

NAMI UNION COUNTY

National Alliance for the Mentally Ill



The Nation's Voice on Mental Illness

RESOURCE GUIDE

**Help in Navigating the
Mental Health System
in Union County**

2004 edition

ACRONYMS

AA	Alcoholics Anonymous	PAAD	Pharm. Assistance to the Aged & Disabled
ADL	Activities of Daily Living	PACT	Programs in Assertive Community Treatment
CCIS	Children's Crisis Intervention Service	PAP	Patient Assistance Program
CMO	Care Management Organization	PES	Psychiatric Emergency Screener
DDD	(NJ) Div. of Developmental Disabilities	PHP	Partial Hospitalization Program
DHS	(NJ) Department of Human Services	PTSD	Post traumatic stress disorder
DMHS	(NJ) Division of Mental Health Services	RHCF	Residential Health Care Facility
DVRS	(NJ) Div. of Vocational Rehabilitation Svcs.	RFP	Request for Proposal
DYFS	Division of Youth and Family Services	SAMHSA	Substance Abuse & Mental Health Svcs. Admin.
EAP	Employee Assistance Program	SERV	Social, Educational, Residential & Vocational
ED	Emergency Department in a hospital	SHIP	State Health Insurance Assistance Program
FSO	Family Support Organization	SLMB	Specified Low Income Medicare Beneficiary
ICMS	Integrated Case Management Services	SPMI	Serious and Persistent Mental Illness
IFSS	Intensive Family Support Services	SSA	Social Security Administration
IOP	Intensive Outpatient Program	SSDI	Social Security Disability Income
LCSW	Licensed Clinical Social Worker	SSI	Supplemental Security Income
LPC	Licensed Professional Counselor	STCF	Short Term Care Facility
MICA	Mental Illness & Chemical Abuse	TANF	Temporary Assistance to Needy Families
NA	Narcotics Anonymous	TDI	Temporary disability insurance benefits
NIMH	National Institute of Mental Health	TPH	Trenton Psychiatric Hospital
NJWIN	NJ Work Incentive Network Support	UBHC	University Behavioral Healthcare
S	Obsessive Compulsive Disorder	UCPC	Union County Psychiatric Clinic
OCUC	Occupational Center of Union County	UMDNJ	University of Medicine and Dentistry in NJ

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MESSAGE TO READERS

This Resource Guide consolidates resource information for Union County residents who deal with mental illness as a consumer or family member and for those who help them. The Union County affiliate of NAMI compiled the material.

NAMI, the National Alliance for the Mentally Ill, is an organization of families and consumers with over 220,000 members nationwide. Professional providers, community members and anyone interested in promoting sound mental health are welcome to join NAMI. We are dedicated to improving the quality of life of individuals who suffer from serious mental illness and providing support for their families.

While no endorsement of any specific services listed here other than the activities of NAMI is intended, you are encouraged to find the services and self-help groups that work for you and become active. The right mix of professional treatment, mutual support and advocacy will improve the quality of your life.

We have aimed mightily to make the Resource Guide a source of accurate, timely and appropriate information for you and your needs. Please let us know of any corrections, clarifications or omissions in these pages.

Your interest in our Resource Guide has helped increase awareness of the facts about mental illness.

Thank you.

Joann Mehalick

Joann Mehalick, President, NAMI Union County

(908) 233-1628

nami.union.nj@nami.org.

LETTER FROM LARISA

In 1983, my brother Michael had his first bout with mental illness at the age of 18. He was several times misdiagnosed throughout a brilliant college career but managed to graduate from Georgetown University in only five years despite four major hospitalizations. The diagnosis was finally made: Michael had bipolar disorder.

A devastating blow gave way to the realization that all our lives would be forever affected. The decision was made to battle the illness with not only compliance, but with love. With virtually no help from "the system," we nurtured from our hearts, the only way we knew how. Michael's understanding of his illness, along with the support of his family and friends guided him. We witnessed a beautiful life and our family bond gave us strength to endure the difficult times.

A man who loved and was loved unconditionally managed his illness and became a productive member of the community. We all learned much from this compassionate writer, poet and lover of peace.

A sudden and horribly unexplained episode struck in April 2002 after fourteen years. Michael died while hospitalized for the treatment of this final episode, just six days after his 37th birthday. His death was caused by medical and physical complications. Michael never succumbed to his mental illness.

The circumstances surrounding Michael's hospitalization and untimely death caused us, his family and friends, to take a long, hard look at the mental health system. With the help of some new friends at NAMI, we began the business of teaching ourselves what no one ever offered -- how both consumers and families can arm themselves to deal with these difficult illnesses. Dispelling fears, spreading knowledge and insisting on adequate and appropriate care are the stepping stones to peaceful coexistence with mental illness.

One of Michael's last wishes was to help others. Michael's Journals Foundation was formed only one day after Michael's death. Our pledge to our lost brother was to honor that wish. Our mission is to assist others whose lives are touched by mental illness and to show them that treatment comes from both within and without.

This Resource Guide is one of the ways we seek to help.

There were many angels involved in making this book a reality. My heartfelt gratitude goes out to them as this tribute to my brother's beautiful and inspirational life could not have happened without them.

Love and peace,

Larisa DePalma

Larisa DePalma, President, Michael's Journals Foundation

Please visit www.michaelsjournals.org for more information.

MENTAL ILLNESSES ARE DISEASES, NOT ACTS OF WILL

Severe mental illnesses are biological brain disorders that interfere with normal brain chemistry. Schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, panic and anxiety disorders, schizoaffective disorders, eating disorders, self injury et al, are the serious illnesses the resources in this book seek to address.

Serious and persistent mental illness is much more common than most people realize. Mental illness affects 20% of Americans and is more prevalent than cancer, diabetes or heart disease.

Individuals with mental illness face stigma, ignorance and fear of the disease from others. A dictionary defines "stigma" as disgrace, shame, disrepute, a mark or brand. Don't those words sound like themes from an 18th century novel? No wonder this dictionary says "stigma" stems from an archaic term!

"Call it what it is. It's not stigma -- it's *discrimination!*"

- Jay Yudof, NAMI NJ Consumer Outreach Liaison

Society's prejudice may not be as bad as it was in the past but its bias impacts every day: in individual relationships, in the workplace, in obtaining housing, even in obtaining the right medical care. Family members also deal with this stigma.

Mental illnesses are no more the fault of "bad parenting" than arthritis is. They are no more a character flaw than asthma is. They do require daily adherence to recommended treatment the way diabetes does.

Today's accepted treatment for the symptoms of mental illness combines *medicine* and *psychotherapy*. Research has proven that mental illnesses respond to medication treatment better than many "body" illnesses such as heart disease, and even more so when coupled with psychotherapy.

Although a specific diagnosis is a starting point for obtaining treatment, the diagnosis can change during the course of the illness. As you gain knowledge about the illnesses, don't overlook resources just because the disease name doesn't "fit."

Frankly, the name of the illness is not that important with respect to a person and his or her family's need for support and compassion and understanding.

You are not alone. Many hands reach out to you, hands of those who have helped clear the pathways, who have been where you are now. People are eager to help you individually and to educate the general public. We want to get the word out – the true word – on serious mental illness.

HOW TO FIND OUT ABOUT THE DISEASES AND THE MEDICATIONS THAT TREAT THEM

Although this Resource Guide will not detail the symptoms of the illnesses or delve into pharmaceuticals, there are plenty of resources out there that will! Material ranges from easy-to-read to the erudite – booklets, fact sheets, videos – much of it free. Ask questions of your health care providers, look at websites, call the phone numbers, and listen to speakers in your community to learn more.

These organizations are informative and user-friendly:

- U.S. Dept. of Health
www.mentalhealth.samhsa.gov
- National Institute of Mental Health
www.nimh.nih.org

great resource!



- **National Mental Health Assoc.**
www.nmha.org/infoctr/factsheets.index.cfm
- Mental Health Assoc. in New Jersey
www.mhanj.org
- NARSAD – Research Alliance for Schizophrenia and Depression
www.narsad.org
- National Depression & Manic Depression Assoc.
www.ndmda.org (800) 826-3632

Check out **NAMI Union County's Book Review** for annotated reviews of current books about the illnesses, pharmaceuticals, treatment and coping methods. Call (908) 233-1628 or write nami.union.nj@nami.org for information on obtaining a copy of the 2003 edition.

- Search mental health topics on retail websites and take the list to your library or bookseller.
www.Amazon.com www.bn.com (Barnes & Noble)

Contact NAMI organizations at the county, state, or national levels:

NAMI Union County nami.union.nj@nami.org	(908) 233-1628
NAMI New Jersey www.naminj.org	(732) 940-0991
NAMI National www.nami.org	(800) 950-NAMI (6264)

A note about: Smoking and Schizophrenia

Research shows that nicotine dependence by people with schizophrenia is about 3 times higher than that in the general population who smoke. Although consumers may smoke to self-medicate their symptoms, several studies have found that schizophrenia patients who smoke need higher doses of antipsychotic medication. Quitting smoking is difficult because the symptoms of nicotine withdrawal may cause a temporary worsening of schizophrenia symptoms. Doctors should carefully monitor medication dosage and response when patients with schizophrenia either start or stop smoking.

