MENTAL HEALTH AND ADDICTIONS
RESOURCE GUIDE

Cumberland County

2013
First Edition

ONLINE EDITION:
Cumberland_County_Mental_Health_Directory.pdf
**QUICK PICKS**

**Crisis Center:** (856) 455-5555

**Police:** 911

**Agencies:**
- Cumberland Co. Guidance Center (856) 825-6810
- Cumberland County Crisis Unit (856) 455-5555
- Cumberland Co. Drug & Alcohol Services (856) 451-3727
- Inspira Behavioral Health Services (856) 575-4111
- Southwest Council, Inc. (856) 794-1011
- Twin Oaks/Early Intervention Support Services (856) 537-2310

**Hospitals:**
- Inspira Health Network, Elmer (856) 363-1000
- Inspira Health Network, Vineland (856) 641-8000

**Other Contacts:**
- CONTACT - Telephone Support Hotline Dial 211
- Board of Social Services (856) 691-4600
- Social Security (800) 772-1213
- County DOC (Jail) Social Services (856) 453-7648
- NAMI of Cumberland County (856) 691-9234
- Intensive Family Support Services (IFSS) (856) 825-6810 ext. 256 or 286
- NJ Disaster Mental Health Helpline (877) 202-HELP (4357)
- County Mental Health Administrator (856) 459-3080
- NJ Hope Line (suicide prevention) (855) 654-6735
MESSAGE TO READERS

This Mental Health Resource Guide is intended to provide information about mental health programs in Cumberland County, New Jersey and nearby communities. Every attempt has been made to ensure that the published information is current and accurate at the time of printing. However, service providers and locations do change over time, so it is possible that a reference to a program included here may no longer be available.

This Resource Guide consolidates resource information for Cumberland County residents who deal with mental health and addiction issues. This directory is for consumers, families, and those who help them. This directory is a collaboration of the County Mental Health and Addictions Services Office, the County Mental Health and Addictions Board, and Cumberland County Affiliate of the National Alliance on Mental Illness (NAMI).

This Resource Guide will not detail the symptoms of mental illnesses or delve into pharmaceuticals. Plenty of resources are available that will. Booklets, fact sheets and videos are available free of charge. Ask questions of your health care providers, look at websites, call the phone numbers, and listen to speakers in your community to learn more.

DISCLAIMER
This directory does not evaluate the resources listed. It aims to provide information that will help individuals to consider which resources best suit their needs. Provision of information about a resource does not constitute endorsement, nor does omission of a resource signify disapproval.
**OUR MISSION**

National Alliance On Mental Illness (NAMI) is a national and statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Its network of support and advocacy groups is composed of families, friends, and persons who are affected by mental illness, as well as professionals, members of organizations, and governmental bodies dedicated to mental health.

NAMI of Cumberland County is an affiliate of NAMI -NJ and NAMI National. We offer emotional support, information, education, and advice about treatment and community resources. In such an event, persons are encouraged to contact NAMI of Cumberland County at (856) 691-9234 or (856) 305-5486.

Cumberland County Mental Health Board provides public leadership to the county in the development of mental health services. The board is comprised of a membership that is representative as possible of the county's population.
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MENTAL ILLNESS, SUBSTANCE USE DISORDERS, AND CO-OCCURRING DISORDERS

MENTAL ILLNESS

“Mental illness” refers to disorders generally characterized by dysregulation of mood, thought, and/or behavior, as recognized by the Diagnostic and Statistical Manual, 4th edition, of the American Psychiatric Association (DSM-IV).

SUBSTANCE USE DISORDER

This term encompasses both dependence on and abuse of drugs usually taken voluntarily for the purpose of their effect on the central nervous system (usually referred to as intoxication or "high") or to prevent or reduce withdrawal symptoms. "Substance abuse" has come to refer to the overindulgence in and dependence of a drug or other chemical leading to effects that are detrimental to the individual's physical and mental health, or the welfare of others.

CO-OCCURRING DISORDERS

The term “co-occurring disorders” refers to an individual having one or more substance abuse disorders and one or more psychiatric disorders at the same time. ('Dual diagnosis' is an older term for 'co-occurring disorders'.)

Approximately 8.9 million adults have co-occurring disorders; that is they have both a mental and substance use disorder¹. Research and first-hand experiences in both the mental health and substance abuse treatment fields have led researchers and practitioners to understand that both disorders must be addressed and treated comprehensively for people with co-occurring disorders to fully recover.

¹ Substance Abuse and Mental Health Services Administration, Office of Applied Studies, National Survey on Drug Use and Health, 2008 and 2009
ACCESSING MENTAL HEALTH SERVICES IN NEW JERSEY

Your choice will be based on experience, personal recommendation, ability to pay, insurance coverage, location, and personal compatibility with the treating provider.

These professional associations list providers by specialty, language and location:

- **NJ Psychiatric Assoc.** - www.psychnj.org  (800) 345-0143
- **NJ Psychological Assoc.**  www.psychologynj.org  
  (800) 281-6572
- **NJ Counseling Assoc.**  www.njcounseling.org

NJ DIRECTORY OF ADDICTIONS TREATMENT

For a list of providers for alcohol or substance abuse treatment, visit:

[https://njsams.rutgers.edu/dastxdirectory/txdirmain.htm](https://njsams.rutgers.edu/dastxdirectory/txdirmain.htm)

Or call, NJSAMS customer Service at 609-777-2164.

You can also contact your County Alcohol and Drug Services office at (856) 451-3727.

NJ DIRECTORY OF MENTAL HEALTH SERVICES

The revised New Jersey Directory of Mental Health Services is now available for on-line viewing. The document is broken into three parts. **Part One** contains some preliminary remarks. **Part Two** lists all community programs funded by the New Jersey Division of Mental Health Services, and sorted by the County served. **Part Three** lists all of the programs, sorted by the type of program service. It can be accessed at:

[http://www.state.nj.us/humanservices/dmhs/news/publications/mhs/index](http://www.state.nj.us/humanservices/dmhs/news/publications/mhs/index). Or you may call their toll-free referral, information, and complaint line: (800) 382-6717
NJ Division of Mental Health and Addiction Services

The State of New Jersey's Fiscal Year 2011 Budget formally merged the Division of Mental Health Services (DMHS) and the Division of Addiction Services (DAS) into the Division of Mental Health and Addiction Services (DMHAS).

Recent advances in understanding substance use and mental health disorders emphasize that while these diseases are strongly interactive and interrelated, systems of care have historically treated them separately. This fragmented approach to care contributed to the stigma associated with these illnesses and has resulted in many missed opportunities to provide accessible and integrated care for the clients who seek services.

Division of Addiction Services - promotes the prevention and treatment of substance disorders and supports the recovery of individuals affected by the chronic disease of addiction. Addiction Services is responsible for regulating, monitoring, planning, and funding substance abuse prevention, treatment, and recovery support services in New Jersey. To achieve its mission, the Office provides leadership and collaborates with providers, consumers, and other stakeholders to develop and sustain a system of client-centered care that is accessible, culturally competent, accountable to the public, and grounded in best practices that yield measurable results.

Addiction Services:

- Develops and supports community-based prevention, education and early intervention services.
- Supports and monitors substance abuse treatment services and treatment providers.
- Is responsible for the development of treatment services for people involved in the criminal justice system with substance abuse problems and for the special needs of people who are deaf, hard of hearing or disabled, pregnant women, women with dependent children and adolescents.
- Is responsible for ensuring licensure inspections and re-inspections to determine compliance with standards of all outpatient and residential substance abuse treatment facilities.
- Monitors substance abuse treatment agencies for quality assurance and compliance with required assessment and treatment protocols, and with other contract requirements.
- Maintains and publishes a comprehensive and searchable statewide addiction treatment provider directory.
- Oversees the Statewide Intoxicated Driving Program (N.J.S.A. 39:4-50), which processes the conviction records of drivers convicted of driving under the influence and schedules these drivers for detention, evaluation, education, and treatment referral by the county-based intoxicated driver resource centers.

**Division of Mental Health Services** - works to promote opportunities for adults with mental illness to maximize their ability to seek and obtain treatment, live, work, socialize, and learn in the least restrictive environment with the appropriate therapeutic support.

Mental Health Services operates under the following principles:

- Services are to be delivered by means of a comprehensive system of care, which emphasizes the most appropriate, least restrictive settings to promote the highest level of functioning.
- Continuity of care and coordination of services within the state must exist between the public and private sectors.
- The range of services within the system of care must respond to the needs of the individual consumers and to the special populations served.
- Mental Health Services must assure appropriate, high-quality care for the State’s most severely disabled citizens in State psychiatric hospitals and for the less-disabled citizens in community programs.
SEARCHING THE WEB

These organizations are informative and user-friendly:

American Academy of Child and Adolescent Psychiatry - [www.aacap.org](http://www.aacap.org)
American Foundation for Suicide Prevention – [www.afsp.org](http://www.afsp.org)
Autism – [www.njcosac.org](http://www.njcosac.org)
Balanced Mind Foundation – [www.bpkids.org](http://www.bpkids.org)
Child and Adolescent Bipolar Foundation – [www.cabf.org](http://www.cabf.org)
Depression and Bipolar Support Alliance – [www.dbsalliance.org](http://www.dbsalliance.org)
Federation of Families for Children’s Mental Health - [www.ffcmh.org](http://www.ffcmh.org)
Freedom From Fear – [www.freedomfromfear.org](http://www.freedomfromfear.org)
Hispanic Mental Health Services - [www.njmhi.org/changingminds](http://www.njmhi.org/changingminds)
Mental Health America – [www.nmh.org](http://www.nmh.org)
Mental Health Association of New Jersey [www.mhanj.org](http://www.mhanj.org)
Mental Health Association in Southwestern NJ – [www.mhaswnj.org](http://www.mhaswnj.org)
National Alliance on Mental Illness - NJ  [www.naminj.org](http://www.naminj.org)
National Alliance on Mental Illness - National - [www.nami.org](http://www.nami.org)
National Autism Association – [www.nationalautismassocation.org](http://www.nationalautismassocation.org)
National Family Caregivers Association – [www.nfcacares.org](http://www.nfcacares.org)
National Institute on Drug Addiction (NIDA) - [www.drugabuse.gov](http://www.drugabuse.gov) or [www.nida.gov](http://www.nida.gov)
National Institute of Mental Health [www.nimh.nih.org](http://www.nimh.nih.org)
NJ Mental Health Cares -  www.njmentalhealthcares.org
Poison Control –  www.njpies.org
Schizophrenia.com –  www.schizophrenia.com
Stop Smoking –  www.smokefree.gov
Substance Abuse and Mental Health Services Administration (SAMHSA)  www.samhsa.gov
Suicide Awareness/voices of Education –  www.save.org
U.S. Dept. of Health and Human Services  -  www.hhs.org
TREATMENT AND THERAPY

