

SAIL

(SHORE ADOLESCENT INDEPENDENT LIVING)

After-School Partial Care Program

OUR MISSION IS TO CHANGE LIVES AND SAVE LIVES ACROSS THE STATE OF NEW JERSEY.



What the Program Offers

- Education on mental health, coping skills, life skills, and interpersonal relationships
- Customized goal setting and planning
- Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and other evidence-based approaches
- Safe, supportive environment for personal growth
- Connections to community resources
- Transportation assistance based on need and availability
- Collaboration with schools and other key community partners in the teen's life
- Trauma-informed care integrated into all services



Re-Set, Re-Adjust, Re-Start, Re-Focus, Just Don't Quit.

A therapeutic after-school program for teens (ages 13-17), offering:

- 3 hours of therapeutic and psychoeducational group therapy
- Individual therapy
- Family therapy sessions
- Medication monitoring and psychiatric evaluations
- Parent support groups

Program hours:

Monday-Friday, 3:00 PM - 6:30 PM



"SAIL has been one of the best things that has ever happened to me, and I am extremely grateful for that. I am really proud of how far I have come."

(Testimonial from a past SAIL youth)

Interested in this service?

Contact: Susan Warnken, Assistant Program Director

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