The Bergen County Smart Book

A Resource Guide for Returning Home

2022 Edition
by
The New Jersey Department of Corrections
Office of Programming & Supportive Services

Quick Reference: Useful Numbers and Hotlines

American Friends Service Committee	
Prisoner's Resource Center	1-973-643-2205
CDC National STD and AIDS Hotlines	
Spanish:	1-800-344-7432
English:	1-800-227-8922
Addictions Hotline of NJ	1-800-238-2333
Alcoholics Anonymous	1-800-245-1377
Division of Disability Services (DDS)	1-888-285-3036
Division of Child Protection & Permanency	1-800-792-8610
Hyacinth AIDS Foundation	1-800-433-0254
Legal Services of New Jersey	1-888-576-5529
NJ Motor Vehicle Commission	
Driver's License Suspension Hotline	1-609-292-7500
Main Information	1-888-486-3339
Narcotics Anonymous of NJ	1-800-992-0401
National Suicide Crisis Hotline	1-800-784-2433
New Jersey AIDS STD Hotline (Beth Israel)	1-800-624-2377
2-1-1 First Call for Help	2-1-1/
Se habla español or toll free	1-800-331-7272
Bergen County One Stop	
Hackensack	201-329-9600
Social Security Office	1-800-772-1213
Statewide Domestic Violence Hotline (Woman's Space, Inc.)	
Bilingual and TTY accessible	1-800-572-7233

The Bergen County Smart Book

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The Start of a New Beginning:

How to use this book

This book is intended to prepare you for your arrival home and reintegration back into society. In order to make the transition smoother for you a list of resources have been compiled along with a list of necessary items you will find that are essential to your success. This book focuses on the first few weeks and months of your arrival home and assisting you on managing the transition. Although not every resource available to you will be found in here, there are many that will help to guide your journey.

Unless a fee or charge is listed, all of the services and resources listed here are free.

Each section of this book is categorized by items that you will need in order to find employment, return to school, and to obtain identification. It will also provide addresses, websites, phone numbers, and general tips on how to acquire that particular service. You can use the table of contents to easily identify what service you require, and follow instructions as to how to contact providers.

FYI: ***Please feel free to utilize your social services department for assistance in contacting an agency or inquiring information about a service found in this book. There are some services that may be free to you that you can contact through your social services department before making an out-of-pocket expense.*

There are things that can be completed prior to release from prison. Two things specifically are requesting a duplicate Social Security card for **FREE** and applying for a birth certificate for a **fee**. Please contact your social worker six months prior to release to apply for these items. By doing this while still in custody, you are taking a large step towards making your transition back into the community easier for you. Provided both documents are processed successfully, you will have two necessary forms of identification made available to you the day you are released. This will speed up the process of finding employment.

You will not find every service or organization in **Bergen County** in this book, however there will be many to help you begin. Also, the organizations that are listed may be able to offer additional resources to you. For current information as services change procedure and/or cost please visit www.njsuccess.org. ***You may able to visit your local library to get free internet access, see page 32.***

Getting Started:
Identification (I.D.) and Other Documents

In order to apply for employment, rent an apartment, apply for general assistance, food stamps, or Medicaid, proper identification will be required. The more identification you have in your possession, the easier it will be for you to obtain these services. Certain items can be obtained while you are still incarcerated. Ask your social worker for assistance, and for the remainder, this book will point you in the right direction.

FYI: In order to obtain identification, various agencies will require proof of address. It is smart to keep bills in your name or official documents that have your name and address for further verification of your address.



A. Social Security Card

If at all possible, apply for a duplicate social security card with your social worker six months prior to release. If for some reason this is not possible or your application has been denied, you will need to visit your closest Social Security Office to apply. The following offices are the local branches in Bergen County. Please find which office is closest to your residence.

Social Security Administration

Social Security
Continental Plaza 2nd Floor
401 Hackensack Avenue
Hackensack, NJ 07601

Office hours Monday- Friday 9:00am-3:00pm
Phone numbers:
Toll Free 1-800-772-1213
TTY- 1-800-325-0778

If you choose to visit your local office to apply you will need to fill out the application at the office. You will need to show proof of identification. Prison release papers count as proof of identification. Also, use your NJDOC Temporary ID card.
To save time you can download the application online (www.ssa.gov/replace_sscard.html).

B. Birth Certificate 

The office of Vital Statistics in the New Jersey Department of Health and Senior Services has all the New Jersey birth, marriage, and death records. The fee is **$25.00**. However, depending upon where you were born in Bergen County, you may be able to apply for a birth certificate for a lesser fee.

New Jersey Department of Health and Senior Services
Bureau of Vital Statistics and Registration
P.O. Box 370
Trenton, NJ 08625-0370

Contact information for the NJ Bureau of Vital Statistics and Registration:
1-609-292-4087
1-866-649-8726 (toll-free nationwide)

FYI: You are able to apply for a birth certificate while you are still in custody and have six months left prior to release. Please see your social worker to do so.

If you were born in the following towns, you may go to your registrar's office and apply for a birth certificate at the cost listed below.

Town/ Address	Phone Number	Fee
Englewood Department of Health 73 S. Van Brunt Street Englewood NJ 07631	201-871-6502	$15
Hackensack Dept Of Health 215 State Street Hackensack NJ 07601	201-646-3965	$15
Paramus Board of Health 1 Jockish Square Paramus NJ 07652	201-265-2100 x755	$15

Village of Ridgewood Health Dept. 131 N. Maple Ave Ridgewood, NJ 07450	201-670-5500	$25
Health Department 93 Market Street Saddle Brook NJ 07663	201-587-2900	$10
Teaneck Township 818 Teaneck Road Teaneck NJ 07666	201-837-4820	$20
Wyckoff Township Municipal Clerk 30 Franklin Ave. Memorial Town Hall Wyckoff NJ 07481	201-891-7000 x101	$25

*** Fees as of April 2011**

C. County I.D.

FYI: Due to Homeland Security stringent guidelines, Bergen County no longer issues county identification cards effective January 1, 2010.

D. Driver's License



Once you are released from prison, you can go to the Motor Vehicle Commission (MVC) to get a new driver's license, replace a lost one, or renew a card that has expired. If you believe that your license has been suspended, you should confirm this and figure out what you need to do to get it back. If you were convicted of any kind of drug offense, your license has been suspended.

Prior to your release, you can get a copy of your driver's license record, which is called an "abstract." Please contact your social worker if you are interested in obtaining an abstract. **The fee for an abstract is $15.00**

Upon your release, you can go to the MVC offices in Bergen County (listed below) or a Regional Service Center to request a driver's abstract. If you have internet access, you can also request an abstract online at WWW.STATE.NJ.US/MVC. You will still have to pay **$15.00**. If your license was suspended for six months or more because of a drug conviction, the period of the suspension will begin from the time of your release. Other kinds of suspension, such as failure

to pay parking tickets, insurance surcharges, or child support, will last until you have paid the fine or worked out a payment plan. For questions about suspension, call the suspension hotline: **609-292-7500**.

Restoration Fees, Tickets, and Surcharges: If you found out that your license has been suspended, you will have to pay a restoration fee of **$100.00** in order to have your license reinstated. This does not include any additional fines or surcharges you are required to pay. This fee can be paid at your local MVC Offices in Bergen County or a Regional Service Center (see below). If you have internet access, this fee can be paid online at WWW.STATE.NJ.US/MVC. You can pay your surcharges and parking tickets on this web site as well.

MVC LOCATIONS IN BERGEN COUNTY
For questions, please call 1 (888) 486-3339

Lodi
8 Mill Street, Lodi NJ 07644
Monday, Wednesday, Thursday & Friday 8:00am-5:30pm
Tuesday 8:00am-7:30pm Saturday 8:00am-1:00pm

Oakland
350 Ramapo Valley Road, Suite 24, Oakland NJ 07436
Monday, Wednesday, Thursday & Friday 8:00am-5:30pm
Tuesday 8:00am-7:30pm Saturday 8:00am-1:00pm

Paramus
20 W. Century Road, Paramus NJ 07652
Tuesday – Friday 8am to 4:30pm; Saturday 7am to 12pm
Tuesday late closing 7:30pm
***This center is for inspection only**

Wallington
450 Main Avenue, Wallington NJ 07057
Monday, Wednesday, Thursday & Friday 8:00am-5:30pm
Tuesday 8:00am-7:30pm Saturday 8:00am-1:00pm

Regional Office: Eatontown Agency
109 Route 36, Eatontown, NJ 07724
Services: Driver conferences, driver records, (issuances and inquiries), points and surcharge (inquiries), suspensions and restorations.
Hours: Monday, Wednesday, Thursday & Friday 8:00am-5:30pm Tuesday 8:00am-7:30pm Saturday 8:00am-1:00pm

To replace a lost or stolen license, you will have to bring identification to the MVC and pay an **$11.00 fee.** The MVC now has very specific kinds of I.D. that are required under the new "Six Point" system:

Please use this guide to prepare yourself for your trip to MVC. Make sure you have the six points of identification necessary to obtain your drivers license or non drivers I.D.