- Adapted from National Institute of Mental Health, Pub. No. 02-3517

Keep in mind that most medical facilities cannot permit smoking on their premises.

PSYCHOTHERAPY OVERVIEW

Psychotherapy is “talk” therapy, which is talking to someone such as a psychologist, social worker or counselor. Psychotherapy deals with issues caused by the illness and issues that affect the illness; it is not psychoanalysis per se. Ask your psychiatrist whom you should go to for talk therapy.

Types of private practitioners who treat the symptoms of mental illness:

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

These duly licensed practitioners are trained to make diagnoses and may perform psychotherapy. Only psychiatrists and psychiatric APNs (and medical doctors) may prescribe medications.

Some clinicians or practitioners operate within a community social service agency such as Catholic Charities or Family and Children’s Services.

Group psychotherapy allows individuals with similar illnesses to benefit from sharing each other’s experiences.

Many consumers benefit by attending support groups. See the section on support and self help groups for those that meet in Union County.

- √ See the website of the National Mental Health Association for more discussion on psychotherapy, including what you should expect on your first visit, treatment methods, their likely cost and more.
www.nmha.org/infoctr/factsheets.12.cfm

MICA

Problems with substance abuse (of alcohol and other drugs) are extremely common with serious mental illness, so common that specific programs called MICA are dedicated to its treatment. MICA stands for Mental Illness and Chemical Abuse/Addiction.

“Self-medication” (using alcohol, illegal drugs or drugs outside of that prescribed) may be understandable as an attempt to inhibit the discomfort of the disease → *but* the interaction with prescribed medications will aggravate the symptoms of mental illness and could endanger your life. Many relapses of mental illness symptoms are the result of using alcohol or other drugs with psychotropic medications.

Some estimates are that at least 50% of individuals with serious mental illness have a substance abuse problem at some time during the course of their illness.

MICA helpline for information and referral:

- **Prevention Links**
www.preventionlinks.org (732) 381-4100
- **Addictions Hotline of New Jersey** (800) 283-2333

MEDICATIONS OVERVIEW

Significant advances in psychotropic drugs (drugs that work on the mind) have yielded medications that better control symptoms and produce fewer and less acute side-effects. Dozens of medications under development are being tested which continue this trend.

- √ Unfortunately, psychotropic medications can only control *symptoms* and do not cure at this point in time.

The specific medications prescribed do not, in themselves, indicate a specific disorder.

A medication regimen is a matter of lengthy trial-and-error to be done under the management of a psychiatrist. 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. Some consumers, working with their psychiatrist, may be able to reduce or even discontinue their medications at some point. Others may be on medication for life.

You can find information about these drugs:

- **Drug look-up guide - National Institute of Health**
www.nlm.nih.gov/medlineplus/druginformation.html

A note about: Weight gain

A side effect of many psychotropic medications is rapid and excessive weight gain. Studies are being conducted to determine cause and remedies. At present it is not known whether metabolic change, a distortion in appetite or "fullness" sensation or some other factor is involved.

Our American lifestyle doesn't help: constant recreational eating, use of food as emotional sustenance, easy access to high-calorie foods, minimal physical activity. Is it these practices or the medications that cause weight gain along with the constipation and bowel upsets that discomfort many consumers?

Some may shun taking medications because of these side effects. Is that a fair or safe trade-off?

Do what you can to eat healthy and get some exercise. You'll feel better overall.

Heat Risk Warning

One common side effect of anti-psychotic medications is that they can cause *anhidrosis*, an impairment of the body's ability to control its own temperature. This characteristic is true both of the older antipsychotics and the newer "novel" ones. This impaired heat regulation can result in heat exhaustion or heat stroke, with serious or fatal consequences. Consumers on these medications need to:

- follow common-sense methods to avoid overexposure to heat and direct sunlight
- seek medical attention immediately if they experience heat-related symptoms
- ask your mental health provider about heat risk and preventive steps in more detail.

- √ The government's concern about psychotropic drug extends to economics. Medicaid and other government programs are "big buyers" of pharmaceuticals and so want drugs that work effectively at as low a cost as possible.

FAMILY RESPONSE TO MENTAL ILLNESS

Dealing with the ravages of mental illness in a loved one will test the mightiest among us. A formal diagnosis of a disease often produces passions similar to the “stages of grief.” Depressive episodes can be as contagious to others as some viruses. Witnessing an acute psychotic episode can be frightful, perhaps resulting in post-traumatic stress syndrome. Poor coping can lead to family breakdowns or excessive alcohol or drug use by family members. Parents of consumers worry about how things will go when they can no longer help out.

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

This reliance strains family relationships, demands a lot of time and depletes emotional stamina. Families must develop effective coping skills and learn to navigate the complex mental health system.

√ **IFSS (Intensive Family Support Services)** is a free, professionally run support service for families. Funded by the state, IFSS helps family members deal with issues and choices in mental health care and improve the overall quality of family life and is highly recommended. IFSS services in Union County are administered by the **Mental Health Association of NJ** (908) 497-1921 – x*12
109 South Ave. West (TC Graphics Building), Cranford

Family-to-Family Education is a long-standing NAMI service. In many ways, the program is the essential spirit of NAMI: experienced family members helping others to learn about mental illnesses, how we deal with them, and how to speak out and help reduce ignorance and prejudice.

√ 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 course covers topics such as:

- Getting through the crisis periods
- Description of the symptoms of the mental illness diseases and their diagnostic criteria
- Basic review of medications, side effects and key treatment issues
- Communication skills and problem solving workshop
- Sharing our stories, self-care, how to balance our lives
- Potential of recovery, advocacy and combating stigma

Taught by trained family members from NAMI Union County in a friendly, supportive environment, the course runs for 12 weeks, one class per week. All instruction and materials are free for class participants.

“You can’t *know* what you haven’t been *told*.”
– Pat Roman, NAMI Union County
Family-to-Family Education Instructor

Family-to-Family has graduated over 25,000 family members nationwide in its 12-plus year history. Call (908) 233-1628 to sign up for this valuable course.

HOW TO CHOOSE MENTAL HEALTH SERVICES

Your choice will be based on experience, personal recommendation, ability to pay and insurance coverage, location, personal compatibility with the treating provider, and any other factor you consider important. Of these, ability to pay and insurance coverage often precludes the fullest choice.

Employee Assistance Plans (EAPs) help a company's employees deal with a variety of family difficulties, including emotional and behavioral, addiction, financial, marital, and legal troubles. These services usually have a 24-hour number for crisis and referral, and are a good place to start.

Doctor referral services

Many hospitals offer referral services. Here are two:

- **Trinitas** physician referral service (800) 525-3462
- **Rahway Hospital*** referral service (732) 815-7573

*now known as Robert Wood Johnson University Hospital at Rahway

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

- **NJ Psychiatric Assoc.** (800) 345-0143
- **NJ Psychological Assoc.** (800) 281-6572
www.psychologynj.org
- **Therapist Network** (800) 843-7274
- **Union County Medical Society** (908) 789-8603
1164 Springfield Avenue, Mountainside

The **Mental Health Association of Union County** website has a provider directory. They also produce a helpful brochure with the phone numbers of many services. Please call for a copy.
Mental Health Assoc. of Union County (908) 272-0300
23 North Avenue East, Cranford www.mhauc.com

The **NJ Division of Mental Health Services** website has a directory of services by county and category, or you may call their toll-free referral, information, and complaint line. (800) 382-6717
www.state.nj.us/humanservices/dmhs/MHDirIntroPage.html

The NJ Division of Mental Health Services (DMHS) funds and/or supervises most of the services listed in this booklet. Some also receive funding from the Union County Division of Mental Health.

Generally, you are restricted to programs and facilities in Union County (that is, the county in which you are a resident) when the program is paid for by government funds. This is so even when the state or federal government funds the program. If you (or your insurance) are picking up the tab, then you can go to any location that will accept you. This is known as a private referral.

A note for Spanish and other language speakers:

In our research we found that many organizations employ bi-lingual personnel who speak Spanish. A few have speakers of Chinese, Polish, French, Creole or Greek. (University Behavioral Healthcare [UBHC] advertises that it offers 13 languages.)

Many inbound phones feature "language lines." Websites can be translated. Printed material is often available in languages other than English. We urge you to contact organizations you feel will be helpful without hesitation as to language.

Crisis Intervention and Emergency Services

Emergency! – Suicide risk or threat to others

Psychiatric Emergency Screeners (PES) evaluate those who may pose a danger to themselves or others and who may require involuntary commitment to mental health inpatient care. The mobile team will come to your home or any location in Union County. This service is free. Muhlenberg RMC administers Union County PES. (Find PES' number on the inside cover of the phone book.)

(908) 668-2599 Or, dial 9-1-1.