Most people diagnosed with mental illness can experience relief from their symptoms by actively participating in treatment or support services. Numerous treatments are available. The choice and combination of treatment and services selected depends in most cases on the severity of symptoms, the availability of options, and decisions determined by the individual, often in consultation with their health care provider and others. Most people with mental illness report that a combination of treatments, services, and supports works best to support their recovery. (nami.org)

Types of practitioners who treat the symptoms of mental illness, co-occurring disorders, and substance use disorders:

- Psychiatrist
- Psychiatric Advanced Practice Nurse (APN)
- Psychologist
- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Counselor (LPC)
- Mental health counselor (CMHC)
- Licensed Marital or family therapist (LMFT)
- Licensed Clinical Alcohol and Drug Counselor (LCADC)
- Pastoral counselor

Types of treatment services that are available to assist those who are struggling with mental health, co-occurring disorders, or substance use disorders.

- **Outpatient** – Consists of individual, group or a combination of both.
- **Intensive Outpatient** – Consists of a minimum of 9 hours of treatment interventions (individual, group, psycho-education) per week.
- **Partial Care/Partial Hospitalization** – Consists of a minimum of 15 hours per week.
- **Hospitalization / Residential**
  Residential treatment centers usually house persons with significant psychiatric, psychological, behavioral, or substance abuse problems who have been unsuccessful in outpatient treatment, day treatment programs, and other non-secure environments. Hospitalizations is for those who have acute or chronic mental illness and are need stabilization.

  Short Term Care Facilities (STCFs) provide acute care and adult psychiatric units in a general hospital for the short term admission of individuals who meet the legal standards for commitment and/or require intensive treatment. All admissions to STCFs must be referred through an emergency or designated screening center. No individual otherwise eligible shall be denied admission due to inability to pay or the type of insurance held.

- **Supportive Housing / Halfway House**
  Supportive housing is a combination of housing and services intended as a cost-effective way to help people live more stable, productive lives.

- **Recovery Support Services** – ongoing services in the community to help the consumer remain in the community (Self-Help and Recovery Support Centers, etc.).
**MEDICATIONS**

Medications do not cure mental illness. However, they can often significantly improve symptoms and help promote recovery and are recognized as first-line treatment for most individuals. Each individual responds very differently to medications and dosages. Keeping track of the number of different medications and what time of day they should be taken is vital. It is very important to stick with the medication regimen once it has been established. Make changes only in conjunction with the psychiatrist.

**MEDICATION ASSISTED THERAPY**

Many people who are opioid-addicted have co-occurring mental disorders. Medically-assisted treatment (MAT) is the use of medications, combined with counseling, to treat substance use disorders. Research has proven the effectiveness of MAT and addiction treatment experts endorse it. The National Institute on Drug Abuse (NIDA) endorses medication in treating substance use disorders, and especially combining it with counseling and other behavioral therapies. Medications that have emerged in recent decades have transformed lives. Medication Assisted Therapy is used for the treatment of opiate, alcohol, or nicotine dependency.

**The most important thing you can do . . . .**

Begin keeping a written record of medications and the effects that result from taking them. The record can be used to give accurate information to hospitals and medical personnel as well as Social Security and other government agencies. Be sure to include:

- Name of medication and dosage.
- Name of doctor and affiliation (i.e. hospital) who prescribed it.
- Start and stop dates.
- What effects on the disease (good and bad) and “side effects” experienced.
**FAMILY RESPONSE TO MENTAL ILLNESS**

Mental illness affects the family in many ways. Consumers often rely on family members to assist with obtaining and managing medication and other treatment, obtaining public benefits, transportation and so forth.

Families must develop effective coping skills and learn to navigate the complex mental health system.

**Intensive Family Support Services (IFSS)**

IFSS seeks to provide a focused, family-oriented educational and supportive approach to enhancing the overall functioning of families with a loved one who has a psychiatric disability. The IFSS program is available to all families in need of its services within Cumberland County and is not contingent upon a family's ability to pay for services or the loved one being in a treatment program.

**What IFSS Offers:**

- Education for consumers, families, and the community-at-large on mental health issues and treatment options
- Family Stabilization services
- In/out-of-home respite care
- Family Needs Assessment for clients
- Referral to mental health and community-based programs
- Family support when a loved one is hospitalized
- Family advocacy
- Family consultation
- Support groups for caregivers

IFSS services in Cumberland County are administered by the Cumberland County Guidance Center, 2038 Carmel Road, Millville, NJ 08332. Phone (856) 825-6810, ext. 256 and 286.
**Family-to-Family Education**

This program is the essential spirit of NAMI. Experienced family members help others to learn about mental illnesses, how to deal with them, and how to advocate and help reduce stigma. Many families now involved in NAMI say taking this course is the most significant service any family can do for itself, and the best thing NAMI offers.

The Family-to-Family course covers:

- Getting through the crisis periods
- Symptoms of the major mental illnesses and their diagnostic criteria
- Basic review of medications, side effects, and key treatment issues
- Communication skills and problem solving
- Sharing our stories and self-care
- Potential of recovery, advocacy, and combating stigma

Taught by trained family members from NAMI in a friendly, supportive environment, the course runs for 12 weeks, one class per week. All instruction and materials are **free** for class participants. Family-to-Family has graduated over 100,000 family members nationwide in its 12-plus year history.

Call (856) 691-9234 for more information.

“Family members who take the NAMI Family-to-Family course are better equipped to work with mental health clinicians in a collaborative manner. My bottom-line recommendation? Take this course. It will help you learn to cope successfully with a major challenge in your life, and that, in turn, will help your loved one as he or she works toward recovery.”

Peter Weiden, M.D., author of *Breakthroughs in Antipsychotic Medications*
Early Intervention Services

Early Intervention Support Services
Finding your way to wellness and recovery is not always easy, and this is especially true in times of crisis. Early Intervention Support Services helps individuals, aged 18 years and older, who are experiencing emotional problems and are in need of support. Individuals in crisis can visit the Early Intervention Support Services program rather than go to the Crisis Screening Program or the hospital. Early Intervention Support Services focuses on helping you choose your best path, while building and reinforcing coping skills and support networks that will see you through this crisis and future challenges.

Crisis Intervention and Emergency Screening

The Emergency Crisis Screening and Outreach Services Center provides screening, assessment, referral, linkage, and crisis stabilization services for those experiencing a psychiatric emergency. Services are provided in either a secure environment with the availability of intensive medical supports or directly in the community in a less-restrictive, community-based setting. Our services are delivered in a culturally and linguistically competent manner recognizing the importance of trauma informed systems of care.

✓ Information from the family is crucial in determining the correct treatment plan during a crisis. Try to have the information readily available.
✓ When you call the police during a mental health crisis, inform them that it is a mental health emergency and to please send someone who has been trained in handling persons with a mental illness.
✓ If you are frightened or concerned about being hurt, or have been hurt, or are afraid your loved one is hurting him or herself...TELL THE SCREENER!!!
✓ Also, alert the screener or the police to any destruction to property and/or threats to destroy property.
The Screener may ask these questions.
  o **Your *honest* answers are crucial.**
    - Why are you calling? What is happening?
    - What behaviors have been displayed or statements made?
    - Does the person have any history of mental illness?
    - What is the current treatment or medications?
    - Is there suicidal, homicidal or destructive behavior in the past?
    - Is there a history or present use of substances (alcohol or drugs)?
    - Present access or possession of weapons or self-defense training?
    - Medications and medical history (Having a one sheet list available is very helpful).

**Crisis Hotlines / Listening Services**

Volunteers at these 24-hour/7-days hotlines will listen to what you have to say. If necessary, they will contact Crisis and Screening for crisis intervention.

- **CONTACT** (211)
- **800-SUICIDE** (800-784-2433)
- **1-800-273-TALK** (800-273-8255)
- **NJ HOPELINE** (855) 654-6735

When a crisis episode occurs that includes suicide attempts or destructive behavior, you need to get emergency intervention immediately. New Jersey laws ensure that a call to 9-1-1 will result in the situation being treated as a medical emergency. The patient may be transported to a hospital for evaluation and treatment. The mobile crisis intervention team will arrive accompanied by a police car and perhaps an ambulance. The police are involved as a matter of safety. Mental illness is **not** a crime.

Laws provide for the involuntary hospitalization (commitment) of patients who are **not willing** to obtain help for life-threatening symptoms. Protections include reviews by a judge to prevent abuse of the commitment capability. Commitment is a state government function carried out by mental health professionals.
FAMILY MEMBERS’ CHECKLIST

✓ Prepare yourself for lengthy periods on the phone.
✓ Write it all down! Keep a notebook; create computer files.
✓ Get the first and last names of those you speak to.
✓ Find out the ward or unit pay phone numbers so you can speak directly to your loved one.
✓ If you haven’t heard from the hospital’s social worker within 24 hours of your loved one’s admission, you make the call!
✓ Your physical presence makes a difference.
✓ You have the right to FAX information and your observations to the hospital in the event that you are unable to reach the hospital treatment team.