SIX POINT SYSTEM OF IDENTIFICATION

Primary Documents:
(4 Points)

- Birth Certificate or Certified Copy from one of the 50 states.
- U.S. Dept. of State Birth Certificate
- US Passport-Current or Expired less than 3 years
- Current US Passport card
- Current NJ Digital Drivers License
- Valid Active Duty US Military Photo ID Card
- US Adoption papers
- Certificate of Naturalization
- Certificate of Citizenship

Secondary Documents:
(3 Points)

- Civil Marriage/Domestic partnership/ Civil Union Certificate: Issued by the Municipality or State
- Order of Decree of Divorce
- Court Order for Legal Name Change: Signed by a judge or county clerk
- US Military Photo/Retiree Card

(2 Points)

- U.S. Military Discharge Papers (DD214)

(1 Point)

- Current/ Expired (Less than 1 year) Non-Digital NJ Photo Drivers License
- Social Security Card
- Bank statement or record
- ATM Card w/ pre-printed name and applicant signature
- NJ Public Assistance Card w/ Photo
- High School Diploma/GED/ College Diploma
- Veterans Affairs-Universal Access Photo ID Card

You can get a brochure on this new "Six Point" system from the MVC offices listed above or from the Motor Vehicle Commission web site, www.state.nj.us/mvc. If your license

has expired, you will have to go with your six points of I.D. to the MVC to fill out a renewal application. You may have to take the written test again. License renewal costs **$24.00**.

E. Non-driver's State I.D.

New Jersey provides state photo identification for non-drivers. **You can get this official state I.D. even if your driver's license is currently suspended**. This may be a good option for you if it is going to be some time before you get your license back. You will still need to bring the same type of identification documents described previously, under the new "Six Point" system.

F. Certificates of Naturalization or Citizenship

This certificate is necessary for employment upon your release. In general, if you need to replace lost forms, you can contact the US Citizenship & Immigration Service or Application Support Centers to find out about identification and fingerprint verifications. There is a fee to process an application for replacement documents. The National Customer Service Hotline is 1 (800) 375-5283.

Citizenship Locations

US Citizenship & Immigration Service
Closest field office to Bergen County
Peter Rodino Federal Building
970 Broad Street, Newark NJ 07102

G. Alien Registration Card "Green Card"

To replace a missing Green Card, you must go to the US Citizenship & Immigration Service Office (see above) to fill out an I-90 form. Please make sure that you bring I.D. with you.

You can also visit the website and download the forms at www.uscis.gov. It costs **$450** for processing. **If you have any questions or concerns about your status as a result of your criminal conviction, call Legal Services of New Jersey at 1-888-576-5529 before going to immigration.**

H. Military Discharge Papers

FYI: You may have the opportunity to meet with the Veterans Administration (VA) liaison from the Veterans Administration during your incarceration. The VA liaison can assist you in requesting a copy of your DD214 (discharge papers) by completing the SF-180 form. Please notify your institution's P.R.E.P.A.R.E social worker for assistance with your requests and to obtain information on your veteran status. You can also obtain the SF-180 by writing the Veteran Benefit Administration in NJ or the NPRC, which is the main record depository.

National Personnel Records Center
1 Archives Drive
St. Louis, MO 63138

Upon your release, you can also visit the following web site to request military records; www.vetrecs.archives.gov
Once on the www.vetrecs.archives.gov website, follow the on screen instructions for requesting personnel records. You will be asked to print out a signature page which can either be mailed or faxed. Upon receiving the form, the records will be mailed directly to you.



I. Passport

Although a passport may not seem like an important item to have at this point, it can serve as a major form of identification because it is widely accepted. There are fees involved in obtaining your passport. To obtain your passport, you may visit the Bergen County Clerks Office at:

Bergen County Clerk
One Bergen County Plaza Hackensack NJ
Phone: 201-336-7000

You will need to bring:

- ✓ An original or certified copy of a birth certificate with a raised seal and file date issued by Vital Statistics
- ✓ A naturalization certificate
- ✓ Official military I.D.
- ✓ A previous US passport; photocopies are not accepted.

- ✓ Your Social Security card
- ✓ I.D., such as a valid driver's license, government identification or previous passport issued after your 16th birthday. The expired passport should not be more than 15 years old.
- ✓ 2 identical copies of a 2x2 face front regulation passport photo. **(photos can be taken for a $10 fee you will need an appointment)**

$110 for regular service/passport total made payable to US Dept of State
$35 Cash processing fee
A passport will be valid for 10 years.

J. NJDOC Release Papers/Temporary I.D. Card

Make sure you keep your prison release papers and temporary I.D. card. Your release papers can serve as identification in some circumstances and your I.D. card is valid for 30 days.

First Steps after Release:

Where Do I Go to Find…

This section provides resources for food, shelter, clothing, money, and other emergency needs. We have provided some resource options in Bergen County that you can utilize upon release.

FYI: Important paperwork will be needed repeatedly throughout your life. Make sure to invest in a folder or safe to keep important documents. **Never** carry your birth certificate or Social Security card with you. You will only need to produce these items upon request. It is smarter to keep them in a safe place.

Also, make sure to keep a notebook and a pen with you to write down the names and phone numbers of the people you come in contact with at various agencies. Remember, nobody is going to care about your success as much as you do.

Provided for you are agencies and services that can assist you in finding your basic needs.

FYI: It is a good idea to call first to check that the hours of operation haven't changed. Please try to be patient with those that are attempting to assist you.

See the following pages for list of resources.

A. First Stops

The agencies below provide a range of services and/or, depending on what you need, can refer you to other places.

FIRST-STOP AGENCIES

2-1-1/First Call for Help – is a resource for Bergen County residents, which offers comprehensive information and referrals for human services, health care, government and community resource assistance. Dial 211, which can be accessed from the internet, cell phone or landline, 24 hours a day, 7 days a week. Dial 800-331-7272 for the Homeless Hotline, which addresses emergencies and homeless calls. 211is multi-lingual and accepts TTY callers.



B. Shelter

Access to most of these shelters can be obtained through the Bergen County Board of Social Services or through a general walk in.

Bergen County Homeless Shelter
214 State Street. Hackensack NJ 07601
201-488-5100

Bergen County Homeless Shelter
21 East Kansas St. Hackensack NJ 07601
201-488-5100

Family Promise
100 Dayton St. Ridgewood, NJ 07450
201-833-8009
Provides family shelter. Referral required.

Saving Our Neighbor
251 State St. Hackensack, NJ 07661
201-342-2365
Offers supportive housing please call for criteria for admittance.

C. Food/Clothing

Here are the food pantries and soup kitchens in Bergen County. Although each agency has been verified, please call to check for most current hours of operation.

Food Pantries/Soup Kitchens

FYI: *Please note that any food pantry that also sells or provides clothing will be indicated next to the address by the designated symbol.*



Helping Hands Food Pantry
818 Teaneck Rd. Teaneck, NJ 07066
(201)837-1600 X: 1825
Tuesday: 12:30p-2:00p and 6:00p-7:00p
Thursday: 12:30p-2:00p
Provides emergency food pantry



Salvation Army of Englewood
380 S. Van Brunt Street, Englewood, NJ 07631
(201) 503-9400
Provides emergency food pantry and clothing to residents of Englewood, Englewood Cliffs and Fort Lee



Center for Food Action
192 West Demarest Avenue, Englewood NJ 07631
201-569-1804 Ext: 25
Food pantry Monday-Friday 9am-5pm, 1st Saturday 10am-1pm. Offers emergency rental and food assistance to anyone.



Church of the Epiphany Food Pantry
247 Knox Avenue Cliffside Park, NJ
201-943-7320
Food pantry offered Monday-Friday 9:00am–2:00 pm.
Offered to anyone who needs assistance



Center for Food Action
316 First St. Hackensack, NJ
201-883-9375
Food pantry offered Monday-Friday 9:30am–3:30 pm.
Offered to anyone who needs assistance



Cliffside Park Borough Hall

525 Palisade Avenue, Cliffside Park NJ
201-945-3456
Monday-Friday 9am-4pm
Food pantry services Cliffside Park and surrounding areas



D: Transportation

There is no general program that will provide assistance paying for transportation. NJ Transit will no longer accept release papers in substitution for bus tickets. However, you may purchase transit tickets from NJDOC for $2.50 prior to release, which will assist you with reaching your destination.

Some of the programs listed in this book will provide bus passes to help you participate in a particular program. If you are assigned to a community/social service or reporting program, you may want to ask if the program offers transportation assistance.

For specific bus, rail or train schedules and fares, you may call NJ Transit: (973) 275-5555, NJ Text Telephone: 800-772-2287 or visit the NJ Transit Website: http://www.njtransit.com For specific route information on the web site, click on the "trip planner". For your Bergen County travel convenience, may want to purchase weekly, monthly or discounted transit passes (when applicable).