24-hour Psychiatric Emergency Hotlines

Call these hospital hotlines when you or a loved one are experiencing acute symptoms of mental illness, for evaluation for intervention or inpatient treatment. Emphasis is on stabilization. You may go to any of these hospitals' emergency rooms at any time without an appointment (but if you are able to call ahead, please do so).

- **Muhlenberg** Regional Medical Ctr
Randolph Road & Park Ave., Plainfield
(908) 668-2244
- **Overlook Hospital**
99 Beauvoir Ave., Summit
(908) 522-2281
- **Trinitas Hospital**
655 East Jersey Street, Elizabeth
(908) 994-7250

- **Children's Mobile Response and Stabilization System** from Trinitas Hospital
(877) 652-7624
Available 24 hours a day / 7 days per week. The child or youth must be exhibiting emergency risk behaviors, is at risk for being placed out of

the home and requires immediate intervention in order to remain in the home or school. The phone number will reach NJ Partnership for Children.

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 PES for crisis intervention.

- **Contact We Care**
(908) 232-2880
- **1-800-SUICIDE**
(800) 784-2433

What you need to tell PES in an emergency

The Screener will ask questions like the following. Your *honest* answers are crucial:

1. Why you calling / what is happening?
2. What behaviors or statements have been made?
3. Does the person have any history of mental illness? What is the current treatment or medications?
4. Suicidal, homicidal or destructive behavior in the past?
5. History / present use of substances (alcohol or drugs)?
6. Present access or possession of weapons or self-defense training?
7. Medical problems?
8. Is the person aware that a Mobile Outreach team is coming? Will someone be available to meet the Mobile Outreach team at the site?

Remember → if you are frightened or concerned about being hurt, or have been hurt, or afraid your loved one is hurting him or herself → tell the Screener!

When a crisis episode occurs that includes suicide attempts or destructive behavior, you need to get emergency intervention. New Jersey laws ensure that a call to 9-1-1 or the Psychiatric Emergency Screener 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. No one citizen has the ability to "put someone away."

The person being evaluated may be unable to communicate with hospital personnel or provide reliable information because of the present condition of the illness, or be uncooperative or secretive because of a fear of hospitalization or denial of the illness. Information from the family is crucial in determining the correct treatment plan during a crisis.

Some Suicide Fast Facts

- Suicide attempts are among the leading causes of hospital admissions in persons under age 35.
- 90% of persons who commit suicide have depression or another diagnosable mental illness or substance abuse disorder
- Suicide can often be prevented.

√ For further enlightenment, we recommend "Suicide: The Forever Decision" by Paul G. Quinett, written in plain language and only 156 pages. Continuum Publishing: New York. 1992.

Notes page for Crisis intervention services

PRIVACY AND CONSENT

Concerned families want open communication from hospital personnel and the timely return of phone calls. But, adult patients are entitled to privacy. Unless the patient signs a release form, hospital personnel are bound to keep all information -- what the patient says, the diagnosis and treatment -- confidential. The system leaves the family out of the loop.

- ✓ A patient who signs the release 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* in informing the hospital of, for example, their loved one's past reaction to medication. Once the medical facility has a signed release, family members can get information more readily. The dedicated, caring professionals you'll encounter may use lingo or acronyms that while all in a hard day's work for them, could be all new to you. Keep the following checklist in mind:

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.
- ✓ Get the phone number of the Nurse's Station -- it's much quicker than trying to get through a hospital's main switchboard.
- ✓ Find out the unit's pay phone numbers too, 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!
- ✓ Know the name of the hospital's chief of staff.
- ✓ Your physical presence makes a difference. Visit your loved one often, and send cards or perhaps flowers. If you've ever been "inside" you know how much it means to hear from the "outside."

IN-PATIENT SERVICES:
SHORT-TERM CARE FACILITIES AND HOSPITALS

Short Term Care Facilities are state-funded psychiatric units in community hospitals that stabilize the acute symptoms of mental illness for adults who have been admitted or committed by PES. Maximum stay is 21 days, with the average stay about 9 days.

- **Muhlenberg** Regional Medical Ctr
Randolph Road & Park Ave., Plainfield (908) 668-2244
- **Trinitas Hospital**
655 East Jersey Street, Elizabeth (908) 994-7250

Hospitalization for an acute episode or for medication management can be of intermediate duration, perhaps up to 4 to 6 weeks in our county hospital. Most patients will have been transferred from Muhlenberg or Trinitas; Union County residents given placement priority.

- **Runnells Specialized Hospital** (908) 771-5875
 - Cornerstone Psychiatric Unit (908) 771-5877
40 Watchung Way, Berkeley Heights www.ucnj.org/runnells

Community hospitals with STCFs also welcome patients for voluntary inpatient care. They accept private insurance and have Charity Care programs.

- **Muhlenberg** Regional Medical Ctr
Randolph Road & Park Ave., Plainfield (908) 668-2244

- **Trinitas Hospital** (908) 994-7250
655 East Jersey Street, Elizabeth
- **Overlook Hospital** (908) 522-2281
Psychiatric inpatient unit for voluntary patients only.
99 Beauvoir Ave., Summit

✓ You may select one hospital over another for geographic reasons. Trinitas is often the choice of those living in eastern Union County; Muhlenberg for western Union County residents. See the website **www.njha.com/directories** for information on hospitals in our area.

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. Listed below are three used by Union County residents:

- **Carrier Clinic** www.carrier.org. (800) 933-3579
252 Route 601, Belle Mead (in Somerset County)
- **Princeton House** (800) 242-2550 or (609) 497-3300
905 Herronton Road, Princeton (in Mercer County)
http://www.princetonhouse.org/
- **Summit Hospital** (908) 522-7000
19 Prospect Street, Summit
- **Rahway Hospital*** (732) 381-4200
865 Stone Street, Rahway

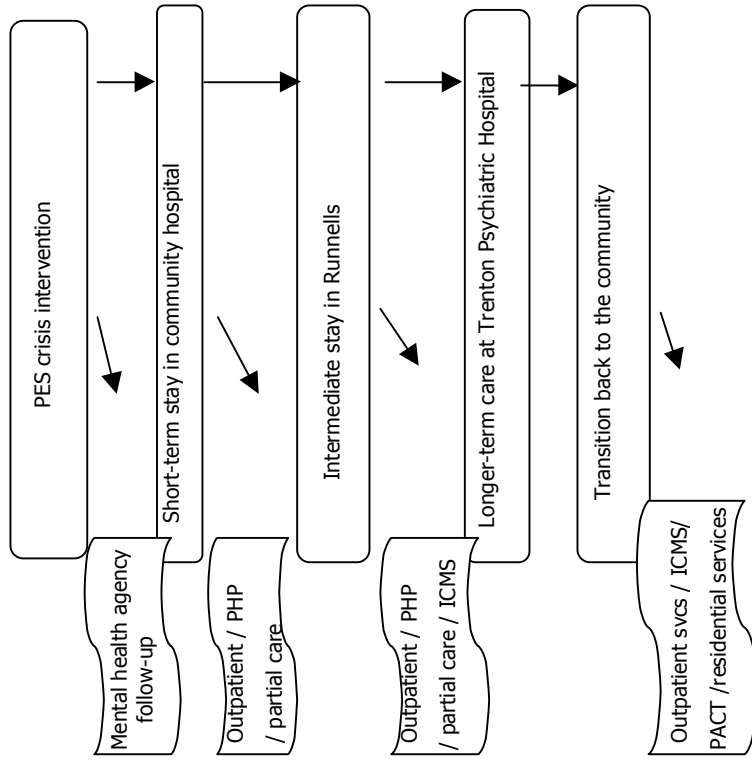
*now known as Robert Wood Johnson University Hospital at Rahway
Please note: Rahway's emergency department can do psychiatric evaluations but the hospital does not have an inpatient psychiatric unit.

State Psychiatric Hospitals

For longer-term in-patient treatment, the NJ Dept. of Human Services operates 6 psychiatric hospitals, two of which primarily concern Union County readers:

- **Trenton State Psychiatric Hospital** (609) 633-1500
Route 579, West Trenton (in Mercer County).
Patients transfer to TPH when further in-patient care is needed. TPH serves patients from Union County. (Greystone Park Hospital in Morris County serves patients from North Jersey.)
- **Hagedorn Gero-Psychiatric Hospital** (908) 357-2141
200 Sanatorium Rd., Glen Gardner (in Hunterdon County)
For patients 65 years of age or older.

Overly simplified graphic of a long-term hospitalization progression



OUTPATIENT SERVICES:

PARTIAL HOSPITALIZATION PROGRAMS /

INTENSIVE OUTPATIENT PROGRAMS

Partial Hospitalization Programs (PHP) or Intensive Outpatient Programs (IOP) provide comprehensive, individualized services in order to increase independent functioning. Case management, medication management by a psychiatrist, group and individual psychotherapy are offered.

Programs are time-limited, usually for a maximum of 30 days, for people with acute symptoms who are not chronically ill. The client does not live or stay overnight at the treatment location. The facility may provide transportation, but in effect it is up to the client to ensure his or her attendance.