PRIVACY AND CONSENT

Concerned families and loved ones want open communication from hospital personnel and the timely return of phone calls. But, adult patients are entitled to privacy. According to HIPAA (Federal insurance and privacy protection legislation), unless the patient signs a release form, hospital personnel are bound to keep all information confidential. (What the patient says, the diagnosis, and treatment) The system can leave the family out of the loop. The hospital staff may even be prevented from indicating that a patient has been admitted for treatment.

✓ A patient who signs the release upon entering a hospital or psychiatric facility will benefit from family involvement in his or her care, both short- and long-term. The family can’t be informed without it!

In any event, family members need to be proactive. A new state document, Patient Advance Directive (PAD), is a major advance toward enabling the patient to indicate preferences in future crisis treatments.
CALLING 9-1-1

Calling 9-1-1 regarding a person with a mental illness is an extremely stressful act. This step should be taken only in an emergency. Not only do you have concern for the person about whom you are making the call, but you also want to make sure that you give law enforcement accurate information so that they will be able to respond effectively and safely. Try to control the volume of your voice. Although this is a very emotionally charged time, when you shout over the phone, it is difficult for the 9-1-1 Operator to understand what you are saying and the information may not be accurately received. Try to speak as calmly and clearly as possible.

Tell the 9-1-1 Operator the Following Information

- Your name and address
- The person’s name and your relationship with them
- A description of what the person is wearing
- That the person has a mental illness and the diagnosis (such as Bipolar Disorder)
- Any medication being used—if use has stopped and for how long.
- Any history of violent acting out—is there a past history of fighting with police
- Do you feel threatened?
- If the person hears voices
- If the person fears someone
- If there are any weapons in the house (If there are weapons, try to safely remove them before calling 9-1-1.)
- What the person is doing and saying now and where they are in the house.
- Request a CIT (Crisis Intervention Team) officer, where available, who has experience in working with people who have a mental illness.
- Request that the police come with sirens and flashers off, so as not to escalate tension and panic on the part of the person with the mental illness.
When Police Arrive

Have all the lights in the house turned on, so that all occupants can be clearly visible to the arriving officers. Have nothing in your hands if you come out of the house to meet the officers. Do not run up to the officers. They have no idea who you are and anything you may carry can possibly be interpreted as a weapon. It is essential that the officers responding to your emergency call establish a comfort zone—knowing who the person with the mental illness is, and that you, who possibly may be also agitated, are not a threat. As calmly as possible, identify yourself. Tell the officers:

- Who you are and your relationship
- Who you have called about
- That the person has a mental illness
- What kind of mental illness it is
- What medication is being taken
- If medication use has stopped and for how long
- If the person is violent, delusional, or paranoid
- Any history of suicide attempts
- Any attending psychiatrist’s and/or case manager’s telephone number

Officers responding to a 9-1-1 emergency call are very focused when they arrive on the scene. First, they will make the scene safe for you, the person with the mental illness, and themselves. The more informed and at ease the officers are, the less likelihood that anyone will be injured or that the situation will worsen. Spend all the time that is necessary answering all of the officers’ questions. Answer directly and concisely. Do not ramble. Offer any advice you deem helpful. Officers tend to tune out persons who try to tell their entire life’s story. After this is done, they will usually be able to deal with you and to answer any questions. Although it is difficult in times of crisis, being patient is essential.

Adapted from publication from The Office of Consumer and Family Affairs Virginia Beach Mental Health Substance Abuse Division
REGIONAL AND LOCAL MENTAL HEALTH AND ADDICTIONS TREATMENT AND SUPPORT SERVICES

EARLY INTERVENTION SUPPORT SERVICES - (856) 537-2310
105 Manheim Avenue, Suite 10 & 12, Bridgeton, NJ

CUMBERLAND COUNTY CRISIS CENTER – (856) 455-5555
Located at Inspira Health Network - Bridgeton

INPATIENT MENTAL HEALTH SERVICES

✓ Inspira Health Network – www.inspirahealthnetwork.org
  333 Irving Avenue, Bridgeton, NJ 08302. (856)575-4111

Private Psychiatric Hospitals provide voluntary inpatient care for adults, adolescents, and MICA clients. Choose a specific hospital based on health plan coverage or personal preference, as you will pay for care without government aid.

✓ Hampton Behavioral Health Center (Burlington Co.)
  650 Rancocas Road, Westampton NJ 08060
  (609) 267-7000 or (800) 603-6767
  www.hamptonhospital.com

✓ Princeton House Behavioral Health (Mercer Co.)
  905 Herronton Road, Princeton, NJ
  (800) 242-2550 or (609) 497-3300
  www.princetonhouse.org

State Psychiatric Hospitals
NJ Department of Human Services operates longer term, inpatient treatment. Admissions are only by referral.

✓ Ancora Psychiatric Hospital (APH)
  202 Spring Garden Road, Ancora, NJ 08037
  (609) 561-1700

✓ Trenton Psychiatric Hospital (TPH)
  Sullivan Way, West Trenton, NJ  (609) 633-1500
INPATIENT SUBSTANCE ABUSE/CO-OCCURRING SERVICES

✔ John Brooks Recovery Center – www.jbrcnj.org
   1315 Pacific Avenue, Atlantic City, NJ  (609) 345-4035

✔ Maryville Inc. – www.maryvillenj.org
   Grant Avenue, Williamstown, NJ  (856) 629-0244

✔ Seabrook House, Inc.  www.seabrookhouse.org
   133 Polk Lane, Seabrook, NJ  (856) 455-7577

OUTPATIENT SERVICES

FOR MENTAL HEALTH SERVICES

✔ CompleteCare Health Network – provides mental health services in Cape May, Cumberland, and Gloucester Counties.
   For appointments contact  (856) 451-4700

✔ Cumberland County Guidance Center - Provide OP and Partial Care for Mental Health and co-occurring disorders.
   2038 Carmel Road, Millville, NJ  (856) 825-6810
   80 South Main Rd, Suite 113, Vineland, NJ (856) 696-4064

✔ Inspira Health Network – Provide Intensive Outpatient and Partial Care for Mental Health and co-occurring disorders
   333 Irving Avenue, Bridgeton, NJ 08302  (856) 575-4111

✔ It takes a Family – Provide OP Services for children and adults.
   17 E. Commerce Street, Bridgeton, NJ  (856) 378-7292

FOR SUBSTANCE USE/ABUSE

✔ First Step Clinic – Provide OP and Intensive Outpatient Services for Substance abuse and co-occurring disorders.
   72 North Pearl Street, Bridgeton, NJ  (856) 451-3727
✓ **Maryville, Inc.** - Provide OP and Intensive Outpatient Services for Substance abuse and co-occurring disorders.
   1173 East Landis Avenue, Vineland, NJ 08360  
   (856) 690-1000

✓ **SODAT** – Provide OP Services for Substance Abuse for Women
   70 Fayette Street, Bridgeton, NJ 08302  
   (856) 453-5713

✓ **CURA** – Provide OP Services for Substance Abuse and Co-Occurring disorders (Spanish speaking)
   729 East Landis Ave., Vineland, NJ 08360  
   (856) 696-7335

**HALFWAY HOUSE AND OXFORD HOUSE SERVICES FOR RECOVERY PERSONS**

**Hendricks House, Inc. and Hansen House for Women**
Hendricks House, Inc. is an addiction treatment center serving Cumberland and surrounding counties. The primary focus of Hendricks House, Inc. is substance abuse treatment services. They provide residential long-term treatment (30 days or more) services for substance abuse treatment including drug addiction and alcohol addiction, halfway house.
   542 N. West Boulevard, Vineland, NJ 08360  
   (856)794-2443

**Oxford House**
The term **Oxford House** refers to any house operating under the "Oxford House Model," a community-based approach to addiction treatment, which provides an independent, supportive, and sober living environment.
   1435 N. Maple Avenue, Vineland, NJ 08360  
   (856) 507-8881

**CASE MANAGEMENT SERVICES**
Case management is essential to outpatient care, linking the client and family to needed services. Case managers do not provide medical or psychiatric services. ICMS and PACT are programs
funded by the Division of Mental Health Services to meet the needs consumers at high risk for re-hospitalization. A case manager organizes and coordinates services and supports consumers with a combination of:

- Individual advocacy, assessment, and service planning
- Assisting with obtaining SSI or SSDI benefits
- Coordination of social services, medical, and mental health services
- Assisting with obtaining housing
- Informal counseling, including medication education
- Instruction and reinforcement of activities of daily living (ADL) skills, including hygiene, food preparation, and financial management.
- Education and support for family and friends

◊ The family caregiver is often the de facto “case manager.”

**ICMS (Integrated Case Management Services)** are provided to every patient discharged from a state or county psychiatric hospital for a minimum of 18 months post-discharge. ICMS also accepts community referrals. ICMS link clients with other services including psychiatric providers through a 24-hour/7 day on-call system.

- **Integrated Case Management/ICMS**
  Cumberland County Guidance Center
  425 Bank Street, Bridgeton, NJ 08302  (856) 455-6732

**PACT (Programs in Assertive Community Treatment)** helps persons with the serious and chronic mental illness live successfully in the community through hands-on service in their homes and neighborhoods. Services are available 24/7.

- **PACT (Programs in Assertive Community Treatment)**
  Cumberland County Guidance Center
  425 Bank Street, Bridgeton, NJ 08302  (856) 455-8316
**Self-Help and Recovery Support Centers**

Consumers meet in a safe, non-stressful atmosphere to socialize, participate in self-help and mutual aid groups, and pursue educational and advocacy activities. Transportation can sometimes be arranged.