FYI: Bergen County Department of Human Services offers a program to their residents that will provide transportation for the disabled and elderly residents of Bergen County.

Services included in this program:
Work First NJ- Transportation is provided for families of WFNJ to work and childcare. 201-368-5955

Subscription Rides- Rides are provided to the grocery store, senior center, and therapy appointments. 201-368-5955

Demand Trips- Recommended scheduling is 7-10 days prior to need for medical, recreational, and other miscellaneous appointments. Requests made on same day should be made between the hours of 10:30 and 2:00. 201-368-5955

Transportation to Veterans Affairs Medical Centers in New Jersey is available Monday-Friday through a coordinated effort with Bergen County Division of Community Transportation and the New Jersey Department of Military and Veterans Affairs. 201-336-6325

Medicaid recipients may obtain a list of approved Medicaid transportation providers from the Bergen County Board of Social Services.

Medicaid recipients may be eligible for the "Dollar-A-Day Car Insurance Program". If you intend to drive places, remember that you **must** have a valid driver's license and valid auto insurance for any vehicle that you are driving. New Jersey now has a "Dollar-A-Day Car Insurance Program" for low-income individuals who receive Medicaid and want to insure a car registered in their name. It costs **$360.00** per year if you pay all at once and **$365.00** if you pay in installments. You cannot get this insurance if your license or registration is revoked or suspended. Other restrictions may apply. For more information contact: 800-652-2471;
http://www.state.nj.us/dobi/dollaradayqna.htm.

E. Money

Once you are released from custody, you will need a source of income until you can find a job. (see section on "Finding a Job" for job seeking information).

The DOC does not provide any "gate money," except for the money you may have in your inmate account. If it is possible to save any money before you are released, you should try to do so.

Based on need, Parole can give up to $300.00 in emergency funds, but it is at their discretion. Ask your parole officer about this.



You may be eligible to get some sort of public assistance (welfare) however, not everyone qualifies for this. Listed below are some basics on seeking and applying for benefits.

GENERAL ASSISTANCE (WFNJ-GA) AND TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (WFNJ-TANF) provide cash benefits, GA for single people and TANF for people who have custody of their children. Both programs will require you to work or actively look for work and both have a five-year lifetime limit. Work First New Jersey also has an Emergency Assistance program that you may qualify for if you are homeless or at risk of becoming homeless: it can pay for things like food, clothing and transportation costs to look for housing, but also utility payments and temporary rental or mortgage payment assistance.

WFNJ-GA AND WFNJ-TANF
Application sites in Bergen County:

Bergen County Board of Social Services
216 Route 17 N., Rochelle Park NJ 07662
201-368-4200
Hours: Weekdays 8:00 - 4:30 pm (Tuesday's until 8:00 pm)

FYI: Please call your local office to verify what the eligibility requirements are for obtaining General Assistance

FOOD STAMPS
You may apply for food stamp while applying for GA/TANF. If you were convicted after August 22, 1996, of a drug distribution or sales offense, you may still be able to get Food Stamps if you have completed or are enrolled in a licensed drug treatment program, or completed a program in prison and are drug free (you will be tested). Same goes for possession offenses. Please contact the welfare office in Bergen County to inquire.

F: Veterans Benefits: If you were receiving veteran's benefits, either for disability or a pension, and you were incarcerated for more than 60 days, you will have to get reinstated after you are released. If you were not receiving benefits and you are a veteran, you may be eligible for benefits or for other programs and services, including health care. You can contact the P.R.E.P.A.R.E social worker in your institution located in the social services department for assistance. You can also contact the Veterans Administration for questions about benefits at 800-827-1000; the health benefit number is 877-222-VETS. The 24-hour veterans mental health hotline is **1-866-VETS-NJ4U**.

The closest VA Benefit Administration is located at

110A Meadowlands Parkway, Suite 102
Secaucus NJ 07094
201-223-7787

Regional Office
20 Washington Pl., 3rd Floor
Newark
973-645-1441/ 1-800-827-1000

The Veterans Services Officer for Bergen County
Robert Maulano
201-996-8050 / 8051

Visit this local VA office to reinstate benefits or apply for new programs and services.

The following are some websites that can assist you in looking for information about veteran services:

Federal Veterans Information:
www.va.gov

Info for NJ Veterans:
www.vetsinfo.com

New Jersey Dept of Veterans Affairs: www.state.nj.us/military

New Jersey Veterans Guide:
www.state.nj.us/military/veterans/njguide

VA Home Loans:
www.homeloans.va.gov

Veterans Counseling Service Center:
www.va.gov/rcs/newjersey/html

Be aware that the VA takes considerable time to make decisions. On average, it can take 273 days to process a new application for benefits.

OTHER BENEFIT PROGRAMS: You may be eligible for other cash benefits, including Supplemental Security Income (SSI) disability benefits (if you are seriously disabled and cannot work) call 1-800-772-1213 and the Women's, Infants, Children (WIC) program, which gives food vouchers to low-income parents. You can inquire about WIC at the city and county welfare offices.

Taking Care of Yourself: Getting Support

The transition from prison back to society may take some time to get adjusted and we want to provide you with options to lessen the burden. Taking care of your mind and body will be important for your success. Below are a few places to that may be of assistance.

Taking Care of Yourself: LGBTQ+ Resources



Garden State Equality

Garden State Equality lifts up the diverse voices of LGBTQ+ communities through education and advocacy to advance the movement for equality in New Jersey and nationally.

Are you a Trans person who needs help changing your name in New Jersey? Garden State Equality is here to help! Learn more about **updating identification documents** at GSE's website:
https://www.gardenstateequality.org/take-action/update-id/

1408 Main Street
Asbury Park, New Jersey 07712
https://www.gardenstateequality.org/
(973) 509-5428

Equality Federation

Equality Federation is an advocacy accelerator rooted in social justice, building power in our network of state-based lesbian, gay, bisexual, transgender, and queer (LGBTQ+) advocacy organizations.
equalityfederation.org

The Pride Center of New Jersey

The mission of Pride Center of New Jersey is to provide a safe and welcoming space for all individuals who identify as LGBTQ+ to find support, educational tools, health and education resources, and social opportunities within a community of acceptance. Free HIV testing.

85 Raritan Avenue, Suite 100
Highland Park NJ, 08904-2430
(732) 846-2232
info@pridecenter.org

NJ Gay Life

Lists events throughout New Jersey to connect the LGBTQI+ community. Online directory of New Jersey businesses and a support group calendar organized by issues and geographic locations.
NJGayLife.com
PO Box 224, Metuchen, NJ 08840.

Parents, Families and Friends of Lesbians and Gays (PFLAG)

The PFLAG mission is to build on a foundation of loving families united with LGBTQI+ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQI+ people. To find a local chapter visit: https://pflag.org/find-a-chapter

Main Phone: (202) 467-8180
Fax: (202) 467-8194

Human Rights Campaign

Advocates for LGBTQI+ Americans, mobilizes grassroots action, and educates the public about LGBTQI+ issues.
www.hrc.org

SAMHSA Substance Abuse and Mental Health Service Administration

Resources on the LGBTQI+ population include national survey reports, agency and federal initiatives, and related behavioral health resources from the U.S. Department of Health and Human Services.

Find Help and Treatment

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.
SAMHSA's National Helpline
800-662-HELP (4357)
TTY: 800-487-4889
For additional information on finding help and treatment options, visit www.samhsa.gov/find-treatment.
For general questions about SAMHSA, including information about mental and substance use disorders:
SAMHSAInfo@samhsa.hhs.gov
877-SAMHSA-7 (726-4727)
TTY: 800-487-4889

Edge New Jersey

The mission of EDGE New Jersey is to respond compassionately and responsibly to the HIV+ and LGBTQI+ communities by providing supportive services, housing opportunities, prevention strategies and education to enhance the community we serve. The vision of EDGE is to empower those we serve to achieve a healthy, safe and self-sufficient

life, providing the resources to positively influence their community.

CAN Clinic (Temporary)
3155 NJ State Route 10, Suite 204
Denville, NJ 07834
973-370-3130

EDGE CAN Wellness Center
295 East Main St
Denville, NJ 07834
973-285-0006

Hudson Pride Center Hudson Pride serves as an advocate and social service provider for both the LGBTQI+ and HIV/AIDS communities in Hudson County.

205 Brunswick St
Jersey City, NJ 07302

NHCAC Health Center
2nd Floor, 714 31st St
Union City, NJ 07087

(201) 963-4779
info@hudsonpride.org

PROUD Gender Center of New Jersey
At Robert Wood Johnson University Hospital (RWJUH) New Brunswick it is a top priority to optimize health and well-being for every patient. The **LGBTQIA Program** is firmly rooted with that purpose in mind.
In full support of the transgender community, RWJUH provides a full suite of specialized services designed to bring you to the best "you" you can be.
At the Center, a multidisciplinary team of family medicine physicians, gynecologists, urologists, endocrinologists, plastic surgeons and otolaryngologists provides specialized care for LGBTQ patients. Hormone therapy and surgical procedures are offered to support the transition of transgender patients.