Programs convene for several hours for several days during the week.

A PHP program would meet for more hours a day over more days of the week, for instance, than an IOP.

The course of the illness and the client's home circumstances must be stable enough for the client to be safe and able to progress with the help of the program.

Programs in our area and some of their declared areas of service:

- **Mount Carmel Guild Behavioral Healthcare / Catholic Community Services** (800) 227-7705
108 Alden Street, Cranford (908) 497-3925
PHP and IOP programs, including medication management, individual and group psychotherapy for children and adults, MICA programs, ICMS and partial care.
- **Overlook Hospital**
46-48 Beauvoir Ave., Summit (908) 522-4800
Outpatient and MICA, crisis intervention, intensive outpatient treatment, medication management.
- **Princeton House programs:**
 - 1000 Herrontown Road, Princeton (609) 497-3350
 - 1670 Whitehorse-Hamilton Square Rd, Hamilton (609) 586-4788
 - 375 North Kings Highway, Cherry Hill (856) 779-8455
 - 825 Georges Road, North Brunswick (732) 435-0202PHP, IOP, partial care, traditional outpatient (except at Hamilton); MICA only at Princeton location. Most insurance accepted.
- **SERV Centers of NJ** (908) 558-7466
10 Cherry Street, Elizabeth
Adolescent and adult PHP program.
- **Summit Hospital** (908) 522-7000
19 Prospect Street, Summit
Intensive outpatient, adults and adolescents.
- **Trinitas Hospital Plaza Building** (908) 994-7090
654 Jersey Street, Elizabeth
PHP for adults and adolescents, intensive outpatient, intensive MICA, adolescent after-school, outreach.

OUTPATIENT SERVICES:

PARTIAL CARE AND DAY PROGRAMS

Like PHP and IOP, partial care programs meet during the week for several hours. Commonly called “day” or psycho-social rehabilitation programs, services are comprehensive and structured. Partial care is for people with serious mental illness and is open-ended subject to a person’s needs. Fees are usually based on a sliding scale and all accept Medicaid.

- **Bridgeway Psychiatric Rehabilitation Center**
567 Morris Ave., Elizabeth (908) 355-7200
Individual and group counseling, peer support, 90-day intensive MICA program, MICA outreach and support, weekend drop-in program, creative arts unit, career counseling, community living skills training. All services available in Spanish. No one is denied services because of an inability to pay.
- **Occupational Center of Union County**
301 Cox Street, Roselle (908) 241-7200
Must have Medicaid to attend partial care program.
12-step and MICA groups, MICA outpatient, vocational rehabilitation. Transportation available.
- **Social Clubhouse**
58 Brown Ave., Springfield (973) 376-2500
Private, for profit partial care program. Only Medicaid accepted.
Medication monitoring and MICA services available within program setting.
- **UCPC Behavioral Health** (Union County Psychiatric Clinic)
117-119 Roosevelt Ave., Plainfield. (908) 756-6870
MICA, counseling for individual and group, family, medication management, adult partial care programs, medication management.

COUNSELING AND MEDICATION MANAGEMENT SERVICES

Periodic therapy, counseling and supportive services for relatively brief sessions once or several times during the month are provided by the agencies listed below.

- **Catholic Community Services**
Sliding scale fees, Medicaid, Medicare and third party insurance.
505 South Avenue, Cranford (800) 227-7705 or (908) 497-3904
- **Family and Children's Services**
40 North Ave., Elizabeth (908) 352-7474
Includes MICA.
- **Overlook Hospital**
46-48 Beauvoir Ave., Summit (908) 522-4800
Psychiatry and behavioral health services.
- **Resolve Community Counseling Center**
1830 Front Street, Plainfield (908) 322-9180
Outpatient MICA adults and adolescents.
- **Trinitas Hospital**
See the website for descriptions of the many Trinitas programs for adults at the Behavioral Health & Psychiatry Access Center
655 East Jersey Street, Elizabeth (888) 841-5564
www.trinitashospital.com Main: (908) 994-5000
- **UCPC Behavioral Health** (Union County Psychiatric Clinic)
117-119 Roosevelt Avenue, Plainfield (908) 756-6870
2204 Morris Avenue, Union (908) 686-0560
MICA, counseling for individual and group and family.

- **United Family & Children's Society**

305 West 7th Street, Plainfield, or
1500 Plainfield Avenue, South Plainfield (908) 755-4848
Individual, group or family therapy. www.unitedfamily.org

Medication Management services provide stabilized consumers access to case management and support.

- **Catholic Community Services**
505 South Avenue, Cranford (800) 227-7705 or (908) 497-3904
- **Overlook Hospital** provides time-limited medication monitoring for clients also receiving psychotherapy.
46-48 Beauvoir Ave., Summit (908) 522-4800
- **Trinitas Hospital**
Behavioral Health & Psychiatry Access Center (888) 841-5564
655 East Jersey Street, Elizabeth Main: (908) 994-5000
www.trinitashospital.com
- **UCPC Behavioral Health** (Union County Psychiatric Clinic)
117-119 Roosevelt Ave., Plainfield. (908) 756-6870

√ ***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" resulted?

CASE MANAGEMENT SERVICES

A case manager organizes and coordinates services and supports, providing consumers with some combination of:

- individual advocacy, assessment and service planning
- getting and maintaining SSI or SSDI benefits
- coordination of social services, medical and mental health services
- arranging for 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."

Case management is essential to outpatient care, linking the client and family to needed services. Case managers do not provide medical or psychiatric services. Conversely, private practitioners rarely provide case management.

- **Community Advocates** (908) 497-1921 – x*13
109 South Ave. West (TC Graphics Building), Cranford.
Short-term informal support that links consumers to existing mental health, medical, housing, employment, self help and socialization programs within the community.
- **Community Access Unlimited** (908) 354-3043
80 West Grand Street, Elizabeth www.caunj.org
One-on-one skill training in money management, housing and job training. Fees vary according to program and level of service.

For those who are home-bound or have difficulty following through with recommended treatments, **Visiting Nurse and Health Services Psychiatric Home Service** can help with skilled psychiatric nurses, home health aides, medical social workers and linkage to community resources. VNA is a non-profit organization that accepts Medicaid, Medicare and private insurance. Physician referral needed.
VNA Psychiatric Home Service (800) 717-2273

ICMS and PACT are programs funded by DMHS to meet the needs of consumers at high risk for re-hospitalization.

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. Also accepts community referrals. ICMS link clients with other services including psychiatric providers through a 24-hour / 7 day on-call system. Personalized, flexible and collaborative, ICMS is the largest free case management service in Union County.

- Catholic Community Services / Mount Carmel Guild
77 Central Avenue, Clark (800) 227-7705 or (732) 669-3520

PACT (Programs in Assertive Community Treatment) serves those with a high risk of re-hospitalization due to problems with treatment or treatment compliance, and those who frequently utilize crisis or inpatient services. The mobile PACT team comes to the home or anywhere else, providing wrap-around services including comprehensive psychiatric and ADL assistance. The team may include a psychiatrist or psychotherapist, nurse, social worker, vocational therapist and/or MJCA specialist. Their mandate is to successfully help the client deal with whatever problem he or she cannot handle independently. PACT's 24-hour / 7-day availability helps ensure a rapid and flexible response to potential crises. PACT clients can be served for life. Bridgeway serves our residents from three locations:

- Eastern Union County (908) 352-0242
615 North Broad Street, Elizabeth
- Western Union County (908) 791-0505
313 East Front Street, Plainfield
- Central Union County (908) 688-5400
940 Stuyvesant Avenue, Union

HELP FOR CHILDREN

If you are worried about your child's emotions or behavior, start by talking about your concerns to family members, friends, your child's pediatrician and school counselor, and your spiritual counselor. Get as much information as possible about where to find help. Start early! Emotional, behavioral and mental disorders occurring in children and adolescents include:

- severe depression, schizophrenia, bipolar disorder
- anxiety disorders, such as generalized anxiety disorder, separation anxiety disorder, 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)

What can parents do?

- Talk with your child's health care provider, who can help determine whether an emotional, behavioral or mental disorder or some other condition is causing symptoms, and who can provide a referral to a mental health professional.
- Look for a mental health professional trained in working with children and adolescents
- Get accurate information from libraries, hotlines and other sources
- Ask questions about treatments and services
- Talk with other families in your community by contacting family network organizations

Partnership for Children

Partnership for Children provides *publicly funded* behavioral, emotional and mental health services for New Jersey's children and their families. Working with the Dept. of Human Services, ValueOptions is the contracted administrator for NJ Partnership for Children. Services include traditional counseling, psychiatric evaluation, outpatient and residential treatment, case management and the Mobile Crisis Intervention and Stabilization Service (see next page). Call for more information or to seek help.
Toll free 24 hour / 7 days Access Line
(877) 652-7624

Where to find help

Be cautious about using Yellow Pages phone directories as your only source of referral. See our section on How to Choose Mental Health Services. Other places to check:

- EAP through your employer
- Hospitals with psychiatric departments
- National professional associations, such as the **American Academy of Child and Adolescent Psychiatry**
www.aacap.org (800) 333-7636 x 124

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

The "Help for Children" section is adapted with our appreciation from SAMHSA: www.mentalhealth.samhsa.gov (800) 789-2647

EMERGENCY!