**New Horizons Self-Help Center**, 63 S. Myrtle Street, Vineland, NJ 08360  
(856) 696-8921
COUNSELORS, PRIVATE PRACTICE, AND NON-PROFITS

- **Abbey Bradway Associates** – 2630 E. Chestnut Avenue, Suite D-4, Vineland, NJ 08360 (856) 696-5690
- **BAB Professional Counseling**, Barbara A. Brown, 718 E. Landis Avenue, Vineland, NJ 08360 (856) 690-8940
- **Baker, Dr. Frances** – 4551 State Highway # 42, Suite 3, Turnersville, NJ 08012 (856) 262-0226
- **Browne, Andy LCSW** – 1359 South Main Road, Vineland, NJ 08360 (856) 794-1144
- **Casa PRAC** (Hispanic Social Services), 800 E. Chestnut Avenue, Vineland, NJ 08360 (856) 692-2331
- **Catholic Charities Counseling Services** 810 Montrose Street, Vineland, NJ 08360 (856) 691-5781 toll free (866)682-2166
- **Clinton, Dr. Lawrence** – 1138 East Chestnut Avenue, Building 6, Vineland, NJ 08360 (856) 691-1511
- **Cumberland Regional High School Colt Connection**
  CCHN – School-Based Youth Services (856) 451-9400, x 279
- **Crouse, Dr. Ferrell** – 101 N. Main Street, Woodstown NJ 08098 (856) 769-1550
- **Edmunds & Edmunds Training & Outreach Center for Children & Adults** 1177 Buckshutem Road, Bridgeton, NJ 08302 (856)455-4400
- **Families Matter Behavioral Health Services** – 899 Bayshore Road, Villas, NJ (609) 886-8666
- **Gray, Dr. Luise** – 1138 E. Chestnut Avenue, Building 6, Vineland, NJ 08360 (856) 691-1511
- **Hammer, Dr. Howard** – 1138 E. Chestnut Avenue, Building 6, Vineland, NJ 08360 (856) 691-1511
- **Hampton Behavioral Health Center** – 650 Rancocas Rd., Westampton, NJ (800) 603-6767
- **Helping Hand Behavioral Health** – 25 Pop Cramer Blvd., Clayton, NJ (856) 881-9000
- **Hudson Associates, LCSW, LCADC** – 727 E. Landis Avenue, Vineland, NJ (856) 691-9310
✧ **Jacob, Dr. Deborah** – 1138 E. Chestnut Avenue, Building 6, Vineland, NJ (856)794-8558 or 691-1511
✧ **Kandle, Linda MSS, LCSW** – Vineland area (856) 692-6969
✧ **Kenney, Patricia LCSW, MAC** – 717 Elmer Street, Vineland, NJ 08360 (856) 691-2424
✧ **Martin, Christianna LCSW** – 7 Bridgeton Avenue, Bridgeton, NJ 08302 (856) 453-0888.
✧ **Maryville Outpatient** – 1173 E. Landis Avenue, Vineland, NJ 08360 (856) 690-1000
✧ **New Behavioral Network** – 2 Pin Oak Lane, Suite 250, Cherry Hill, NJ (856) 669-0211
✧ **Newman, Dr. Ronald** – licensed psychologist, Hammonton, NJ (609) 567-9022; Linwood, NJ (856) 794-6336
✧ **O’Brien, Kelly LCSW** – 7 Bridgeton Avenue, Bridgeton, NJ 08302 (856) 453-0888.
✧ **Pennsville Counseling Associates** – Dr. Guy Woodruff, 6 Humphreys Avenue, Pennsville, NJ (856) 678-6954
✧ **PSI Group** – 1138 E. Chestnut Avenue, Vineland, NJ 08360 (856) 794-8558
✧ **Robins’ Nest, Inc.** – Children’s Mobile Response & Stabilization System (CMRSS) via CSA (877) 652-7624 Functional Family Therapy (856) 881-8689, ext. 124
✧ **Rudley, Dr. Lloyd** – 350 Front Street, Elmer, NJ 08318 (856) 358-7140
✧ **Schafer, Dr. Scott, LPC** – 340 Front Street, Elmer, NJ 08318 (856) 845-5114

✧ *Will accept Medicaid*
Support and self-help groups flourish when they have many people involved. We urge you to attend. Since self-help resources change frequently, call before you go! Confirm meeting time and location.

- **Depression Support Group** provides mutual support for persons suffering from depression or any other mental illness. Provides a safe and comfortable environment where persons can share with others who also suffer from depression. The meetings are free. For more information, call (856) 825-3521.

- **GROW** is a community mental health movement organized and led by people in recovery from mental illness, serious personal inadequacies or maladjustments to life. Meets at the New Horizons Self-Help Center, 63 S. Myrtle Street, Vineland, NJ 08360
  
  For the Wednesday group call Tom Vallely  (856) 692-7985
  For the Thursday group, call Sharon Weaver (856)405-6762 or Connie Hanes (856) 451-6684

- **Intensive Family Support Services (IFSS)** is a program of the Cumberland County Guidance Center that provides a focused, time-limited family-oriented educational and supportive approach to enhancing the overall functioning of families with a loved one who has a mental illness. Open to all such families in the county whether or not the love one is in a treatment program. For more information, call (856) 825-6810, ext. 256 or ext. 286.

- **Dual Recovery Support Group** - Cumberland County Guidance Center. For more information, call Patricia Haines (856) 825-6810, ext. 229

- **New Horizons Self Help Center**  
  63 South Myrtle Street Vineland, New Jersey 08360  
  colausen@cspnj.org
ALCOHOLICS ANONYMOUS AND NARCOTICS ANONYMOUS MEETINGS

South Jersey Intergroup Association  www.aasj.org

Al-Anon and Al-A-Teen  (856) 547-0855
www.nj-al-anon.org

Nar-Anon Family Group  (800) 238-2333
www.naranonofnj.org

NJ Self-Help Clearinghouse provides a listing of all types of self-help groups available  (800) 367-6274
www.medhelp.org/njgroups/

Parents Anonymous Support Group
This support group provides a safe a supportive atmosphere where parents of children and youths can freely share their questions, concerns, problems, and solutions about parenting. Topics include emotional, behavioral, and mental health issues. Meets at the Family Support Organization of Cumberland, Gloucester & Salem Counties, 3739 North Delsea Drive, Vineland, NJ 08360  (856) 507-9400

NAMI Cumberland County
Come to NAMI meetings! Our monthly meetings are open to the public and feature knowledgeable speakers on a variety of topics. You’ll also hear news about advocacy efforts and the latest legislation affecting our lives. And it’s a great opportunity to meet fellow consumers and family members and make new friends.
Meeting Schedule for NAMI of Cumberland County
Meetings are held the 3rd Monday of each month from 7 pm – 9 pm.
Chestnut Assembly of God
2554 E. Chestnut Avenue
Vineland, NJ 08361

No registration is required to attend these meetings.

For more information, call (856) 691-9234 or (856) 305-5486.

NAMI members work with our state and national organizations in areas such as anti-stigma, use of the expressive arts, diversion of the mentally ill from the criminal justice system, advocating for the rights of mentally ill homeless and veterans, and expansion of mental health services for children and adolescents.

NAMI members also:
• Conduct training courses and support groups
• Sit on county and state government boards
• Make hospital monitoring visits
• Speak to groups about the discrimination against people with mental illness
• Sponsor booths at community fairs
• Publish a newsletter and other documents (such as this Resource Guide)
• Question and support health care providers, elected officials, school personnel and community workers
• Do whatever is needed! Never give up hope!
COMMUNITY EDUCATION

Family to Family Education Course
A free 12-week education course for family caregivers of individuals with mental illnesses. An excellent opportunity to understand self-help strategies and your loved one’s mental illness. (856)691-9234

“In Our Own Voice – Living With Mental Illness”
Presentations by trained consumers delivered to social workers, human resource departments in corporations, community groups, and high school and college audiences, conveying messages of reality and hope. To schedule a presentation or for training contact the NAMI NJ Consumer Outreach Liaison. (609) 927-0215

NJ Hopeline – A Statewide Suicide Prevention Hotline
New Jersey's 24/7 Peer Support & Suicide Prevention Hotline Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. (855) 654-6735

The SouthWest Council, Inc.
Provides prevention education on topics related to substance abuse for parents, youth, and community.
1405 N. Delsea Drive, Vineland, NJ (856) 794-1011
**NAMI NJ - Law Enforcement Education**

<table>
<thead>
<tr>
<th><strong>DO</strong></th>
<th><strong>DON’T</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>REMEMBER: A person with a mental illness has the RIGHT to FAIR Treatment and police protection</td>
<td>ARREST a person for mentally ill behavior not criminal in nature</td>
</tr>
<tr>
<td>Continually ASSESS THE SITUATION for dangerousness</td>
<td>JOIN in behavior related to the person’s mental illness</td>
</tr>
<tr>
<td>MAINTAIN ADEQUATE SPACE between you and the subject</td>
<td>STARE at the subject</td>
</tr>
<tr>
<td>BE CALM</td>
<td>CONFUSE the subject. One person should interact with the subject. Follow through with directions or commands</td>
</tr>
<tr>
<td>BE HELPFUL. Respond to basic needs.</td>
<td>TOUCH the subject unless necessary. For people with mental illness it may cause fear and lead to violence</td>
</tr>
<tr>
<td>GIVE FIRM, CLEAR DIRECTIONS. One person should talk to the subject</td>
<td>GIVE MULTIPLE CHOICES. This can increase the subject’s confusion</td>
</tr>
<tr>
<td>RESPOND TO FEELINGS, rather than content</td>
<td>WHISPER, JOKE OR LAUGH</td>
</tr>
<tr>
<td>Respond to DELUSIONS by talking about the person’s feelings rather than what he or she is saying</td>
<td>DECEIVE the subject. Dishonesty increases fear and suspicion; the subject will likely remember it in any subsequent contacts.</td>
</tr>
</tbody>
</table>

“Arresting a person with mental illness for behavior that is a result of his or her illness is like arresting a person collapsed in the street having a heart attack for obstructing traffic.” -- Elaine Goodman, retired former Coordinator. NAMI NJ Law Enforcement Education Program
ASSISTANCE FOR SPECIFIC POPULATIONS

ASSISTANCE FOR SENIORS

Alzheimer’s disease is the most common cause of dementia in older people. The cause of the disease is not known and at present there is no cure.