181 Somerset St., 2nd Floor
New Brunswick, NJ 08901
1-833-BH-PROUD (1-833-247-7683)

Lambda Legal
Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work.
As a 501(c)3 nonprofit organization, we do not charge our clients for legal representation or advocacy, and we receive no government funding.

National Headquarters
120 Wall Street, 19th Floor
New York, NY 10005-3919
212-809-8585

QSpot LGBT Community Center
QSpot fosters the health, well-being and pride of NJ's LGBT and allied community by providing resources, referrals, education, and outreach. QSpot works tirelessly to fulfill its mission while operating a safe and welcoming LGBT community center.

1601 Asbury Ave, Asbury Park, NJ 07712
(732) 455-3373

HOTLINES /CRISIS INTERVENTION

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.
SAMHSA's National Helpline
800-662-HELP (4357)
TTY: 800-487-4889

Crisis Intervention/Suicide Prevention
The Trevor Project: (866) 488-7386
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

National Suicide Prevention Lifeline: (800) 273-8255 (online chat available)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Crisis Text Line: Text START to 741-741
Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564
The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743
Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

Trans Lifeline: (877) 565-8860
Trans Lifeline is a trans-led organization that connects Trans people to the community, support, and resources they need to survive and thrive.

National AIDS Hotline (800) 342-AIDS / (800) 344-7432 (Spanish) / (800) 243-7889 (TDD)
Other Hotlines

U.S. National Domestic Violence Hotline: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)
They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.

Pride Institute: (800) 547-7433 24/7
Chemical dependency/mental health referral and information hotline for the LGBTQ community.

Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE / (800) 810-7440 (TTY)
The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

Support for victims and survivors of sexual violence Hotline: 1-866-295-SERV (7378)



Taking Care of Yourself: COVID-19 Testing and Vaccine

COVID-19 Testing and Vaccine

Call 211 for General COVID-19 Questions and information on how to stay safe, test sites, financial assistance, unemployment, donations, food, and other non-medical needs. (24/7)

Call 1-800-962-1253 (24/7) to speak to a healthcare professional at the NJ Poison Control Center about symptoms, when to seek medical attention and proper steps to take if exposed to COVID-19.

Call (COVID-19 Vaccination and Testing): 1-855-568-0545 (10a-6p, M-F; 10a-4p, Sa)

Call (Medical COVID-19 Questions): 1-800-962-1253 (24/7)

There are multiple ways to get a COVID-19 vaccine including:

1. Use the NJ Vaccine Appointment Finder to find available vaccination appointments near you or sites with walk-in vaccinations (no appointment needed).
2. Register with the NJ Vaccine Scheduling System to be notified when an appointment is available to you at vaccination locations that use the State's Vaccine Scheduling System.
3. Seniors 65+ can call the senior-specific hotline at **855-429-1168** from 8am to 8pm to schedule dedicated vaccine appointments
4. Many **VA** facilities and clinics are offering vaccines to veterans, their spouses, and their caregivers.



Taking Care of Yourself: Health Care Resources

It is very important that you pay close attention to your aftercare once you are released from custody. Change in your daily routine cause a certain level of stress. Stress along with any medical condition may worsen if routine monitoring and treatment are not available. Therefore the resources listed below provide information on paying for health care, clinic visits and other resources in Bergen County.

A. Health Care Benefits: Am I eligible?

In New Jersey, the **Medicaid** program provides health care benefits for some low-income people. If you gain custody of children under 18 when you are released, you may qualify if you are; ***single, head of house and unemployed, or existing earnings are not enough to support the household*** Other eligibility requirements include low-income status, over age 65, blindness, or inability to work due to a disability.

If you are disabled and are applying for SSI, you will also be screened for Medicaid at that time. If you qualify for General Assistance benefits, you will get some very basic health care benefits through Medicaid (Plan G). **Medicaid is a separate program from GA or TANF, so you don't have to be eligible for those benefits to qualify for Medicaid.**

For questions about Medicaid eligibility, or to apply for Medicaid in Bergen County go to:
Bergen County Board of Social Services
216 Route 17 N, Rochelle Park, NJ 07662
201-368-4200

If you are a veteran, you may be eligible for health care benefits through the **Veterans Administration**, which provides a "Medical Benefits Package" for enrolled veterans. You may call 877-222-VETS for more information about eligibility and applying for benefits.

If you are HIV+ or have AIDS, you may also be eligible for the **AIDS Drug Distribution Program** (ADDP), which provides help paying for HIV/AIDS medication for people who do not have other ways of paying. **You can apply for this program before you are released**. Contact the **Aids Drug Distribution Program** at 609-588-7038 or toll free 877-613-4533, Mon-Fri 8am-5pm to apply.

Easter Seals New Jersey provides information, referrals and loans of medical equipment (including wheelchairs) to people in need. For information call 732-257-6662.



B. General HealthCare Providers

Even if you do not have Medicaid or other health insurance and benefits, Bergen County has clinics that provide primary health care at low cost, sliding scale or free service. They are listed below. Most hospitals have charity care, for which you can inquire about during a hospital emergency room visit.

Bergen County Community Health Centers

The following are North Hudson Community Action Corporation **(NHCAC)** Health Centers. Services provided include: Internal Medicine, Pediatrics, Women's Health, and Dental at specified locations.

NHCAC Health Center at North Bergen
1116 43rd Street, North Bergen NJ 07047
201-330-2632

NHCAC Health Center at Hackensack
25 East Salem Street, Hackensack NJ
201-464-7844

NHCAC Health Center at Garfield
535 Midland Avenue, Garfield, NJ
973-340-1182

NHCAC Health Center at Englewood
197 S. Van Brunt St. Englewood, NJ
201-537-4442

FYI: All of these centers accept Medicaid and some insurance plans, but also provide services on a sliding scale basis, additional fees for x-rays and lab work. Primary and preventive care. Staff there may help you apply for Medicaid, charity care or other benefits if you may be eligible.

Bergen County Department of Human Services
One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601
Phone: 201-336-7400

Family Planning Centers in Bergen County Area:
Planned Parenthood

575 Main Street, Hackensack, NJ 07601
P: 201.489.1140
46 N Van Brunt Street, Englewood, NJ 07631
P: 201.894.0966

Some sites *offer various services as they relate to medical, community education and special services;*

- ✓ Comprehensive physical exams, health screening & referrals
- ✓ HIV & other Sexually transmitted diseases (STDs), diagnosis, treatment for both you and your partner
- ✓ Birth control instruction & counseling
- ✓ Emergency contraception
- ✓ Prenatal care & delivery program
- ✓ Male services
- ✓ Mid-life services
- ✓ Prenatal substance abuse programs
- ✓ Parent education programs

Sliding scale fees based on income and family size, Medicaid and most insurance are accepted.

C. Services for People with HIV/AIDS

In addition to the clinics listed above, a number of places in Bergen County offer care and support services specifically for those living with HIV and AIDS.

Bergen County Department of Human Services
The HIV (Human Immunodeficiency Virus) Counseling and Testing Site provides services to the public at its main office in Hackensack and multiple off-site locations.

120 South River St. Hackensack, NJ
(201) 336-3350
Mon, Tues, Thurs, Fri 9am-8pm, Wed 9am-5:30pm

National AIDS Hotline
1-800-342-AIDS
Spanish Services 1-800-344-7432
TTY Deaf services 1-800-281-AIDS

New Jersey Hotline
1-800-624-2377
TTY/TDD 1-973-926-8008
Offers anonymous, confidential HIV/AIDS information by trained specialists who are knowledgeable and available to assist with questions regarding the disease.

STD Screening

Please call the Bergen County Department of Health for STD screening services. 201-634-2600

D. Services for People With Tuberculosis and Hepatitis C

In addition to the general medical care facilities listed above, there are a few services especially for people with tuberculosis and hepatitis C. Screening and treatment are available at no cost. Certain eligibility requirements apply.

Bergen Regional Health Center - TB/Chest Clinic
327 E. Ridgewood Ave. Paramus, NJ
(201) 634-2676

Offers a comprehensive treatment clinic, case management with individual service care plans, and identification of people who may have been exposed to infection. The program also certifies those who provide Mantoux (TB) testing.



E. Dental Care

The locations listed
below don't provide free care, but do have a sliding scale for those without insurance. Waiting lists can be long.