Children's Mobile Response and Stabilization System
from Trinitas Hospital
(877) 652-7624

Available 24 hours a day / 7 days per week to provide intensive in-home therapy, behavioral assistance, short-term supportive counseling, crisis beds, and resource and referral information. The child or youth must be exhibiting risk behaviors, is at risk for being placed out of the home and requires immediate intervention in order to remain in the home or school. The phone number will reach NJ Partnership for Children.

Children's Crisis Intervention Service (CCIS)

CCIS is the acute care psychiatric inpatient unit that serves youth between the ages of 5 through 17 who warrant inpatient psychiatric crisis intervention and/or treatment and who have been referred by PES (emergency screener)

- Trinitas (908) 994-8128
655 East Jersey Street, Elizabeth

Local resources to consider (in alphabetical order):

- **Behavior Therapy Center**
Serving Union, Essex and Morris counties. Sliding scale fees, Medicare and most third party insurance accepted.
206 Main Street, Suite 2C, Millburn (973) 376-6062
- **Carrier Clinic** programs for adolescents include inpatient hospitalization. Their East Mountain Day School, Middle School and Learning Center are separate facilities that usually require a referral from your child's school district, but you are welcome to call (908) 241-1415 for more information. www.carrier.org. (800) 933-3579
252 Route 601, Belle Mead (in Somerset County)

- **Catholic Community Services**, Union County Division
Child Protection Services (CPS), Child Protection Substance Abuse Initiative, The Little Schoolhouse for toddlers and preschool to 12 years old. Individual, group and family therapy for children.
505 South Avenue East, Cranford (800) 227-7705
- **Children's Specialized Hospital**
Union County Special Child Health Services - For infants and children up to 21 years of age who have special health needs or handicaps.
(908) 889-0950
Youth Case Management Service – For children up to age 17 who have serious emotional problems and will be returning to their home or community after hospitalization.
328 South Avenue, Fanwood (908) 889-1810
- **Diversified Children's Services** – SERV partial care program.
Group homes for adolescents, day programs.
www.servbhs.org (908) 276-3359
- **Family and Children's Services**
40 North Avenue, Elizabeth (908) 352-7474
- **Family and Community Together (FACT)**
3 Monroe Street, Union (908) 686-9090
Care management organization. Eligibility requires a referral from two of three systems: DYFS, the courts or the mental health system.
- **Family Resource Center** from Trinitas Hospital
Psychiatric evaluation, including individual, group and family therapy for children. Private insurance only accepted.
300 North Avenue East, Cranford (908) 276-2244

✓ **Family Support Organization (FSO)** of Union County
Family-run, state-funded organization provides direct peer support and resource information to families with children with mental health concerns.
137 Elmer Street, Westfield (908) 789-7625

- **Mount Carmel Guild Therapeutic Nursery**
(Catholic Community Services)
Comprehensive treatment program for parents and their pre-school age children who display severe emotional, developmental and behavioral problems.
www.ccsnewark.org
505 South Avenue, Cranford (800) 227-7705 or (908) 497-3925
- **Summit Hospital**
Inpatient and outpatient services for children and adolescents.
19 Prospect Street, Summit (908) 522-7000
- **Trinitas Hospital**
See the website for descriptions of the many Trinitas programs for children and adolescents, such as:
 - Children's inpatient and outpatient (908) 994-8399
 - "Yes I Can" therapeutic nursery for ages 3-5; can include home visits and case management (908) 994-7182
 - Child day treatment for ages 5-10; intensive outpatient therapeutic program (908) 994-2417
 - Adolescent PHP, ages 15-19 (908) 994-7090
 - Adolescent IOP, ages 13-19 (908) 994-7090
 - Adolescent after-school, ages 10-16 (908) 994-7284
 - Child and Family Crisis Outreach – free service for non-emergency mental health issues (908) 994-7299www.trinitashospital.com Main: (908) 994-5000

• **UBHC – University Behavioral Healthcare**

See the website for descriptions of the many UBHC programs for all levels of mental health service. Programs operate throughout New Jersey, with multi-language and multi-cultural focus available. UBHC is a division of UMDNJ.

<http://ubhc.umdj.edu/childrenfamily/childrenfamily.htm>
671 Hoes Lane, Piscataway (Middlesex County) (800) 969-5300

• **United Family & Children’s Society**

Individual, group or family therapy for children. Specialty counseling programs including the Child Intensive Outpatient Program, a therapeutic after school program for ages 7-10.

305 West 7th Street, Plainfield, or www.unitedfamily.org
1500 Plainfield Avenue, South Plainfield (908) 755-4848

• **Youth and Family Counseling Service**

For residents of Berkeley Heights, Clark, Cranford, Garwood, Mountainside, Rahway, Scotch Plains and Westfield. Sliding scale.
233 Prospect Street, Westfield (908) 233-2042

PARENTS ANONYMOUS STRESS-LINE (800) 843-5437

Residential facilities which require a DYFS referral:

▪ **Bonnie Brae Educational [residential] Center**

Adolescent boys ages 11-18, MICA homeless, sex offenders.
Bernards/Liberty Corner (in Somerset County) (908) 647-0800

• **Arthur Brisbane Child (residential) Treatment Center**

State-run hospital for adolescents ages 11-18
Farmingdale/Wall Township (in Monmouth County)
(732) 938-5061

• **Davis House** – for children ages 5-10.

284 Broadway, Newark (Essex County) (973) 485-3314

DEVELOPMENTALLY DISABLED

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

• **Community Access Unlimited**

80 West Grand Street, Elizabeth www.caunj.org

(908) 354-3043

Case management, employment, residential and community support programs.

• **Ancora Psychiatric Hospital** is a state hospital with a unit

serving those that have both a developmental disability and a mental illness.
(609) 561-1700

202 Spring Garden Road, Winslow Twp. (in Camden County)

DEAF AND HARD OF HEARING

Persons who are deaf or hard of hearing are to be served on an equal basis at all DMHS funded programs. The patient has the option of

receiving service at the nearest hospital or electing to be transferred to

Trinitas, a deaf enhanced screening center/STCF with training in

communication with the deaf.

• **Trinitas Hospital**

925 East Jersey Street, Elizabeth

(908) 994-8131

• **Barnert Hospital** serves the mental health needs of people who are deaf or hard-of-hearing. Specially trained staff fluent in ASL provides therapy, psychosocial rehabilitation, emergency services, and an interpreted AA meeting.

www.barnert Hosp.com Voice or TTY: (973) 977-6690

680 Broadway, Paterson (in Passaic County)

VETERANS AND MILITARY

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

Mental health services for military active duty and retirees:

- **Community Clinic** (908) 994-0120
654 East Jersey Street, Suite 2A, Elizabeth

In-patient hospital care for veterans:

- **Veterans Administration NJ Health Care System**
151 Knollcroft Road, Lyons (Somerset County) (908) 647-0180
385 Tremont Ave., E. Orange (Essex County) (973) 676-1000
- **Schizophrenic Support Group** for Veterans and their Families.
Professionally run, guest speakers, newsletter.
VA Medical Center, Bldg. 143 (908) 647-4066
151 Knollcroft Road Lyons (in Somerset County)
First Monday, 7:PM

ALZHEIMERS DISEASE

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

Three **support groups** for family members of Alzheimer's patients are conducted in our area, each professionally run:

- Runnells Specialized Hospital, family conference room
40 Watchung Way, Berkeley Heights
Third Thursday, 1:PM (908) 771-5828
- Family Resource Center
300 North Avenue, Cranford
First Wednesday, 7:PM (908) 994-7313
- Overlook Hospital
99 Beauvoir Avenue, Summit
Second and fourth Thursday, 7:PM (609) 514-1180

COMPLAINTS ABOUT THE HEALTH CARE SYSTEM

The NJ Division of Mental Health Services (DMHS) funds and/or supervises most of the services listed in this booklet. Some also receive funding from the **Union County Division of Mental Health**. For information or complaints, please call (800) 382-6717.

To report patient abuse at a state hospital (888) 490-8413

- **Union County Mental Health Board**
Union County Administration Building
Elizabethtown Plaza, Elizabeth (908) 527-4846
- **New Jersey State Board of Medical Examiners**
For information on New Jersey physicians, including disciplinary actions.
(609) 826-7100
www.state.nj.us/ps/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) 624-4557
- **S.H.I.P.** will assist with Medicare or other health insurance problems. State Health Insurance Assistance Program.
Voice mail (908) 273-6999

PAYING FOR THERAPY

The staggeringly high cost of mental health services is a challenge for just about everyone.

Most 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 in the same manner as physical illnesses for policies written in the state. (Federal parity laws are less stringent. Watch for NAMI's advocacy efforts to achieve Federal parity.)