- **Alzheimer’s Association** (800) 272-3900
- **Cumberland County Office On Aging**
  790 E. Commerce Street, Bridgeton, NJ (856) 453-2220
- **Cumberland County Adult Protective Svcs.**
  790 E. Commerce Street, Bridgeton, NJ (856) 453-2223
- **Hampton Behavioral Health (Geriatric Psychiatric Unit)**
  650 Rancocas Road, Westampton, NJ (800) 603-6767

ASSISTANCE FOR VETERANS AND MILITARY

**VA Health Benefits Service Center**
Mental health services (inpatient and outpatient), vocational rehabilitation and prescription drug coverage are available to eligible veterans.  [www.va.gov](http://www.va.gov) (877) 222-VETS (8387)

**Veterans Services of Cumberland County**
Provides services to all veterans, retirees, and dependents in obtaining entitlements provided by law
790 East Commerce Street, Bridgeton, NJ 08320 (856) 453-2239

**Veterans Guide - HTTP://GCADA.NJ.GOV/PUBLIC/VETERANS/**
This guide was created by the Governor's Council Veterans Committee to help provide information and resources to help support our military veterans and families
ASSISTANCE FOR THOSE WITH DEVELOPMENTAL DISABILITIES

Persons with both a developmental disability and a mental illness are served under the auspices of NJ Division of Developmental Disabilities (DDD) (800) 832-9173 www.state.nj.us/humanservices/ddd/index.htm

Cumberland County Office of the Disabled
99 W. Broad Street, Bridgeton, NJ 08302 (856) 459-3090

Traumatic Brain Injury
NJDHS – Office of Home and Community Services (888) 285-3036
CHILDREN AND ADOLESCENTS

CHILDREN’S CRISIS RESPONSE - PerformCare  (877) 652-7624, is the Contracted System Administrator (CSA) for the Children’s System of Care in the State of New Jersey’s Department of Children and Families. PerformCare will direct you to the appropriate resource for children, including Children’s Crisis Mobile Response and Stabilization Service (CMRSS) provided by Robins’ Nest, Inc., in Cumberland County.

Mobile Response is available 24 hours a day/7 days a week. It offers time-limited crisis intervention and stabilization to children and youths exhibiting emotional and behavioral disturbances which threaten or disrupt their current living arrangements.

NOTE: If you believe the situation is serious, contact Crisis Screening & Outreach Services at (856) 455-5555 or call 911.

- CONTACT (Crisis Hotline)  2-1-1
- NJ Mental Health Care  (866) 202-HELP (4357) help@njmentalhealthcares.org  M-F, 8 am – 8 pm Information and Referral (not a hotline)
- 1-800-SUICIDE  (800) 784-2433
- Life Line 1-800-273-TALK  (800) 273-8255
- Peer – Warm Line  (877) 292-5588
- Hope & Healing (Disaster Help)  (877) 294-4356 www.disastermentalhealthnj.com

CRISIS INTERVENTION AND EMERGENCY SERVICES
- Children’s Crisis Intervention Service (CCIS) – Inspira Health Network – Bridgeton Health Center 333 Irving Avenue, Bridgeton, NJ 08302  (856) 575-4300
- Family Crisis Intervention Unit (FCIU) Robins’ Nest Mobile Response & Stabilization Services Call PerformCare to access services  (877) 652-7624
CHILDREN’S INPATIENT SERVICES

- **Inspira Health Network – Bridgeton Health Center**
  Intermediate Behavioral Care Unit (IBCU) Inpatient services for adolescents, with longer treatment needs. (856) 575-4300

- **Inspira Health Network – Bridgeton Health Center**
  Child/Adolescent Mental Health Unit (CCIS)
  Short-term inpatient services (856) 575-4155

- **Hampton Behavioral Health Center**
  650 Rancocas Road, Westampton, NJ
  www.hamptonhospital.com (609)267-7000 or (800) 603-6767

- **Princeton House**
  905 Herronton Road, Princeton, NJ 08540 (in Mercer County)
  www.princetonhouse.org (609) 497-3300 or (800) 242-2550

CHILDREN’S OUTPATIENT SERVICES

- **A Step Ahead**
  Adolescent partial hospitalization, acute day treatment and intensive outpatient (IOP). These services include individual, family and group counseling as well as psychiatric assessment and medication management.
  Inspira Health Network – Bridgeton Health Center
  333 Irving Avenue, Bridgeton, NJ 08302 (856) 575-4195

- **Cumberland County Guidance Center** (856) 696-4064
  Outpatient services at 80 South Main Road, Vineland, NJ 08360

- **Cumberland County First Step Clinic**
  Provides outpatient substance abuse and co-occurring services for adolescents.
  72 N. Pearl St., Bridgeton, NJ 08302 (856) 451-3727
• **It Takes A Family**  
  Besides intensive in-community (IIC) and behavioral assistance, this holistic approach has out-patient counseling in several areas of expertise, group therapy, and other support services. Located at 17 East Commerce Street, 1st Floor, Bridgeton, NJ 08302  
  [www.ittakesafamilyllc.com](http://www.ittakesafamilyllc.com)  
  (856) 378-7292

• **Inspira Behavioral Wellness Center**  
  Outpatient services with traditional individual and family counseling, medication management and psychiatric assessment. Located at Inspira Health Network-Bridgeton Health Center, 333 Irving Avenue, Bridgeton, NJ 08302  
  (856) 575-4111

• **Total Family Solutions, LLC**  
  A Medicaid provider for Intensive In-Community (IIC) in-home services. Accepts Medicaid in the Outpatient Clinic in Camden County. Located at 221 Laurel Road, Suite 102, Voorhees, NJ 08043  
  [www.totalfamilysolutions.com](http://www.totalfamilysolutions.com)  
  (856) 772-5809

**National Professional Associations**  
• **American Academy of Child and Adolescent Psychiatry**  
  [www.aacap.org](http://www.aacap.org)  
  (800) 333-7636 x 12

• **SAMHSA**  
  [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)  
  (800) 789-2647
Mental Health Concerns

- severe depression, schizophrenia, bipolar disorder
- anxiety disorders, phobias, panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD)
- conduct, learning, and eating disorders
- attention-deficit/hyperactivity disorder
- autism and Asperger’s syndrome
- self-injury and self-mutilation (cutting)

Important messages about children’s and adolescents’ mental health

- Every child’s mental health is important
- Many children have mental health problems
- These problems are real and can be painful and severe
- Mental health problems can be recognized and treated
- Families and communities working together can help

STATE SERVICES FOR CHILDREN

Department of Children and Families/Division of Children’s System of Care provides families with a single point of contact that register, track, and coordinates care for children who are screened from any level into its behavioral healthcare system. This program is administered by PerformCare, a private entity that manages the system.

For information about accessing services for children and youths, call the 24-hour toll-free PerformCare access line at (877)652-7624, or check www.performcarenj.org on the web.

To report suspected child abuse or neglect, please call (877)-652-2873 (877) NJ-ABUSE.
**Family Support Organization** (FSO) is a system partner within the Children's System of Care which provides support to the parents of children and adolescents who have complex emotional, behavioral, or mental health needs. Family-run, state-funded organization provides direct peer support and resource information to families with children with mental health concerns. The Cumberland/Salem/Gloucester FSO is located at: 3739 North Delsea Drive, Vineland, NJ 08360. Call (856) 507-9400 for more information.

**EDUCATION ACCOMMODATIONS**
Parents/guardians of school-age children and adolescents are encouraged to seek mental health support through their local school districts. Federal and state laws require that your student be adequately accommodated. School districts can provide testing, set up individual education plans (IEPs) and make referrals for placement in appropriate alternative schools (both in and out of state). Be persistent, document everything, and contact an educational consultant if you need further testing or advocacy.
MEDICAL SERVICES

CompleteCare Health Network  (856) 451-4700
CompleteCare is a Federally Qualified Health Center (FQHC) and provides primary care for people of all ages. In addition to Family Medicine, CompleteCare offers Pediatrics, Internal Medicine, OB/GYN, Geriatrics, Podiatry, Ophthalmology, Cardiology, Dermatology, Dental Services and other specialties to ensure that patients receive the care that they need.

Primary Medical Care is offered at all of their health centers including their RiteCare retail facilities. They offer convenient extended weeknight and weekend hours. CompleteCare provides services in Cumberland, Gloucester and Cape May Counties.

The MOBILE DENTAL TRAILER is available for children, ages 8-18, and Headstart participants and moves to various schools in Cumberland County throughout the school year in conjunction with Gateway Community Action Partnership.
Contact Cumberland County Health Department (856) 327-7602, ext. 7112.
FINANCIAL ASSISTANCE

PAYING FOR TREATMENT/ THERAPY

Some working people are covered under employer-provided health insurance plans, with coverage extending to their families. New Jersey’s parity laws require insurance companies to cover serious mental illnesses and substance abuse in the same manner as physical illnesses for policies written in the state. Federal parity laws are less stringent.

Some providers charge on a sliding scale, in which their fees are determined by your income. Other providers may negotiate a payment plan. You need to ask.

Consider applying for “charity care” at the hospital in which acute care was given if you have no health insurance and limited resources. Re-apply annually.

You may qualify for both Medicare and Medicaid. Designation as a “Specified Low Income Medicare Beneficiary” (SLMB), will mean New Jersey will pay your premiums and co-pays for Medicare. Ask at Social Services.

