free, educational, one-time sessions for individuals or small groups who are looking for clarity or constructive feedback about their relationships.
- **Individual Counseling for Teens:** on a case by case basis

**TO GET STARTED, PLEASE SPEAK TO YOUR ADV COUNSELOR OR  
CONTACT THE 24/7 HOTLINE: 201-336-7575**

# LGBTQIAP+ THRIVE

---

**ADV's THRIVE Group offers a safe, liberated space for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and Pansexual (LGBTQIAP+) survivors of intimate partner violence.**

- This group is aimed at building self-esteem, resilience, strategic resistance, and a sense of community.
- In this group, we cover educational topics that include:
  - the dynamics of intimate
  - partner violence
  - misuse of power in relationships
  - adaptive safety planning
  - healthy boundaries
  - communication skills
  - LGBT+ allied community resources
  - self-care, and much more.
- Our groups offer a supportive and welcoming space for all survivors of intimate partner violence of all genders regardless of the gender of their past or present partners.
- This group meets virtually and is confidential.

**TO GET STARTED, PLEASE SPEAK TO YOUR ADV COUNSELOR OR  
CONTACT THE 24/7 HOTLINE: 201-336-7575**

# LEGAL ASSISTANCE & ADVOCACY

---

## ARE YOU LOOKING TO...

- **understand restraining orders?**
- **learn about what happens in a court proceeding?**
- **find out about possible legal representation?**

- Our court preparation services assist survivors who are interested in or have filed a temporary restraining order (or protective order) in civil court.
- Our legal advocates provide participants with free, one-on-one legal education on the process of obtaining both temporary and/or final restraining orders in Bergen County.
- Our advocates are also equipped to screen participants for their eligibility for free legal representation in restraining order hearings as well as help connect them to court accompaniment the day of the hearing.

**TO MAKE AN APPOINTMENT WITH A LEGAL ADVOCATE, PLEASE  
CONTACT THE 24/7 HOTLINE: 201-336-7575**

# COURT PREPARATION & RESOURCING

---

## ARE YOU LOOKING TO...

- **receive emotional support to prepare you for your upcoming hearing?**
  - **receive assistance to identify past history of domestic violence to amend your restraining order?**
- 
- It is our experience that court proceedings can be very stressful and emotionally overwhelming for survivors.
  - Our CP-R services offer participants free, one-on-one trauma-informed stabilization sessions where a trained counselor uses advanced grounding and calming techniques to help them instill powerful coping skills prior to and during court proceedings.

**TO GET STARTED, PLEASE CONTACT THE 24/7 HOTLINE:  
201-336-7575 OR SPEAK TO A LEGAL ADVOCATE DURING  
COURT PREPARATION SERVICES.**

# HOW TO REACH US

---

## PHONE

24/7 Hotline: 201-336-7575

## EMAIL

[adv@bergencountynj.gov](mailto:adv@bergencountynj.gov)

## WEBSITE

[co.bergen.nj.us/adv](http://co.bergen.nj.us/adv)

## ADDRESS

One Bergen County Plaza, 2nd Floor,  
Hackensack, NJ 07601



## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## **COUNTY OF BERGEN**

James J. Tedesco III  
Bergen County Executive

Board of Commissioners  
Department of Human Services  
Bergen County Alternatives to  
Domestic Violence

One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601-7076