Some providers charge on a sliding-scale, in which their fees are reduced based upon 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 if economically needy. 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.

→ Call **PhRMA** to receive their directory of participating companies, detailing medicines covered and eligibility. The PhRMA (Pharmaceutical Research & Manufacturers of America) website has links to free medication programs:
www.phrma.org (800) 762-4636

Internet links to free medication programs:

www.rxassist.org www.rxhope.org www.helpingpatients.org
www.benefitscheckuprx.com (for seniors)

√ Doctors may provide you with samples of your prescribed medication if they have them at your request. It's a temporary solution but you shouldn't hesitate to ask.

Lower-cost medication programs

Until Medicare offers prescription drug coverage in 2006, 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.

<u>Card name</u>	<u>phone</u>	<u>website</u>
Together Rx – Sponsored by Abbott, AstraZeneca, Aventis, Bristol-Myers Squibb, GlaxoSmith Kline, Johnson & Johnson, Novartis and Ortho-McNeil	(800) 865-7211	www.togetherrx.com
Pfizer Share Card	(800) 717-6005	www.pfizersharecard.com
GlaxoSmithKline Orange Card	(888) 672-6436	http://us.gsk.com/card/index.htm
Eli Lilly Answers Card	(877) 795-4559	www.lilly.com

Medicaid pays the full cost of prescription drugs, with no co-pays.

PAAD or Senior Gold Card for SSDI and seniors

PAAD cardholders pay \$5.00 for each covered prescription. To qualify, you must be receiving SSDI or be at least 65 years of age and of low income. PAAD, Pharmaceutical Assistance for the Aged and Disabled, is a state-run program. Ask your pharmacist for an application or call (800) 792-9745.

Union County Discount Medication Program

Offered to any county resident for an annual \$19 fee. Discounts range from 20-50% at participating pharmacies. Call to receive an enrollment kit from AddHealth Inc., the managing company. No tax dollars are used to fund the program. (800) 733-8546

DISABILITY INCOME:

SOCIAL SECURITY PROGRAMS, MEDICAID AND 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 EAP. Money has been deducted from your paycheck and matched by your employer to pay for this program. (609) 292-7060
www.nj.gov/labor/tdi/tdiindex.html

Tap any private disability insurance policies you carry. In case of job loss, apply for state Unemployment Insurance.

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

√ If it appears that the inability to maintain gainful employment will last for more than 6 months, consider applying for Social Security benefits.

Get information by phone: (800) 772-1213 or at the website **www.ssa.gov**. The Union County office of Social Security is at 547 Morris Avenue in Elizabeth.

Deciding which of the two Social Security programs to apply for initially depends upon the length of time you've worked. See the chart on the next page for comparison. Please note, describing the whole SSA system is beyond the scope of this directory. There are plenty of booklets, Internet information and helpful people at the SSA to assist you.

It generally takes 6 months after applying to begin receiving benefits. Serious and persistent mental illness disrupts a person's economic livelihood. Start the application process once it's apparent that long-term financial assistance is necessary.

If Social Security denies your application, begin the appeals process. **Community Health Law Project** provides free legal assistance. (908) 355-8282
65 Jefferson Ave., Elizabeth

SSDI – SOCIAL SECURITY DISABILITY INCOME

Who is eligible	<p>People who've worked long enough and recently enough and earned enough "credits," that is, paid taxes into Social Security. The number of "credits" you need depends upon the age at which you became disabled.</p> <p>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.</p> <p>The fact that you qualify for disability from a private plan or other government agency does not mean automatic eligibility for SSDI.</p>
Note:	
Phone	(800) 772-1213
Website	www.ssa.gov



Medical bills covered by	Medicare. Part A – hospital insurance Part B – optional medical insurance.
When?	Two years after SSDI eligibility determined by SSA; automatically enrolled
Rx drug coverage?	Not until 2006.
Who runs it?	Medicare is federally funded and run
Phone	Medicare (800) 633-4227
Website	www.ssa.gov www.medicare.gov



Food stamps?	Not automatically. Apply at Social Services
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SSI – SUPPLEMENTAL SECURITY INCOME

Who is eligible	People, including children, with little work history and few financial resources.
Who runs it?	Social Security administers the program, although money comes from general revenue, not from a payroll tax as does SSDI.
Phone	(800) 772-1213
Website	www.ssa.gov



Medical bills covered by	Medicaid. No co-pays.
When?	With acceptance into SSI.
Rx drug coverage?	Yes.
Who runs it?	Medicaid is a state-run program, although federally financed
Phone	Medicaid: (800) 356-1561
Website	www.ssa.gov www.medicaid.gov



Food stamps?	Yes, through Social Services
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SOCIAL SERVICES / WELFARE / PUBLIC ASSISTANCE

Disabling illness deals a tremendous blow to your finances. You may need help paying for groceries, utilities and the necessities of life in addition to the medical expenses, especially if you are not receiving disability payments.

Call Social Services to find out about obtaining Temporary Assistance to Needy Families (TANF):

- **Union County Dept of Human Services** (908) 965-2700
342 Westminster Ave., Elizabeth
This office serves those who live in Elizabeth, Hillside, * Kenilworth, Linden, * Roselle, * Roselle Park, * Springfield, * Union and Winfield.

Residents of Berkeley Heights, Clark, Cranford, Garwood, Fanwood, * Mountainside, New Providence, Plainfield, Scotch Plains, * Summit, Rahway or Westfield* should call:

- **Union County Dept of Human Services** (908) 791-7000
317 E Front St., Plainfield

Social Services will tell you about Medicaid, food stamps, and other assistance programs. A doctor's note stating that you are unable to work may increase the individual allotment to \$210 a month from \$140 (2003 figures).

*Individuals (without dependent children) needing public assistance who live in the following municipalities should call their municipal welfare department first. Since these offices handle only welfare -

benefits, contact the Elizabeth or Plainfield office of Human Services to apply for Medicaid and food stamps.

Municipal welfare offices:

Fanwood	(908) 322-6700	Roselle Park	(908) 245-4700
Hillside	(973) 923-6300	Scotch Plains	(908) 322-6700
Linden	(908) 474-8620	Springfield	(973) 912-2206
Roselle	(908) 245-5659	Westfield	(908) 789-4079

For referrals to any number of additional resources, such as utility payment assistance programs and basic emergency services like the Salvation Army and Catholic Charities, call:

- **Contact We Care** (908) 232-2880
7 days a week; 7:AM – 11:PM
- **First Call for Help** - United Way of Greater Union County
www.uwguc.org (908) 353-7171
Monday-Friday; 8:30AM – 4:30 PM
- **"New Jersey Community Resources"** – website developed by Michael Swayze with links to many social service and government agencies. Easy to navigate!
<http://mywebpages.comcast.net/mikeswayze/commres.html>

Food pantry locations in your community and qualifications will be provided by **Food Bank of New Jersey** / Community Food Bank
www.njfoodbank.org (908) 355-3663

You can try the **Food Stamp Eligibility Screening Tool** that calculates possible eligibility and estimates the monthly allotment for food stamps: www.oel.state.nj.us/foodstampTool/index.html

FREE OR LOWER-COST DENTAL CARE

Some dentists accept Medicaid. Please re-check with a particular dentist when making an appointment since Medicaid status changes frequently.

For a list of participating dentists, call NAMI Union County at (908) 233-1628 or the **NJ Medicaid Dental Bureau** at (800) 782-0181. Or visit the NJ Medicaid website and click on Provider Directory. www.njmmis.com

- **NJ Foundation of Dentistry for Persons with Disabilities** provides one-time free dental services, based on financial eligibility. (732) 821-2977
- Reduced Cost Dental Care at **Plainfield Health Center** 1700-58 Myrtle Ave., Plainfield. If charity care application is not approved, they will charge on a sliding scale. (908) 753-6401

- **UMDNJ Dental School** 110 Bergen Street, Newark (in Essex County) Emergencies-only clinic, first-come, first-served. Tuesday through Friday; sign in at 7:30 AM. Reduced cost care, about 1/3 less. Accepts Medicaid; private insurance accepted but must pay up front. You can be screened to become a regular patient although at times there is a months-long waiting list. (973) 972-4242

- **UMDNJ Dental Clinic** 150 Bergen Street, Newark (in Essex County) Emergency extractions only. Monday, Tuesday, Thursday, Friday; 7-9:AM, walk-ins only. Charity care or will submit claim to your insurance company. (973) 972-5026

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. Many programs stop accepting applications to even get on the waiting list. An agency will tell you their waiting list is "closed," even for 5 years.

- ✓ However, there are interim periods when a list will "open up" and applications can be made. Keep in touch with your social worker to be alerted to such openings. 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:

✧ **Low Income Housing**

Your income must be at least \$20,000 to qualify for this program, popularly known as "Mount Laurel" housing. A Section 8 voucher can be utilized to help qualify. Call to receive an application to get on the waiting list. (609) 292-9795 or (609) 984-3380

Elizabeth Housing Authority (908) 965-2400
 Farley Towers, 33 Cherry St.
 O'Donnell-Dempsey, 632 Salem Ave.
 Ford Leonard Towers, 69 Division St.
 Kennedy Arms Apartments, 70 Westfield Ave.