NJ Family Care is available to certain low income parents. In addition to health benefits dental and eyeglasses are offered. For children this service is free. In order to check for eligibility, please call 1-800-701-0710

North Hudson Community Action Corporation
Garfield Office
535 Midland Avenue
Garfield NJ
973-340-1182
Please call to make an appointment

North Hudson Community Action Corporation
North Bergen Office
1116-43rd Street North, Bergen NJ
201-330-2632
Please call to make an appointment

North Hudson Community Action Corporation
Hackensack Office
25 East Salem Street, Hackensack NJ
201-996-2121

F. MENTAL HEALTH /SUBSTANCE ABUSE RESOURCES

FYI: Drug addiction can be fatal to your health, not to mention illegal and can result in jail time. In order to be successful in society seeking services for a drug or alcohol addiction will be necessary. Many of the health clinics, support centers and other resources listed in this guide can help refer you to treatment that most fit your needs. Listed below are some of Bergen County's treatment resources and each of these will also help with referrals if they can not help you. If you want treatment, you should also ask your parole officer for help — beds in treatment facilities are hard to come by, and they can help get you in. There are Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) support group meetings all over Bergen County. To find a meeting near you, call 866-920-1212 (for AA) or 800-992-0401 (for NA). For other self-help group resources, call the New Jersey Self Help Clearinghouse at 800-367-6274. Also, you can call the Addictions Hotline of NJ at 800-238-2333.

FYI: Each county has a mental health administrator. When you call this person they will provide you with the names and phone numbers closest to your area to provide services that fit your needs.

The mental health administrator for Bergen County is:
Michele Hart-Loughlin, Program Coordinator
Bergen County Mental Health Board
1 Bergen County Plaza, 4th Floor
Hackensack, NJ 07601
(201) 634-2745
e-mail: mhartlo@co.bergen.nj.us

The following are the agency listings in Bergen County that provide Mental Health services:

Care Plus NJ, Inc. at Bergen Regional Medical Center
230 East Ridgewood Avenue, Paramus, NJ 07652
(201) 262-7108

West Bergen Mental Healthcare
Ridgewood office
120 Chestnut Street, Ridgewood, NJ 07450
201-444-3550/ Fax 201-652-1613

Care Plus Center for Primary & Behavioral Health
610 Valley Health Plaza, Paramus, NJ 07652
(201) 262-7108

Comprehensive Behavioral Health Services
569 Broadway St. Westwood, NJ 07675
201- 957-1800
Crisis Intervention and Stabilization

Vantage Health System

Englewood office
93 West Palisade Avenue, Englewood NJ
(201) 567-0500;

Dumont office
2 Park Avenue, Dumont NJ
(201) 385-4400

Comprehensive Behavioral Healthcare Inc.

Lyndhurst office
516 Valley Brook Avenue, Lyndhurst, NJ 07071
(201) 935-3322;

Hackensack office
395 Main Street, Hackensack, NJ 07601
(201) 646-0333;

The following are a list of agencies that provide assistance with substance abuse services:

Bergen County Department of Health Services Office of Drug and Alcohol Dependency
327 East Ridgewood, Avenue Paramus NJ 07652
201-634-2740/ 201-634-2600

Offers:

- ✓ Rreferral for Assessment,
- ✓ Outpatient Services
- ✓ Intensive Outpatient Services
- ✓ Detoxification Services for Bergen County residents
- ✓ Residential Treatment,
- ✓ Halfway House Services,
- ✓ Self-Help Groups

High Focus Center
70 Eisenhower Drive, Paramus, New Jersey 07652
Phone: 201-291-0055
Day and evening programs for outpatient addiction services.

The Center for Alcohol and Drug Resources
22-08 NJ 208, Fairlawn, NJ 07410
201-740-7069
"Provides prevention, education, information, and referral services to all Bergen county residents".

Bergen County Community Action Partner
'The Ladder Project'
261 State Street, Hackensack NJ 07601
201-342-0029
Provides residential long-term treatment for substance abuse.

Bergen County Addiction Recovery Program
103 Hudson Street, Hackensack NJ 07601
201-336-3330
Provides outpatient and intensive outpatient services

Bergen Regional Medical Evergreen Treatment Center
230 East Ridgewood Avenue, Paramus NJ 07652
201-967-4194
Provides inpatient, outpatient, and detoxification services.

Latin America Institute, The Recovery Way
10 Banta Avenue #110, Hackensack NJ 07601
201-525-1700
Provides bilingual services for outpatient and intensive outpatient.

FYI: While the medical care and drug treatment and or detoxification facilities listed above may be able to assist you with medication for mental health issues, and some counseling as well, there are also places to go to get counseling and therapy and other mental health services. Some of these services require Medicaid or other insurance, but some will also have sliding scale payments. **Although the services below provide mental health services, some may also offer substance abuse services, as well.**

G. Emergency Mental Health Services

FYI: If at any time you may want to hurt yourself or someone else, please call 911. If you feel like you may be a danger to your self or others. It is very important that you call someone for help. Here are a few numbers of places that would be more than willing to come to your aid.

Bergen County Department of Health and Human Services
Mental Health Board
201-634-2750

Primary Screening Center for Bergen County:
Psychiatric Emergency Screening
Care Plus NJ Inc. @ Bergen Regional Medical Center
230 East Ridgewood Avenue
Paramus, NJ 07652
HOTLINE: (201) 262-4357

H. Free/Low Cost Eyeglasses and Eye care 

North Hudson Community Action Corporation
Garfield Office
535 Midland Avenue, Garfield NJ
973-340-1182
Please call to make an appointment

North Hudson Community Action Corporation
North Bergen Office
1116-43rd Street, North Bergen NJ
201-330-2632
Please call to make an appointment

North Hudson Community Action Corporation
Hackensack Office
25 East Salem Street, Hackensack NJ
201-996-2121
Please call to make an appointment

NJ Family Care
Assists certain low income parents with obtaining eyeglasses.
Please call to check for eligibility.
1-800-701-0710

American Council of the Blind of New Jersey
259 Rossiter Ave.
Paterson, NJ 07502
1-973-595-0116

National Federation of the Blind of New Jersey
254 Spruce St.
Bloomfield, NJ 07003
(973) 743-0075



Finding a Job:

Employment Assistance and Training Programs

Getting a job is usually one of the most important necessities when released from prison. Not everyone can obtain employment immediately, sometimes things like getting drug treatment, dealing with your housing, health or family situation may come first. For most people, though, finding work is the first step to getting back on your feet. It will be very challenging to get a job once you have been in prison, but it is not impossible, and you need to be persistent and patient. Below are some pointers on job searching, and information about resources that can help you find a job or get training for the job you want.

A. Things to Know Before You Start Your Job Search

Be Prepared: It is essential that you are organized, and have all records of previous employment available when beginning a job search. A resume is the smartest thing you can create. If you are unsure of how to do so, you may go to your local one-stop career center and seek assistance. Not only will employers want to know your work history, they will inquire of accurate dates that you were employed with the company. Knowing this information is vital to ensuring employment. Employers will not be interested in hearing that you do not remember dates or addresses for your work history. If an employer decides to hire you, he will also need your identification, so make sure that is readily available.

Presentation: Look as neat, clean and organized as possible, no matter what the job is. Be polite and respectful, even when people are not polite and respectful to you, and many won't be. Making the person you want to help you or hire you mad won't get you the job you want.

Talking About Your Criminal Record:
Never omit or falsify a document that asks you specifically if you have a criminal record. The application may ask you to give details to the nature of your crime or it may not. Chances are a criminal background check will be administered prior to employment, and lying will cost you the job.

IT'S A JOB FOR RIGHT NOW,
IT'S NOT THE REST OF YOUR LIFE
When you are first starting out, especially if you've been out of the job market for a while, or have never had a job, you need to build a work history, and, of course, you need to make

some money. Take whatever job you can get for now — it doesn't have to be the exact job you want, or what you eventually want to be doing. Do this job well —even if it's not a great job — and it can help you get a better one in the future. A year of good job performance will make your criminal record matter less.

B. Help with Job Search and Job Training: Resources

The following are good places to start in looking for a job.

Bergen County One Stop Career Center
60 State Street
Hackensack NJ 07601
201-329-9600 Ext: 5460
Monday-Friday 8:30-4:00

"The Bergen One Stop Career Center serves prospective workers, employers and at-risk youth in Bergen County, and strives to provide the county with a skilled labor force".

VOCATIONAL REHABILITATION SERVICES

Friendship House
125 Atlantic Street, Hackensack, NJ 07601
Counties Served: Passaic, Bergen & Hudson
Phone: (201) 488-2121
Offers: Extended employment, Supported employment, pre vocational evaluation, work adjustment training

ARC Bergen & Passaic
223 Moore Street, Hackensack, NJ 07601
Counties Served: Bergen & Passaic
Phone: (201) 489-0094/ 1-201-343-1518
Offers: Extended employment, Supported employment, pre vocational evaluation, work adjustment training

Bergen County Workforce (WIB)
60 State Street, Room 200
Hackensack NJ 07601
201-343-8830
www.bergenwib.org

Ridgefield Advantage
Slocom Skewes School
650 Prospect Avenue, Ridgefield, NJ 07657
Counties Served: Bergen & Hudson

Phone: (201) 943-4299
Offers: Supported employment

FYI: This program includes diagnostic evaluation, vocational guidance and counseling, therapies, vocational training, rehabilitation workshop and training, tools, supplies, assistive devices, vehicle modification, supported employment/job coaching and job placement assistance. Disability must be significant impediment to employment.