*** DO NOT CANCEL any health insurance you now have until Medicaid or Medicare coverage begins! ***

PAYING FOR MEDICATIONS

Free medication programs

Many pharmaceutical manufacturers furnish free medications to the financially needy. Patient Assistance Programs (PAPs) can be a good interim solution while you apply for other benefits. Decisions concerning which medications are provided and which individuals are accepted into the programs are made by the various participating companies.
Eligibility varies but is based on financial need. In general, qualifications include:
• The applicant has no insurance coverage for outpatient prescription drugs.
• The applicant does not qualify for a government program like Medicaid that provides for prescription drugs.
• The applicant’s income must fall within the limits established by the particular participating company.

**Lower-cost medication programs**

**Rx4NJ** is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer.

A number of patient assistance programs provide help to patients who lack prescription drug coverage and earn less than 200% of the federal poverty level (approximately $19,600 for an individual or $33,200 for a family of three).

Patients will be directed to the public or private programs most likely to meet their needs. Rx4NJ helps low-income, uninsured patients. www.rx4nj.org (888) 793-6765

Medicare recipients have an option to use Drug Discount Cards sponsored by pharmaceutical manufacturers to purchase medications at a reduced price at your pharmacy. Eligibility is limited to those who have no private or public prescription medication coverage. You must be a Medicare enrollee and income restrictions apply.

**Cumberland County Health Department** - works to provide help to County residents in obtaining assistance and information regarding medical prescriptions, dental problems, health care and HIV services. 309 Buck Street, Millville, NJ (856) 327-7602 x7112

**Prescription Assistance** (877) 776-2285
**Pharmaceutical Assistance for the Aged and Disabled (PAAD)**
The Pharmaceutical Assistance to the Aged and Disabled program, the **Lifeline** program, and the Hearing Aid Assistance to the Aged and Disabled (HAAAD) program are three State programs with similar eligibility guidelines.

You may be eligible for PAAD if you meet the following requirements:
- A New Jersey resident;
- 65 years of age or older or 18 years of age or older and receiving Social Security Title II Disability benefits;
- Annual income for 2013 of less than $25,743 if single or less than $31,563 if married;
- Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan in New Jersey.

**For more information, call toll free** 800-792-9745.

**New Jersey Medicaid** (800) 356-1561
http://www.state.nj.us/humanservices/dmahs/clients/medicaid

**RxAssist** Accessing Pharmaceutical Patient Assistance Programs
www.rxassist.org

**Private Plan Coverage**
The Temporary Disability Benefits Law allows employers the option of choosing to establish a private plan for the payment of temporary disability benefits in place of paying benefits under the State Plan. All private plans must be approved by the Division of Temporary Disability Insurance before they become effective.

Neither the employer, nor their workers are required to contribute to the State's Temporary Disability Insurance Trust Fund while the private plan remains in existence. The cost to the worker for the private plan cannot be more than it would be under State Plan.
**Disability Income - Social Security Programs, Medicaid/Medicare, State Disability Payments**

If you are currently or recently employed, you may be eligible for temporary disability insurance (TDI) if you are temporarily unable to work due to illness. Check with your human resources dept. or Employee Assistance Program (EAP). Money has been deducted from your paycheck and matched by your employer to pay for this program. [http://lwd.dol.state.nj.us/labor/tdi/tdiindex.html](http://lwd.dol.state.nj.us/labor/tdi/tdiindex.html) (609) 292-7060

**Social Security Disability Income / Supplemental Security Income SSDI and SSI:**

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

**Social Security Disability Insurance** pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes. **Supplemental Security Income** pays benefits based on financial need.

Get information by phone: (800) 772-1213 or at [www.ssa.gov](http://www.ssa.gov). The Cumberland County Office of Social Security is located at 149 W. Broad Street, Bridgeton, NJ 08302.

Deciding which of the two Social Security programs to apply for initially depends upon the length of time you’ve worked. Please note, describing the whole SSA system is beyond the scope of this directory. There are many booklets, Internet information and helpful people at the SSA to assist you.
If Social Security denies your application, immediately begin the appeals process at:
https://secure.ssa.gov/apps6z/iAppeals/ap001.jsp

If you prefer not to complete an appeal request or a Disability Report on the Internet, you can use any of the following ways:

- Call our toll-free number, (800) 772-1213.
- Contact your local Social Security Office and tell our representative that you want to appeal the decision made on your case.
- Refer to your denial notice to find out the kind of appeal you need to request.

**SSDI – SOCIAL SECURITY DISABILITY INCOME**

<table>
<thead>
<tr>
<th>Who is eligible?</th>
<th>People who’ve worked long enough and recently enough and earned enough “credits,” by paying taxes into Social Security. The number of “credits” you need depends upon the age at which you became disabled.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Note</td>
<td>The SSA decides if you cannot do the work you did before and cannot adjust to other work because of your medical condition. Disability must last, or be expected to last, for at least a year or result in death. Your case will be reviewed periodically throughout your lifetime.</td>
</tr>
<tr>
<td>Phone</td>
<td>(800) 772-1213</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.ssa.gov">www.ssa.gov</a></td>
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<tr>
<th></th>
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<tbody>
<tr>
<td>When?</td>
<td>Two years after SSDI eligibility determined by SSA; automatically enrolled</td>
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<tr>
<td><strong>Rx drug coverage?</strong></td>
<td>Yes</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-----</td>
</tr>
<tr>
<td><strong>Who runs it?</strong></td>
<td>Medicare is federally funded and run</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>Medicare (800) 633-4227</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.ssa.gov">www.ssa.gov</a>  <a href="http://www.medicare.gov">www.medicare.gov</a></td>
</tr>
<tr>
<td><strong>Food stamps?</strong></td>
<td>Not automatically.  Apply at Social Services</td>
</tr>
</tbody>
</table>

**SSI – SUPPLEMENTAL SECURITY INCOME**

<table>
<thead>
<tr>
<th><strong>Who is eligible?</strong></th>
<th>People, including children, with little work history and few financial resources.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who runs it?</strong></td>
<td>Social Security administers the program, although money comes from general revenue, not from a payroll tax as does SSDI.</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>(800) 772-1213</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.ssa.gov">www.ssa.gov</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Medical bills covered by</strong></th>
<th>Medicaid. No co-pays.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When?</strong></td>
<td>With acceptance into SSI.</td>
</tr>
<tr>
<td><strong>Rx drug coverage?</strong></td>
<td>Yes.</td>
</tr>
<tr>
<td><strong>Who runs it?</strong></td>
<td>Medicaid is a state-run program, although federally financed</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>Medicaid: (800) 356-1561</td>
</tr>
<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.ssa.gov">www.ssa.gov</a> or <a href="http://www.medicaid.gov">www.medicaid.gov</a> or <a href="http://www.cms.hhs.gov/medicaid/consumer.asp">www.cms.hhs.gov/medicaid/consumer.asp</a></td>
</tr>
</tbody>
</table>

| **Food stamps?** | Yes, through County Social Services |
SOCIAL SERVICES AND PUBLIC ASSISTANCE

You may need help paying for groceries, utilities and the necessities of life in addition to medical expenses; especially if you are not receiving disability payments.

The Cumberland County Board of Social Services will inform you about Medicaid, food stamps, Temporary Assistance for the Needy, adult health services, adult protective services, medical transportation and NJ Family Cares. (Affordable health coverage)
275 N. Delsea Drive, Vineland, NJ 08360 (856) 691-4600

For referrals to additional resources, such as utility payment assistance programs and basic emergency services call:

• Salvation Army
  Bridgeton location (856) 451-0999
  Vineland location (856) 696-8822

• Catholic Charities (856) 691-1841

• CONTACT 2-1-1

• “New Jersey Community Resources” – website with links to many social service and government agencies.
  www.njcommunityresources.info/

Gateway Community Action Partnership
Provides Emergency Assistance Food Pantry, Housing Development, and Weatherization Programs.
110 Cohansay Street, Bridgeton, NJ 08302 (856) 451-6330
HOUSING AND RESIDENTIAL PROGRAMS

Lengthy waiting lists exist for all low-cost/low-income housing. Your housing situation needs to be considered rather soon because of the financial hardship concurrent with debilitating mental illness, and the scarcity of affordable housing options.

If you are on a waiting list, check your status with the housing agency periodically, at least annually. Make sure they have your current address! Here are some housing programs when you cannot afford or manage your own residence:

Supportive Housing and Residential Services

- **AHOME**, 400 E. Main Street, Millville, NJ 08332 (856) 293-0100
- **Bridgeton Housing Authority**
  110 E. Commerce Street, Bridgeton, NJ 08302 (856) 451-4454
- **Gateway Community Action Partnership**
  110 Cohanseey Street, Bridgeton, NJ 08302 (856) 451-6330
- **Cumberland County Habitat for Humanity**
  Vineland Area (856) 563-0292
- **Millville Housing Authority**
  1 East Vine Street, Millville, NJ 08332 (856) 825-8860
- **Vineland Housing Authority**
  191 West Chestnut Avenue, Vineland, NJ 08360 (856) 691-4099
- **Catholic Charities**
  810 E. Montrose Street, Vineland, NJ 08360 (856) 691-1841
Section 8 HUD Vouchers

What is Section 8?

Section 8 is a voucher project that’s either “project” based (limited to a specific apartment complex) or “tenant” based (where a tenant is free to choose any unit in any apartment). The purpose of the program is to provide a healthy and safe place at a reasonable rent cost. The amount of assistance is based on the income level of a particular applicant and their family.

Section 8 – How to apply?

Section 8 housing vouchers can apply at any county or city housing authority office in their state of residence. The vouchers can then be used anywhere within the state of residence.

Section 8 help is not a government agency and is not affiliated with any government programs.

- NJ Department of Community Affairs, Section 8 Housing
  40 East Broad Street, Bridgeton, NJ 08302  (856) 453-3820

Housing Authorities

Housing Authorities supervise buildings that house low-income individuals and families. Priority is given to town residents and those receiving SSI or SSDI.