Linden Housing Authority (908) 298-3820
 Peach Orchard Towers, 1601 Dill Ave.
 Murawski Towers, 1551 Dill Ave.

Plainfield Housing Authority (908) 753-3301
 Richmond Towers, 510 East Front St.

Rahway Housing Authority (732) 388-3546
 Kennedy Apartments, 250 Grand Ave., West
 Walter Schafferhauser Towers, 165 East Grand Ave.
 Clifford Case Memorial Apts., 337 West Milton Ave.

Summit Housing Authority (908) 273-6413
 Senior Housing Unit, 12 Chestnut Ave.

❖ **Senior Citizen 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 such as the Suburban News, the Independent Press and the Union Leader.

Plainfield Tower West (908) 668-1963
 601 West Seventh Street, Plainfield

Scotch Plains Senior Citizens Housing (908) 654-1313
 2002 Lake Avenue, Scotch Plains

❖ **Section 8 HUD Vouchers**

This program subsidizes part of a tenant's rent. Although the Union County waiting list seems perpetually closed, sometimes another county opens up and accepts applications. A voucher secured in one county can be used in another.

- ✓ Ask this question when you call: "Please tell me which *other* counties are accepting applications?"

The local administrator is the **Union County Department of**

Community Affairs. (908) 355-7826 or (908) 820-3256

For your convenience, here are the phone numbers of the Section 8 offices for New Jersey's other counties:

Atlantic	(609) 441-3334
Bergen	(201) 996-8990
Burlington / Camden	(856) 614-3300
Cumberland	(856) 453-3820
Essex	(973) 266-2822
Gloucester / Salem	(856) 935-4700
Hudson	(201) 217-7256
Mercer	(609) 292-8537
Middlesex	(732) 246-3137
Monmouth	(732) 741-0339
Morris	(973) 631-6285
Ocean	(908) 255-0818
Passaic	(973) 225-7146
Somerset / Hunterdon	(908) 707-9010
Sussex	(973) 383-5602
Warren	(908) 475-5703

❖ **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.

Springfield Senior Citizen Housing, Inc.
350 Independence Way, Springfield (973) 467-1480

First Westfield Sr. Citizen Housing Corp.
1133 Boynton Avenue, Westfield (908) 233-5898

Erhart Gardens and JT Shaeffer Gardens - apply by letter
100 Francis Court, Union 07083

❖ **SERV supervised housing**
Group homes, supervised and semi-supervised apartments. Placement priority given to persons ready to depart a state psychiatric hospital.www.servbhs.org
(800) 987-7378 Elizabeth office (908) 558-7466

❖ **Volunteers of America**
Currently manages one group home and some apartments in Union County and is developing others. Placement is given exclusively to those departing a state psychiatric hospital. (732) 396-1631

❖ **American Residential Treatment Association**
The website of this professional association highlights some privately-run group homes located in the Northeast.
<http://www.arta-ne.org/members.htm>

❖ **Bureau of Rooming & Boarding House Standards**
Call for a list of licensed boarding homes and rooming houses throughout New Jersey. (There is not a website for this department at present.) (609) 633-6251

❖ **Community Access Unlimited - Homeshare Program**
Helps match individuals who wish to share housing expenses.
(908) 354-3040

❖ **Residential Health Care Facilities**

RHCF's are privately run housing facilities that provide meals, laundry, and some medication monitoring. Listed below are RHCFs in Union County. Call (609) 633-9042 to request a list of licensed RHCFs in any NJ county, or see the website of the Dept. of Health & Senior Services: www.state.nj.us/health/ltr/cgi/facilitysearch.htm

Facility Name / Address	Phone / No. of RHCF beds
Elizabeth House (men only) 78 E. Jersey Street Elizabeth	(908) 355-3406 (42)
Plainfield Park Hotel 123 W. Seventh Street Plainfield	(908) 754-2211 (182)
Plainfield Rest Home 520 Central Avenue Plainfield	(908) 757-3579 (24)
Six-O-Two Central Corporation, aka "Older Americans" 602 Central Avenue Plainfield	(908) 756-6029 (23)

❖ **Homeless Outreach at Bridgeway**
Hotline for those homeless with mental illness. *You don't need to be out on the street to call!* Bridgeway will also work to help keep you in your present living situation. (908) 289-7330

❖ **Bridgeway Supportive Housing Service**
Case management service for people living in their own home or apartment. Bridgeway assists consumers in their housing search, seeks to reduce the stress of moving, and develops ADL skills such as budgeting, shopping, cooking and medication compliance.
(908) 355-7886

Frankly, housing availability for people with low income is inadequate. The situation goes from bad to worse when a person needs support because of mental illness. ***NAMI needs your advocacy in this vital area.*** Use your power at the ballot box to direct our tax dollars to the programs and services we need.

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.

- **Bridgeway Supported Employment Services** include choosing a career path, job search, aid in keeping the job and ongoing support. Services can be coordinated with other mental health activities at the agency or offered stand-alone.
615 North Broad St. or 567 Morris Ave., Elizabeth
www.bridgewayinc.com (908) 355-7200
- **DVRS** (Division of Vocational Rehabilitation Services) 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.
www.state.nj.us/labor/dvrs/vrsindex.html
65 Jefferson Ave., 4th Floor, Elizabeth (908) 820-3112
- **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/ProgramsServices/consumerconnections (800) 367-8850

- **Collaborative Support Programs-NJ** (CSP-NJ) and **Community Enterprises Corporation** (CEC), their housing and economic development subsidiary provide a wide range of jobs, such as peer advocates and office and housing maintenance work.
www.cspnj.org

1191 Morris Avenue, Union (908) 686-2956

- **Occupational Center of Union County** (OCUC)
Vocational rehabilitation, sheltered employment, job placement.
Transportation available.
301 Cox Street, Roselle (908) 241-7200

- **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 recipients make informed choices and feel comfortable returning to work. The NJWINS representative can meet with you at the OCUC in Roselle or at Community Access Unlimited.
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. (973) 378-6401
- General information about NJ Transit Services
www.njtransit.com (800) 772-2222
- **AccessLink**
If you live within $\frac{3}{4}$ mile of a bus route or train station but cannot travel by regular bus or train, you may be eligible for this door-to-door NJ Transit Paratransit service. Assessment interview held in front of a review board in Elizabeth. (800) 955-2321
- **Union County Paratransit** office (908) 659-5000
Must be disabled or a senior citizen. Van service to medical and dental appointments, shopping and education destinations within Union County. Three- to five-day advance request is required.
Reservations 7:AM-5:30 PM (908) 241-8300

LEGAL HELP

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

- **Community Health Law Project** represents disabled individuals in civil legal issues, such as disability appeals, benefits maintenance, debts and bankruptcy, child custody and family law, and landlord-tenant disputes. CHLP advocates can visit the home or care center. 65 Jefferson Ave., Elizabeth www.chlp.org (908) 355-8282
- **NJ Protection and Advocacy** is responsible for overseeing and defending the rights of institutionalized disabled individuals, including everybody in all of our psychiatric hospitals and inpatient wards, as well as the mentally ill in our state prison system. For eligible individuals, it provides information and referral, legal and non-legal advocacy, and outreach and education. www.njpanda.org (800) 922-7233
- Union County **Legal Aid** (908) 527-4769
- Union County Bar Association **Lawyer Referral Service** Weekdays 10:00 AM – 1:00 PM (908) 353-4715
- **Central NJ 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. 60 Prince Street, Elizabeth (908) 354-4340
- The Union County **Public Defender's Office** Criminal Division represents indigent persons in criminal matters. (908) 820-3070 65 Jefferson Ave., Elizabeth
- The Division of Mental Health and **Guardian Advocacy** represents individuals in psychiatric commitment and legal guardianship hearings. (609) 292-1780

- **Bias incident hotline** for the reporting of hate and bias incidents. Leave message. (800) 277-BIAS (2427)

- **Victim/Witness hotline** NJ State / Union County (908) 527-4598 or (800) 242-0804

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

- **The Judge Bazelon Center for Mental Health** advocates precedent-setting litigation and public policy nationwide. Look here for news on specific populations such as children, seniors, the incarcerated, and on issues such as insurance, Medicaid and housing. www.bazelon.org (202) 467-5730

Bill Of Rights For Tenants Of Boarding Homes

If you or somebody you know who's living in a boarding home is being denied these basic rights granted by New Jersey law, contact the **NJ Dept. of Community Affairs** at (609) 633-6251. You have the right to:

- a safe and decent living environment and care that recognizes your individuality and dignity
- manage your own financial affairs
- keep and use personal property in your own room, except storage which is unsafe, impractical, or interferes with the rights of other residents
- receive and send unopened mail
- use a phone in privacy and to have a phone installed in your room, at your expense
- privacy, including privacy regarding medical conditions and treatment
- practice your own religion and to be active in the community
- complain about the home to the Government or others without any fear of the home operator "getting even"
- have all legal rights you would have if you lived somewhere other than in a boarding house

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. They are instructional, such as a living will, and proxy, such as a durable power of attorney. Work with a lawyer, paralegal or advocate when writing advance directives. Share your instructions with your family, health care providers and other advocates.