C. Legal Restrictions on Employment and Protections against Discrimination

If you are interested in getting a job and building a career in a particular area, you should make sure that it isn't one that is forbidden to someone with the kind of criminal conviction that you have on your record. There are about 22 categories of jobs in New Jersey that exclude people with convictions (which conviction it is varies by job). These include: aircraft/airport employees; paid public school employees, school bus drivers and school crossing guards; bank employees; bartenders and waiters in establishments where liquor is served; housing authority and municipal police and parking enforcement officers; New Jersey Turnpike Authority employees; liquor retail, wholesale, manufacturing or distributing employees; paid firefighters; child care center employees; community residences for individuals with developmental disabilities. A much larger number of jobs require that you disclose your criminal record, and those employers perform background checks; some of these, however, also require that employers consider evidence of rehabilitation. These include most jobs in the health care and counseling fields (including drug and alcohol counseling) and social workers.

FYI: If you are going to begin training in a particular field, make sure you find out from the training course whether there are any restrictions that will keep you from getting a job.

Protections for Licensed Occupations:

If you are not absolutely barred from a position because of your conviction, New Jersey law says that you cannot be denied a professional license simply because of your conviction unless the crime for which you were convicted relates to the occupation you want to enter. If the licensing board or agency wants to deny you a license because the crime is related to the occupation, they have to explain, in writing, that they have considered certain factors like the seriousness of the crime, the circumstances of the crime, the date and your age when convicted, whether the crime was an isolated or repeated event, social conditions, and evidence of rehabilitation. You can ask your parole officer about applying

for a "certificate of rehabilitation," which can be used in your license application.

D. Benefits for Employers Who Hire People with Criminal Records

As you look for a job you can tell employers that the federal government has programs to support employers who hire people coming out of prison.

FYI: Work Opportunity Tax Credit (WOTC): With the Work Opportunity Tax Credit, your employer may be able to save up to $4800 the first year you are hired. Make sure to inform your potential employer of this benefit.

For questions regarding WOTC, please call 609-292-5525 or 1-800-792-8881

Federal Bonding Program: Provides bonding "or insurance coverage" for employers who hire individuals with criminal histories who are otherwise qualified but cannot gain employment due to their criminal backgrounds. Please contact your local one stop for more information: 60 State Street, Hackensack, NJ 07601 or call 201-329-9600 and toll free 1-800-233-2258.

E. Opening a Checking or Savings Account



After you've gotten a source of income, you may want to open a checking or savings account. A checking account is a great idea because many jobs provide direct deposit, and your check is automatically deposited into your account on payday. Using checks to pay for your bills is also cheaper than using money orders. To open a checking account you usually need a picture I.D. (driver's license or non-driver state I.D.), proof of address, birth certificate, and a Social Security card. You can also request a debit card with your account, which you can use just like a credit card (as long as you have the money in your account already). You can get a debit card for either a checking account or a savings account, but with a savings account you can earn interest on the money you've saved. Fees for these accounts will vary depending on the type of account and bank. Many banks now offer free checking.



F. Public Libraries

Your local public library can be a good resource for your job search. Public computers provide internet access (and help using the computer), job and course listings, and other local directories. Libraries also often carry the government forms mentioned in this guide, and librarians can help you find other information that you need.

LIBRARIES

Wyckoff Public Library
200 Woodland Avenue, Wyckoff, NJ 07481
(201) 891-4866
wyckofflibrary.org
Monday-Thursday 10-9 Friday/Saturday 10-5 Sunday 1-5

Lee Memorial Library
500 West Crescent Avenue, Allendale, NJ 07401
(201) 327-4338
allendale.bccls.org
Monday/Tuesday/Thursday 10-9 Wednesday/Friday/Saturday 10-5 Sunday CLOSED

Bergenfield Public Library
50 West Clinton Avenue, Bergenfield, NJ 07621
(201) 387-4040
bergenfield.bccls.org
Monday/Tuesday/Thursday 10-9, Wednesday 10-5, Friday/Sunday 1-5, Saturday 10-2

Bogota Public Library
375 Larch Avenue, Bogota, NJ 07603
(201) 488-7185
bogota.bccls.org
Monday/Tuesday/Thursday 10-9, Wednesday/Friday 10-5, Saturday 10-1 Sunday CLOSED

William E. Dermody Library
420 Hackensack Street, Carlstadt, NJ 07072
(201) 438-8866
carlstadt.bccls.org
Monday-Thursday 10-9, Friday 10-5, Saturday 10-2

Cliffside Park Public Library
505 Palisade Avenue, Cliffside Park, NJ 07010
(201) 945-2867
cliffsidepark.bccls.org

Monday-Thursday 10-9 Friday/Saturday 10-5, Sunday 1-5

Closter Public Library
280 High Street, Closter, NJ 07624
(201) 768-4197
closter.bccls.org
Monday-Wednesday 9-9, Thursday-Saturday 9-5 Sunday CLOSED

Cresskill Public Library
53 Union Avenue, Cresskill, NJ 07626
(201) 567-3521
cresskill.bccls.org
Monday/Wednesday/Thursday 10-9, Tuesday/Friday/Saturday 10-5 Sunday CLOSED

Demarest Public Library
90 Hardenburgh Avenue, Demarest, NJ 07627
(201) 768-8714
demarest.bccls.org
Monday/Thursday 10-8, Tuesday/Wednesday/Friday 10-5, Saturday 1-5

Dixon Homestead Library
180 Washington Avenue, Dumont, NJ 07628
(201) 384-2030
dumont.bccls.org
Monday-Wednesday 9-9, Thursday/Friday 9-5, Saturday 10-2 Sunday CLOSED

East Rutherford Memorial Library
143 Boiling Springs Avenue, East Rutherford, NJ 07073
(201) 939-3930
eastrutherford.bccls.org
Monday-Thursday 10-8, Friday 12-5, Saturday 1-4
Sunday CLOSED

Edgewater Public Library
49 Hudson Avenue, Edgewater, NJ 07020
(201) 224-6144
www.edgewaterlibrary.org
Monday-Wednesday 10-9, Thursday/Friday 10-6, Saturday 10-5, Sunday CLOSED

Elmwood Park Public Library
210 Lee Street, Elmwood Park, NJ 07407
(201) 796-8888
elmwoodpark.bccls.org
Monday/Friday/Saturday 10-5, Tuesday/Wednesday/Thursday 10-8, Sunday 1-5

Emerson Public Library
20 Palisade Avenue, Emerson, NJ 07630
(201) 261-5604
emerson.bccls.org
Monday-Thursday 10-9, Friday 1-4, Saturday 10-4

Englewood Public Library
31 Engle Street, Englewood, NJ 07631
(201) 568-2215
www.englewoodlibrary.org
Monday-Thursday 9-9, Friday/Saturday 9-5, Sunday 1-5

Maurice M. Pine Library
10-01 Fair Lawn Avenue, Fair Lawn, NJ 07410
(201) 796-3400
fairlawn.bccls.org

Fairview Public Library
213 Anderson Avenue, Fairview, NJ 07022
(201) 943-6244
fairview.bccls.org
Monday-Friday 11-8 Saturday 11-5, Sunday CLOSED

Fort Lee Free Public Library
320 Main Street, Fort Lee, NJ 07024
(201) 592-3615
ftlecirc@bccls.org
Monday-Thursday 9:30-9, Friday/Saturday 9:30-5, Sunday 1-5

Franklin Lakes Public Library
470 De Korte Drive Franklin Lakes, NJ 07417
(201) 891-2224
www.franklinlakeslibrary.org
Monday-Thursday 10-9, Friday 10-6, Saturday 10-5, Sunday 1-5

Garfield Public Library
500 Midland Avenue, Garfield, NJ 07026
(973) 478-3800
garfcirc@bccls.org
Monday/Tuesday 9:30-8, Wednesday 9:30-9, Thursday/Friday 9:30-6, Saturday 9:30-5, Sunday CLOSED

Glen Rock Public Library
315 Rock Road, Glen Rock, NJ 07452
(201) 670-3970
glrkcirc@bccls.org
Monday-Thursday 9-9, Friday 9-5:30, Saturday 9-5, Sunday 1-5

Johnson Free Public Library
274 Main Street, Hackensack, NJ 07601
(201) 343-4169
hackcirc@bccls.org
Monday-Thursday 9-9 Friday/Saturday 9-5 Sunday CLOSED