Bridgeton Housing Authority  (856) 451-4454

Millville Housing Authority  (856) 825-8860

Vineland Housing Authority  (856) 691-4099
State Rental Assistance Programs

NJ Dept. of Community Affairs, Division of Housing

A statewide waiting list has been opened for the **State Rental Assistance Program** (SRAP) for the Disabled. To be determined eligible, the head of household or spouse must be a person with disabilities and be a resident of the State of NJ. Because of limited funding only 5,000 applications will be accepted based on income limits established for each individual county.

**New Jersey Housing Resource Center**  www.njhousing.gov

✧ **Additional Housing**

Though designated as “Senior Housing,” these complexes accept younger people who receive SSI or SSDI. When a complex opens up its waiting list, notice will be published in community newspapers.
WORK AND SUPPORTED EMPLOYMENT

People benefit greatly from the security and self-sufficiency that come with stable and fulfilling employment. Work gives people a sense of belonging and community and creates a network of colleagues. And, it helps pay the bills! Supported employment programs assist persons in securing and keeping paid competitive work.

- **Division of Vocational Rehabilitation Services** (DVR) assists all disabled citizens’ return to the workplace. Programs include skills testing, training, job hunting skills and placement. Funded by the NJ Dept. of Labor.
- **Arc of Cumberland**, 1680 W. Sherman Avenue, Vineland, NJ 08360 Phone: (856) 691-9138
- **Cumberland county Guidance Center**, 2038 Carmel Road, Millville, NJ 08332 Phone: (856) 825-6810
- **Easter Seals**, 120 Bogden Blvd., Millville, NJ 08332; Phone: (856) 327-6454
- **NJ Workability** The program offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to pay a small premium and receive full NJ Medicaid coverage. (888) 285-3036 www.njworkability.nj.gov
- **Consumer Connections** recruits and trains mental health consumers to become providers in the mental health and human services field. Graduates of the course can serve alongside professionals as peer advocates on PACT or ICMS teams. The program is operated by the Mental Health Association in collaboration with CSP-NJ. www.mhanj.org: click on Programs & Services and then Consumer Connections (800) 367-8850
- **NJWINS** (NJ Work Incentive Network Support) assists SSDI and SSI recipients understand the impact of paid work on their benefits. Confidential phone or in-person consultations help benefit recipient make informed choices and feel comfortable returning to work. www.njwins.org (866) 946-7465
**TRANSPORTATION HELP**

- **NJ Transit** reduced fare identification cards permit significantly reduced fares on NJ-transit operated or contracted bus, train, and light-rail routes. There is no requirement to be receiving SSI or SSDI or any other form of public benefits. A simple form needs to be completed and signed by a physician.

  (856) 691-7799
  General information about NJ Transit Services  
  www.njtransit.com  
  (973) 275-5555

- **Cumberland County Human Services Transportation Program** offers free of charge, non-emergency transportation to the following services: Mental Health Counseling/Services, Family Support Services and Programs, Healthcare/Medical Appointments, Drug and Alcohol Counseling Services, Prevention Programs, Early Intervention Programs, Social Service Appointments, and Other Healthcare services.

  To utilize this service, call 24 hours in advance. Out-of-county, out-of-state, and/or weekend transportation service are also available with five (5) day notice. Provide accurate information to staff members, Saturday and nighttime trips to/from group meetings will be available, on a case-by-case basis, Children under 14 must be accompanied by a parent/guardian while being transported. Food and/or beverages are not permitted on the van. Contact The Southwest Council to schedule: 800-856-9609, ext. 307

- **Cumberland County One Stop Center**
  275 N Delsea Drive, Vineland, NJ 08360  
  (856) 696-5660  
  Transportation can be a major barrier to employment and the One Stop Center would like to help. From our in-house transit service to NJ Transit, we will assist you in finding the right solution for your transportation needs. This bus service is for individuals going to/from work, training, One Stop or other
related social service. Application and bus routes can be found on the website or by calling the One Stop.  www.ccoel.org

- **Cumberland Area Transit System (CATS)**
  The Cumberland County CATS Program continues to provide bus transportation to county residents who are 1) aged 60 years or over, 2) Veterans, 3) persons with disabilities, 4) blind, and 5) the general public. Bus service is provided from 8:30 am to 4 pm, Monday through Friday.

  To ride the county CATS, one must call the CATS dispatch office at (856) 691-7799. For all areas of the county, you must telephone at least 2 working days in advance for transportation services. 48-hour reservation calls will be taken from 9:30 am to 4 pm. All other calls will be taken from 8 am until 4 pm; Call 7-1-1 (NJ Relay Service) if assistance is needed for deaf and/or hearing impaired.

- **Greater Bridgeton Area Transit (GBAT)**
  The service operated is a “deviated fixed route service” and operates on a designated bus route. When time allows, the bus can deviate from its fixed route and stop at another location. Call (856) 451-8920
**LEGAL HELP**

Specialized legal resources are available to Cumberland County consumers of mental health services, generally at no cost.

**Community Health Law Project** provides services in Camden, Atlantic, Cape May, Cumberland, Gloucester and Salem counties. Services include legal and advocacy services, training, education, and related activities to persons with disabilities and the elderly and to organizations representing their interests. CHLP Advocates can visit the home or care center.

South Jersey Office, Station House Office Building, 900 Haddon Avenue, Suite 400, Collingswood, NJ 08108
(800) 858-9500

**Disability Rights New Jersey (DRNJ)** is a private, non-profit, consumer-directed organization established to:

- Advocate for and advance the human, civil and legal rights of citizens of New Jersey with disabilities;
- Promote public awareness and recognition of individuals with disabilities as equally entitled members of society;
- Advise and assist persons with disabilities, family members, attorneys and guardians in obtaining and protecting the rights of individuals with disabilities; and
- Provide education, training and technical assistance to individuals with disabilities, the agencies that serve them, advocates, attorneys, professionals, courts and others regarding the rights of individuals with disabilities.

**DRNJ** is open from 9 am to 5 pm Monday through Friday, and includes Spanish speaking staff. In addition, DRNJ has telephone language interpreting services to facilitate communication with individuals in 150 languages and dialects.

210 S. Broad Street, Trenton, NJ 08608 (800) 922-7233 or (609) 292-9742 Website: [www.drnj.org](http://www.drnj.org)
Cumberland County Bar Association: Lawyer Referral Service

The Cumberland County Bar Association offers experienced lawyers for your legal needs. The Cumberland County Lawyer Referral Service (LRS) cannot answer legal questions, but they can refer you to an attorney in the county who can meet with you in areas such as criminal, landlord/tenant, family law, personal injury, real estate and consumer protection to name a few. All of our attorneys are in licensed to practice in the State of New Jersey and are in good standing with the Supreme Court of New Jersey.

The LRS can be reached at (856) 696-5550 and is available Monday – Friday from the hours of 8:30 am to 1:30 pm. There is no fee for calling the LRS. When you set up your consultation appointment, please let the law office know that you were referred by the Cumberland County Lawyer Referral Service. Please note that anything over the consultation time is an additional fee set by the attorney you are meeting with.

South Jersey Legal Services provides free representation in civil cases (bankruptcy, disability, housing and so forth) to low-income residents, but not cases that result in an attorney’s fee, such as filing lawsuits in negligence and accident cases, and no criminal cases. Cumberland County Office is located at 415 W. Landis Avenue, Vineland, NJ. (856) 691-0494

The Cumberland County Public Defender’s Office - Criminal Division represents indigent persons in criminal matters. 14 E. Commerce Street, Bridgeton, NJ. (856) 453-1568

The Division of Mental Health and Guardian Advocacy represent individuals in psychiatric commitment and legal guardianship hearings. (609) 292-1780

Victim/Witness hotline - Servicing victims of crime
Sexual and Domestic Violence hotline
Center for Family Services
(800) 451-0196

Legal Services of New Jersey maintains a website and hotline with resources for the civil legal needs of low-income residents.
www.lsnj.org (888) 576-5529

NJ Division of Civil Rights
PO Box 090 Trenton, NJ 08625 (609) 292-4605

Americans With Disabilities (ADA) www.ada.gov (800) 514-0301

American Civil Liberties Union (ACLU)
PO Box 32159, Newark, NJ 07102 (973) 642-2084
www.aclu-nj.org
LONG TERM PLANNING

Advance Directives
These legal documents describe what services you want if an illness renders you unable to make decisions about your care. Share your instructions with your family, health care providers and other advocates. Download advance directive forms at www.partnershipforcaring.com

Representative Payee
Social Security may, after careful investigation, appoint a relative or other interested party to handle a person’s Social Security matters. Benefits are then paid in the representative payee’s name on behalf of the beneficiary. The representative payee must use the benefits exclusively for the care and well-being of the beneficiary, and file periodic accounting reports with Social Security.

Conservatorship and Guardianship
Conservatorship is given to someone to protect and manage the financial affairs and/or another person’s daily life. A guardianship is a court action that appoints someone to make personal decisions for a ward. Both processes involve a petition to the local court, an open court hearing and judicial decision.

Special Needs Trusts
Government benefits such as SSI and Medicaid may be affected if, for instance, a recipient inherits money directly. Families concerned about protecting their loved one’s benefits might research establishing this type of trust. Additional to government benefits for basic needs, funds from the trust could pay for a consumer’s personal expenses such as vacations, car service, incidental medical or dental expenses and the like. Your attorney should be well versed in Medicaid and disability law to protect benefits. Plan NJ will send you a list of attorneys who specialize in this very complicated, changing area of the law.
• **PLAN NJ** (Planned Lifetime Assistance Network of NJ, Inc.-Lifetime Advocacy for People with Special Needs)
  The mission of PLAN/NJ is to help families secure the future of their loved ones with disabilities and mental health challenges. Our mission answers the question “Who will care for my loved one when I am gone?” Through our financial and social services, PLAN/NJ offers practical solutions for families who are caring for individuals with disabilities, lessening their fear and anxiety when planning for the future. We ensure a safe, enriched and happy life for these individuals by advocating for a place to rest their head, a place to challenge their mind, a place to earn a living and a friend to call their own.