Lodi Memorial Library
1 Memorial Drive, Lodi, NJ 07644
Phone: (973) 365-4044
lodicirc@bccls.org
Monday-Wednesday 12:30-8:00, Thursday-Saturday 9:30-5:00 Sunday CLOSED

Mahwah Public Library
100 Ridge Road, Mahwah, NJ 07430
(201) 529-7323
mahwcirc@bccls.org
Monday-Thursday 10-9, Friday-Saturday 10-5, Sunday 1-5

Paramus Public Library
lopinto@bccls.org
East 116 Century Road, Paramus, NJ 07652
(201) 599-1302
paracirc@bccls.org
Monday-Thursday 9:30-9, Friday/Saturday 9:30-5, Sunday 1-5

Rochelle Park Public Library
151 West Passaic Street, Rochelle Park, NJ 07662
(201) 587-7730 x8
ropkcirc@bccls.org
Monday-Thursday 9-8:30, Friday 9-4, Saturday 10-3, Sunday CLOSED

Saddle Brook Public Library
340 Mayhill Street, Saddle Brook, NJ 07663
(201) 843-3287
sabkcirc@bccls.org
Monday-Thursday 10-9, Friday, Saturday 10-5, Sunday CLOSED

Teaneck Public Library
840 Teaneck Road, Teaneck, NJ 07666
(201) 837-4171
teancirc@bccls.org
Monday-Thursday 9-9, Friday 9-6, Saturday 9-5, Sunday 12:30-5:30

FYI: Please note that summer and holiday hours differ from the above referenced, and you will need to call for those times.

Reconnecting with Family



As you prepare to come home, you may be thinking about reuniting with family members, including those you may not have seen for a long time. You may be excited to see your kids, your spouse, your parents, and others who are part of your family, and while most will be glad to see you home, others may be reluctant. All kinds of issues can come up, and you may need some help solving some of the problems that arise. This section provides some information and resources to help solve these issues.

Hotlines for Family Services Resources

***Partnership for Maternal & Child Department of Health Bergan Central Intake**
1-973-942-3630 ext.: 11

NJ Child Abuse/ Neglect Hotline:
1(877) NJABUSE (652-2873)

Child Care Hotline:
1(800) 332-9227

NJ Child Support Hotline:
1 (877) NJKIDS- 1 (655-4371)

Division of Family Development:
1(800) 792-9773

NJ Division of Child Protection & Permanency:
1-855-INFO-DCF (855-463-6323)

Family Health Line:
1 (800) 328-3838

Family Help Line (for stressed parents):
1 (800) THE KIDS (843-2537

National Domestic Violence Hotline:
1(800) 799-7233

NJ Domestic Violence Hotline:
1(800) 572-7223

Parents Anonymous:
1(800) 843-5437

A. Family Counseling Resources

The following places can provide support, marital and Family counseling and parenting classes to help you reunite with your family.

Mars and Venus Counseling Center
691 Cedar Lane, Teaneck NJ 07666
201-692-0508
Provides individual or family counseling, marriage counseling, and adolescent counseling. Most insurance accepted. Please call for hours.

Bergen County Department of Human Services
Family Guidance
One Bergen County Plaza, 2nd Floor Hackensack, NJ 07601
Phone: 201-336-7474
"Provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services".



Parents Anonymous of New Jersey, Inc.

1-800-843-5437 (24 hour hotline) Hours: Call to confirm group times at different locations Self-help for parents who are under stress and who want to improve their relationship with their children. Groups meet weekly and are facilitated by a volunteer professional; many groups provide child care. Groups meet in most counties throughout the state with some bilingual groups available. Parents Anonymous also offers an on-line support group as well.

B. Child Custody and Visitation

Establishing visitation and gaining custody of your children once you are released is not an overnight procedure. If you had custody of your kids at the time you were incarcerated, and no family was able to take care of them, they may have been placed in foster care. If this is the case, and you do not know your child's case manager's name or number, contact the Division of Youth and Family Services (DYFS) at 800-531-1091. You will have to make an appointment with the case manager for an interview. They may not be willing to give you information over the phone. You'll be asked a series of questions in order to assess when and if you will be given visitation rights, so that you may reestablish your relationship with the child and hopefully gain custody again. This is just a quick overview of what to do and what you can expect.

FYI: ***If you were convicted of any violent or sexual Offenses against children, you may be unable to live with or regain custody of your children.***

Listed below are the different offices for DYFS in your area. Please contact the office that applies to your location.

Bergen Central LO- #462
240 Frisch Court - 2nd Floor
Paramus, NJ 07652
201-291-0579 or 866-224-1859
Manager – Haydee Zamora - Dalton

Bergen South LO - #461
125 State Street, 1st & 2nd Floors
Hackensack, NJ 07601
201-996-8900 or **800-531-1096**
Manager – Kenneth Lowry

C. Getting and Paying Child Support

Whether you have custody of your children on your own when you get out, and need help from an absent "non-custodial" parent, or you do not have custody of kids who need your support, child support payments will be an important part of your life after you are released. Some basic information is included below, as far as enforcing a child support order.

FYI: To locate a parent prior to an order please visit:
218 Route 17 North
Rochelle Park, NJ 07662
201-368-4200/ 1-877-NJKIDS1

Child support, custody and visitation issues are very complicated, and if you can get a lawyer, you should. Contact the Legal Services of New Jersey hotline, from 9:00 am - 4:30 pm, at 888-576-5529, or you can also contact Bergen County Legal Services, at 190 Moore Street, Hackensack NJ 201-487-2166. From prison, you can also contact the Prisoner's Self Help Legal Clinic, P.O. Box 768, Newark, NJ 07101.

Getting and Enforcing a Child Support Order
If you have custody of your children and want financial support from the non-custodial parent, you can apply for child support at 10 Main Street Bergen County Courthouse, Room 163 Hackensack, NJ 07601 or call 201-527-2700. There is a possible fee. To enforce an existing order go to 133 River Street, Hackensack NJ 07601 or call 201-527-1200. You can also call 1-877 NJKIDS1 for more information about this.

Paying Child Support
If you have kids that you did not have custody of before you went to prison, there may be a child support order requiring you to pay a certain amount every month for their support. Even if you did not go to court, for example, the parent with custody filed for the order while you were incarcerated, the court can still order you to pay child support. The amount you pay in child support is tied to your income, and if the court does not know your income, they will assume you are working 40 hours a week at minimum wage. Child support payments are usually taken out of your paycheck. If you have not paid at all or missed payments, you will owe "arrears." Unless you got a modification of your child support order when you went into prison (see below), the amount of arrears that you owe will have continued to grow while you were inside. When you come out, and get a job, they can begin to take out not just the monthly amount you owe for child support, but more money to pay back the arrears (up to 65% of your pay in total). They may also suspend your driver's license. Here are some things you can do:

Know Your Rights / Non-Custodial Parents
1-877-655-4371

- ✓ Information on Your Support Payments
- ✓ Know Your Rights and Responsibilities
- ✓ Assistance with Employment Skills
- ✓ Visitation Assistance

Englewood/Teaneck Family Success Center
201-694-1891
The Family Success Centers provide a range of governmental and non-governmental services and support to promote safety, well-being, and self-sufficiency for fathers and their families.

Newark Now / Fathers Now
973-732-0713
A program that offers fathers mentoring, parenting, life skills, and legal assistance. Services are for fathers in transition, men who have lost their jobs and homes, or those who are re-entering the workforce following incarceration and who seek to assume greater responsibility for and *contribute to the lives of their children*.

D. Domestic Violence/Sexual Assault Resources

The following places provide counseling, support and shelter or referrals to shelter in domestic violence situations. You can also call these 24-hour hotlines:

New Jersey Coalition for Battered Women:
(800)-572-SAFE.

Domestic Abuse Hotline for Men and Women:
(888) 7HELPLINE (1-888-743-5754)

Alternatives to Domestic Violence
One Bergen County Plaza, Second Floor
Hackensack, NJ
24-hour crisis hotline is **(201) 336-7575**
Regular office hours are 9:00 AM to 9:00 PM Monday through Thursday and 9:00 AM to 4:30 PM on Friday

Getting More Education

Although getting more education may not be part of your short term plans, it certainly should be something to think about for the future, especially if you do not have a high school diploma or a GED.



A. High School Diploma/GED Certificate/High School Equivalency Degree (HSED)/Vocational School Certificates

It is very important to keep records of any degrees and certificates of completion and work-related licenses that have earned. Before you are released, you can write to the school or agency where you earned your degree or certificate to obtain a copy. Once you have a copy in your possession, this should be kept in your strong box.

FYI: If you earned your GED while incarcerated, please call the Education Department of the institution you were in to obtain a copy.

You can also request your GED transcript or diploma verification from the New Jersey Department of Education providing you completed your diploma in a traditional setting. You will have to fill out a GED Information Request Form.

Please call 609-777-1050 for further assistance.