  [www.plannj.org](http://www.plannj.org)  
  (908) 575-8300

• **State Mental Health Services**
  Toll-free: (800) 382-6717  
  P.O. Box 700  
  Trenton, NJ 08625
REPORTING AND COMPLAINTS

The NJ Division of Mental Health and Addiction Services (DMHAS) funds and/or supervises most of the services listed in this booklet. For information or complaints, please call 1-800-382-6717

- **NJDHS – Office of Program Integrity and Accountability**  
  PO Box 700, Trenton, NJ 08625-0700  
  (609) 292-1617

- **Cumberland County Human Services**  
  (856) 459-3081

- **New Jersey State Board of Medical Examiners**  
  Provides information on New Jersey physicians, including disciplinary actions.  
  (609) 826-7100  
  www.state.nj.us/lps/ca/medical.htm

- **PRO-NJ** Takes complaints from Medicare beneficiaries about the quality of care received from hospitals, skilled nursing facilities, home health agencies and Medicare HMOs. PRO-NJ (Peer Review Organization of NJ) is a non-profit health care quality improvement corporation.  
  www.pronj.org  
  (800) 681-3114

- **County State Health Insurance Assistance Program (SHIP)**  
  Cumberland County Office on Aging & Disabled  
  790 E. Commerce St., Bridgeton, NJ 08302  
  (856) 459-3090

SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services.

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Terms Associated With Mental Health And Addictions

- **Advanced Practice Nurse (APN)** - is a nurse with post-graduate education in nursing. APRNs are prepared with advanced didactic and clinical education, knowledge, skills, and scope of practice in nursing.

- **Clinical Social Worker** - health professional trained to assist clients with information, referral, and direct help in dealing with government agencies, often as case managers to help people "navigate the system." Clinical social workers cannot write prescriptions.

- **Continuum of care** – a progression of services that one moves through, usually one service at a time, to assure that there are no gaps in services.

- **Co-Occurring Disorder** – having both a mental illness and substance abuse problem.

- **Decompensation** is the psychological term used when a person is showing signs of deterioration regarding their daily functioning.

- **Developmental Disability** – physical or mental handicap (as mental retardation) that prevents, impedes, or limits normal development.

- **DSM (Diagnostic and Statistical Manual of Mental Disorders)** - An official manual developed by the American Psychiatric Association used to understand and diagnose mental health problems.

- **Dual Diagnosed** – (1) developmentally disabled with a mental illness (2) MICA.

- **Efficacy** – the ability of a drug to control symptoms and/or illness progression.

- **Early Intervention Support Services** – EISS is a non-emergency room, community based program aimed at offering individuals a broad range of service options that can divert undue use of emergency room and in-patient programs.
Health Insurance Portability and Accountability Act (HIPAA) – Provides privacy protections for consumers in group health insurance plans. Recently you have been signing updated HIPAA consent forms at your health care provider.

In-patient – the patient stays overnight in the treatment facility.

Intake – the process an agency or program uses to enroll client in treatment.

Managed care – insurance coverage that supervises which providers the patient one can see and may also limit the number of visits and kinds of services the insurance will pay for.

Medicaid – Medicaid provides health coverage for some low-income people, families and children, pregnant women, the elderly, and people with disabilities.

Medicare – Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

Medication management – service providing access to a psychiatrist and/or case management for stabilized consumers.

NAMI – National Alliance on Mental Illness.

Outpatient – the patient participates in a day or evening program but resides at a place other than the treatment facility.

Parity laws – laws that require insurance companies to cover mental illnesses in the same manner as physical illnesses.

Psychiatrist – a medical practitioner specializing in the diagnosis and treatment of mental illness.

Psychologist - Psychologists are doctorally-trained professionals who conduct research, perform testing, and evaluate and treat a full range of emotional and psychological challenges.

Psychosocial rehabilitation center – facility that offers talk therapy along with social and vocational training.

Psychotropic – that which acts on the mind.
- **Respite care** – Someone else cares for the loved one temporarily while the care-giving family and the ill person take a break from each other.

- **Screening** – the process used to determine program eligibility.

- **Self-help** - generally refers to groups or meetings that involve people who have similar needs. They are facilitated by a consumer, survivor, or other layperson to assist people to deal with a "life-disrupting" event, such as a death, abuse, addiction, or diagnosis of a physical, emotional, or mental disability. They are operated on an informal, free-of-charge, and nonprofit basis to provide support and education. They are voluntary, anonymous, and confidential.

- **Wrap-around services** – all-encompassing comprehensive support by an agency to a client; includes case management, housing and vocational assistance, family counseling and education.
<table>
<thead>
<tr>
<th>ACRONYMS</th>
<th>EXPLANATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>Alcoholics Anonymous</td>
</tr>
<tr>
<td>ADA</td>
<td>Americans with Disabilities</td>
</tr>
<tr>
<td>ADD/ADHD</td>
<td>Attention Deficit Disorder/Hyperactivity</td>
</tr>
<tr>
<td>AL-ANON</td>
<td>Support for family members of alcoholics</td>
</tr>
<tr>
<td>ALA-TEEN</td>
<td>Support group for teenage alcoholics</td>
</tr>
<tr>
<td>APN</td>
<td>Advanced Nurse Practitioner</td>
</tr>
<tr>
<td>CADC</td>
<td>Certified Alcohol &amp; Drug Counselor</td>
</tr>
<tr>
<td>CCIS</td>
<td>Children’s Crisis Intervention Service</td>
</tr>
<tr>
<td>CMO</td>
<td>Care Management Organization</td>
</tr>
<tr>
<td>COD</td>
<td>Co-Occurring Disorder</td>
</tr>
<tr>
<td>DD</td>
<td>Developmentally disabled</td>
</tr>
<tr>
<td>DDD</td>
<td>Division of Developmental Disabilities</td>
</tr>
<tr>
<td>DHS</td>
<td>(NJ) Department of Human Services</td>
</tr>
<tr>
<td>DMHAS</td>
<td>Division of Mental Health &amp; Addiction Services</td>
</tr>
<tr>
<td>DSM</td>
<td>Diagnostic &amp; Statistical Manual</td>
</tr>
<tr>
<td>DCP&amp;P</td>
<td>Division of Child Protection &amp; Permanency (Formerly DYFS)</td>
</tr>
<tr>
<td>EISS</td>
<td>Early Intervention Support Services</td>
</tr>
<tr>
<td>FSO</td>
<td>Family Support Organization</td>
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<tr>
<td>ICMS</td>
<td>Integrated Case Management Services</td>
</tr>
<tr>
<td>IFSS</td>
<td>Intensive Family Support Services</td>
</tr>
<tr>
<td>IOP</td>
<td>Intensive Outpatient Program</td>
</tr>
<tr>
<td>LAC</td>
<td>Licensed Associate Counselor</td>
</tr>
<tr>
<td>LCADC</td>
<td>Licensed Clinical Alcohol &amp; Drug Counselor</td>
</tr>
<tr>
<td>LCSW</td>
<td>Licensed Clinical Social Worker</td>
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<tr>
<td>LMFT</td>
<td>Licensed Marriage and Family Therapist</td>
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<tr>
<td>LPC</td>
<td>Licensed Professional Counselor</td>
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<tr>
<td>MHASWNJ</td>
<td>Mental Health Assoc. in Southwestern NJ</td>
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<tr>
<td>MICA</td>
<td>Mental Illness &amp; Chemical Abuse</td>
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<tr>
<td>NA</td>
<td>Narcotics Anonymous</td>
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<tr>
<td>NAMI</td>
<td>National Alliance on Mental Illness</td>
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<tr>
<td>NIMH</td>
<td>National Institute on Mental Health</td>
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<tr>
<td>NJWINS</td>
<td>NJ Work Incentive Network Support</td>
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<tr>
<td>Abbreviation</td>
<td>Description</td>
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<td>--------------</td>
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<tr>
<td>OCD</td>
<td>Obsessive Compulsive Disorder</td>
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<tr>
<td>OP</td>
<td>Outpatient</td>
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<tr>
<td>PAAD</td>
<td>Pharmaceutical Assistance to the Aged and Disabled</td>
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<tr>
<td>PACT</td>
<td>Program of Assertive Community Treatment</td>
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<tr>
<td>PC</td>
<td>Partial Care</td>
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<tr>
<td>PAP</td>
<td>Patient Assistance Program</td>
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<tr>
<td>PRO-NJ</td>
<td>Peer Review Organization of NJ</td>
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<tr>
<td>PTSD</td>
<td>Post-Traumatic Stress Disorder</td>
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<tr>
<td>RMO</td>
<td>Regional Mobile Outreach</td>
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<tr>
<td>RHCF</td>
<td>Residential Health Care Facility</td>
</tr>
<tr>
<td>SAMHSA</td>
<td>Substance Abuse and Mental Health Services Administration</td>
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<tr>
<td>SCIP</td>
<td>Screening Crisis Intervention Program</td>
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<tr>
<td>SHIP</td>
<td>State Health Insurance Assistance Program</td>
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<tr>
<td>SRAP</td>
<td>State Rental Assistance Program</td>
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<tr>
<td>SSA</td>
<td>Social Security Administration</td>
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<tr>
<td>SSDI</td>
<td>Social Security Disability Income</td>
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<tr>
<td>SSI</td>
<td>Social Security Income</td>
</tr>
<tr>
<td>STCF</td>
<td>Short Term Care Facility</td>
</tr>
<tr>
<td>TANF</td>
<td>Temporary Assistance to Needy Families</td>
</tr>
<tr>
<td>TBI</td>
<td>Traumatic Brain Injury</td>
</tr>
<tr>
<td>TDI</td>
<td>Temporary Disability Insurance Benefits</td>
</tr>
<tr>
<td>VA</td>
<td>Department of Veterans Affairs</td>
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**NOTES:**