You may ask that it be sent to you; or you may pick up the form at a local testing center (which you can do after you are released); by downloading the form from the website http://www.state.nj.us/njded/students/ged/ged7.htm; or by writing to: GED Testing Program, Bureau of Adult Education and Family Literacy, New Jersey Department of Education, PO Box 500, Trenton, NJ 08625.

Your chances of getting a job that pays a living wage and of moving forward in a career will improve with more education, and not having the high school diploma or GED will simply lock you out from a lot of opportunities.

B. GED Classes



The places in Bergen County below offer classes to help you prepare for the GED exam. Call for exact times and procedures. Many locations offer classes at low cost or no cost. For more information, contact the New Jersey Department of Labor and Workforce Development, Division of Workforce Readiness & Literacy at (609) 943-5921. Call individual programs for information on classes offered, fees and/or time schedules.

GED Testing Centers

Bergen County Technical School
200 Hackensack Avenue, Hackensack NJ 07601
201-343-6000 x2293

Bergen County Community College
Office of Testing and Assessment
400 Paramus Road, Rm. L121, Paramus NJ 07652
201-301-9655

C. Higher Education



If you already have a high school diploma or a GED certificate, you may want to move forward and get your associate's degree, bachelor's degree or graduate degree. Below are phone numbers for Bergen County.

Local Area Colleges

Farleigh Dickinson University
College at Florham
285 Madison Avenue, Madison NJ 07940
973-443-8500

Farleigh Dickinson University

Metropolitan Campus
1000 river Road, Teaneck NJ 07666
201-692-2000

Bergen County Community College
400 Paramus Road, Paramus NJ 07652
201-447-7100

Felician College
Lodi Campus
1 Felician Way, Lodi, NJ 07644-2117
(201) 559-6000

Felician College
Rutherford Campus
223 Montross Ave, Rutherford, NJ 07070
201-559-6000

Ramapo College
505 Ramapo Valley Road, Mahwah NJ 07430
201-684-7500

Can I Get Financial Aid?
To pay for this, you will probably try to get some financial aid. If you are applying for any federal financial aid programs after release (such as Pell Grants, Perkins Loans, Federal Family Education Loans, etc.), you are not restricted unless you have a drug-related offense. For possession offenses, a first offense means one year of ineligibility (after your conviction), a second offense, two years, and third offense means you are "indefinitely" ineligible, which to the government means permanently ineligible. For a sales or distribution crime, a first offense has two years of ineligibility, a second offense makes it permanent. Private financial aid or loan programs may not have any restrictions.

Other Things You Need to Know

A. Getting Legal Assistance

To get assistance with civil (not criminal) cases, you can contact the toll free hotline for **Legal Services of New Jersey (LSNJ)**, which provides information and referrals, **888-576-5529/ 1-201-836-1941**. For local Bergen County legal services please contact the office located nearest to you.

Bergen County Legal Services
190 Moore Street, Hackensack NJ 07601
201-487-2166

B. Checking and Correcting Your Criminal Record ("rap sheet")

Since employers, landlords and others will be performing criminal background checks and getting copies of your criminal record, it is important that you know what is on it, and that it is accurate. You should also be prepared to answer any questions about your background.

FYI: Background checks are now only done electronically. You may contact State Police Headquarters to inquire how to correct your criminal record. The address is listed below.

State Section of Identification
Records and Identification Bureau
New Jersey State Police
P.O. Box 7068
West Trenton, NJ 08628
1-609-882-2000 ext 6425
1-609-530-4856 fax

C. Expungement: Cleaning Up Your Criminal Record

You may have heard about expungement as one way to clean up your criminal record as you get some distance from your old arrests and convictions. Unfortunately, expungement is fairly limited in New Jersey. You can expunge any arrest that did not lead to a conviction at any point. You can expunge "disorderly persons offenses," which are low level offenses in New Jersey, after 5 years, and most municipal ordinance offenses after 2 years. Convictions for "indictable offenses" (felonies), can be expunged 10 years from the date of conviction, payment of any fine, satisfactory completion of probation or parole or release from incarceration, but whichever is latest. The most serious of these offenses, such as murder, kidnapping, aggravated sexual assault, robbery, arson, perjury and distribution, sale or possession with intent to distribute of controlled dangerous substances (drugs), **can never be expunged**. Expungement is a broader remedy for offenses committed as a juvenile. Legal Services of New Jersey has published a guide to cleaning up your record through expungement.

To obtain a copy of the book, call 888-576-5529, or go to the LSNJ web site, where you can download it for free: http://www.lsnj.org/english/crime/municipalcourt/clearingyourrecord.cfm.

D. Checking and Correcting Your Credit Record



While New Jersey allows employers to look at your criminal record, many employers — and others like landlords and mortgage companies — will use a credit report instead of or in addition to the state's records. Credit records are maintained by private companies and generally have information about your debts, your history of paying bills and other financial matters, but may also have information about your criminal record. The information may not be correct, and the law does offer you some protections. For example, if an employer uses a credit record to deny you a job, they have to tell you this, and give you the name, address and phone number of the agency that provided the report, and the agency must give you a copy of that information on your request. They cannot charge you money for that request if the employer used the report to deny you a job. If the records of the credit agency contain incorrect information, they must investigate and correct inaccurate information.

You can get ahead of the curve by getting a copy of your credit record and making sure there isn't any incorrect information on it. New Jersey residents are allowed one free credit report each year. Three companies that provide this service are:

Equifax Information Systems, LLC:
Write to them at P.O. Box 740241, Atlanta, GA, 30374, or call 800-685-1111.
Transunion Personal Credit Report:
PO Box 1000, Chester PA 19022
Call 800-888-4213.

Experian:
PO Box 2002, Allen, TX 75013
Call 800-397-3742.

FYI: By mail, be sure to include your full name, current address, Social Security number, and most recent former address for file-matching purposes.

E. Voting Rights

New Jersey law does not allow you to vote while you are in prison, or while you are on probation or parole for an indictable offense (disorderly person's offenses don't disqualify you). **Once you have completed your parole or probation term, you may register to vote**. Make sure that

you are registered in the county in which you reside. **Applications for registration can be obtained from Social Services prior to release**. Also you may apply with the Division of Elections, the Commissioners of Registration office in the County where you live or from your Municipal Clerk once you are released. Registration forms are also available in various State agencies and at Division of Motor Vehicle offices and can be obtained while transacting agency business. If you are not sure, you can visit http://www.state.nj.us/lps/elections/vote_doe.html. You will be able to download a voter's registration form and mail it in. This site also explains who can register to vote and where you can register.

F. Registration of Sexual Offenders (Megan's Law)

Sex offenders are required to register with the police under Megan's Law. Offenses include: aggravated sexual assault; sexual assault; aggravated criminal sexual contact; endangering the welfare of a child by engaging in sexual conduct which would impair or debauch the morals of the child; luring or enticing and, if the victim were a minor and the offender not a parent, kidnapping; criminal restraint and false imprisonment and promoting prostitution of a child under 18. **You will be registered prior to release, but must re-register your home address at least 10 days prior to any move with the law enforcement agency with which you were registered when released.** You will also need to verify your address annually or every 90 days if you are a repetitive and compulsive offender.

The Game Plan

Your first weeks out after leaving prison can be overwhelming. This section is set up to help you get organized and keep yourself on track towards your goals. First, think about what those goals are —what do you want or need to get done in your first week out? In your first month out? Where do you want to be in six months? There are lots of things that other people need you to do — your parole officer, for example, and your family — but you also need to think about what you expect from yourself.

Here are a few pages to use to plan your first days out of prison. There are some questions to ask yourself about what you 0plan to do. It's best to write things down and plan ahead. ***You should also refer to your discharge plan created by your social worker that outlines your needs. Have a wonderful and successful reentry!

DO I have my Basic Needs?

Shelter: _____

Food: _____

Health Care: _____

Clothing: _____

Transportation: _____

DO I have support?

Family: _____

_____

Friends: _____

_____

DO I have Identification?

I.D. Checklist

Documents	**Have?**	**Need?**
Strong Box	____	____
Social Security Card	____	____
Birth Certificate	____	____
County I.D.	____	____
Driver's License	____	____
Non-driver's I.D.	____	____
Certificate of Naturalization	____	____
Green Card	____	____
Military Discharge Papers	____	____
Passport	____	____
High School Diploma Or GED Certificate	____	____
Prison Release Papers	____	____

Other things I need to do (get I.D., get prescriptions, go to a support group, etc.):

Notes: _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Important Names and Phone Numbers
(Parole, Mentor, Emergency Contact)

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Name: _____
Phone Number: _____

Smart Book Topics

Getting Started:
I.D. and Other Documents

First Steps After Release:
Where Do I Go to Find…

Taking Care of You:
Getting Support

Taking Care of You:
Health Care Resources

Finding a Job:
Employment Assistance
and Training Programs

Reconnecting With Family

Getting More Education

Other Things You Need to Know

The Game Plan