- Advance directive forms can be downloaded from www.partnershipforaging.com (800) 989-9455

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.

Supplemental 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** (908) 575-8300

This fee-based agency assists the family in planning for the long term. Trust and benefits administration, monitoring and advocacy, guardianship.

SELF-HELP RESOURCES / INFORMATION & REFERRAL

- **Center for Women and Families** (908) 322-6007
Workshops, counseling, low and no-cost legal consultation, information and referral.
511 North Avenue, Garwood
- **Connection for Women and Families** (908) 273-4242
Counseling, workshops. Fees vary according to programs.
Serving Berkeley Heights, Mountainside, New Providence, Springfield and Summit.
79 Maple Street, Summit
- **Eating Disorders Helpline** (800) 624-2268
- **S.A.F.E. Alternatives** (Self Abuse Finally Ends) – for cutters and self-mutilation. Recorded info at this Chicago-based organization.
<http://www.self-injury.org/> (800) 366-8288

SUPPORT / SELF-HELP GROUPS

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.

<u>AA/NA Meeting Locators and Information</u>	
<p>About 135 AA meetings run every week in Union County. If you don't like the "personality" of one, try another!</p>	
<ul style="list-style-type: none"> Alcoholics Anonymous www.nnjaa.org Al-Anon and Al-A-Teen www.nj-al-anon.org Narcotics Anonymous www.nanj.org Nar-Anon Family Groups www.naranonofnj.org 	<p>(800) 245-1377 or (908) 687-8566</p> <p>(973) 744-8686</p> <p>(732) 933-0462</p> <p>(800) 238-2333</p>

- Alternatives for Men** - anger management. Professionally facilitated; fee \$25. Call for locations, days and times. (908) 272-0304
- Choices for Women** – for women who are or have been in abusive relationships but do not require shelter. Professionally facilitated. Call for locations, days and times. (908) 272-0304
- CHADD** – Children & Adolescents with Attention Deficit Disorder. Sharing, support and speakers. Union Elks Lodge, 281 Chestnut Street, Union Fourth Mondays, 8:PM (908) 241-5758
- Co-DA – Codependents Anonymous.** 12-step fellowship to develop healthy relationships All Saints, 559 Park Avenue, Scotch Plains Tuesdays; 7:30 PM (908) 272-1926

- Depression & Bi-polar support group** – for consumers and family members. (Group not sponsored by hospital.) Overlook Hospital, first floor conference room 1 99 Beauvoir Avenue, Summit (908) 233-7074 First and third Thursdays, 7:30 PM
- Depression after Delivery** – women with post-partum depression. Call for local group locations, days and times, and to receive an information packet. www.depressionafterdelivery.com (800) 944-4773
- Family support group** – family members of persons with mental illness. Professionally run. Educational workshops, literature and individual consultations available. Mental Health Assoc. in NJ (side entrance, 2nd floor) 109 South Avenue West (TC Graphics Building), Cranford (908) 497-1921 x*12 First Wednesday, 7:30 PM
- MICA support group.** 12-step. Richard Hall Community Center 500 North Bridge Street & Vogt Ave., Bridgewater (in Somerset County) 7:30 PM Thursdays (973) 865-4851
- Obsessive-Compulsives Anonymous** – exclusively for consumers. United Methodist Church Diamond Hill Road, Berkeley Heights Mondays, 7:45 PM (201) 941-8143
- OCD support group** for consumers with obsessive- compulsive disorder and their families. NJ affiliate of OCD Foundation; very helpful annual conferences. www.njocf.org Robert Wood Johnson Medical Building, Room 108A, New Brunswick (in Middlesex County) (732) 828-0099 2004 schedule: March 15, June 14, Sep 13; 7:PM
- Recovery, Inc.** – self-help method of will training. Offers techniques for controlling temperamental behavior, anxiety, nervousness, depression and fear. www.recovery-inc.com (732) 922-8112

- Central Presbyterian Center
Morris Avenue & Maple Street, Summit
Wednesdays, 7:45 PM
- Union County Community Services Building
300 North Avenue, Westfield -Fridays, 8:PM

- **Schizophrenics Anonymous** – persons with any schizophrenia-related disorder. Support and guest speakers.

96 Bayard Street, Suite B-17, New Brunswick (Middlesex County)
First and third Tuesdays, 4:PM (732) 235-6184

- **Schizophrenics Anonymous**

28 Walnut Street, Madison (in Morris County)
First and third Wednesdays, 7:PM (973) 377-9280 x-17

- **Sibling support group** – adult siblings of persons with mental illness. Professionally run. Educational workshops, literature and individual consultations.

Mental Health Assoc. in NJ (side entrance, 2nd floor)
109 South Avenue West (TC Graphics Building), Cranford
Second Wednesday, 7:30 PM (908) 497-1921 x-*12

- **Spouse support group** – spouses of persons with mental illness. Professionally run. Educational workshops, literature and individual consultations.

Mental Health Assoc. in NJ (side entrance, 2nd floor)
109 South Avenue West (TC Graphics Building), Cranford
Fourth Wednesday, 7:30 PM (908) 497-1921 x-*12

√ To find self-help groups for every conceivable topic,
contact the **Self-Help Clearinghouse**
www.njgroups.org (800) 367-6274

*Our thanks to Ivonne Gallego and Joyce Benz of IFSS
for their help in putting the Self-help section together.*

CONSUMER HANDS-ON RECOVERY & RECREATION

For acceptance, support and friendship, these “drop-by” centers have it all! Meet fellow consumers 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 – just call and ask.

- **Spirit of Dawn** (908) 352-7830

60 Prince Street, Elizabeth
Monday, Wednesday and Friday 3-7 PM

- **Esperanza** (908) 353-6364

60 Prince Street, Elizabeth
Monday thru Thursday 9:AM-1:PM. For Spanish speakers.

- **Park Avenue Self-Help Center** (908) 757-1350

333 Park Avenue, Plainfield
Monday 1-4 PM; Wednesday 3-7 PM; Thursday 3-6 PM

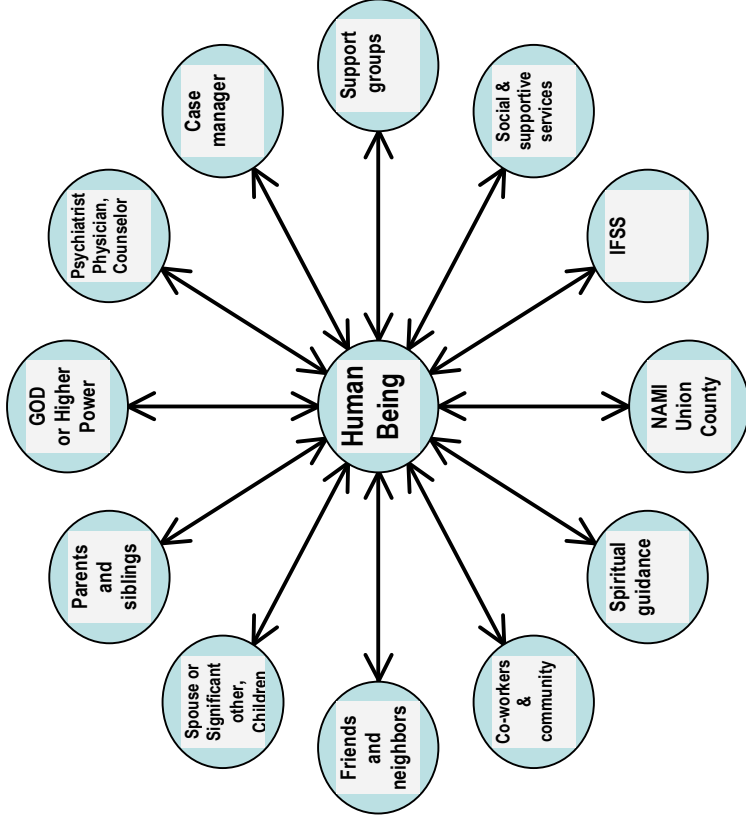
Community Access Unlimited's calendar of excursions to movies, parks, restaurants and fun events also features computer and literacy classes. Buses leave from their Elizabeth location. Call for information.
www.caunj.org (908) 354-3040 x 388

The Center for Reintegration program and website material has received positive reviews from recovery-oriented mental health practitioners and advocates.

www.reintegration.com (201) 869-2333

YOUR SUPPORT NETWORK?

You *GIVE* as well as *RECEIVE* from your supports -- that's why the arrows go both ways.



DAILY AFFIRMATIONS:

LESSONS FROM A HOSPITAL PSYCHIATRIC UNIT

This section adapted from NAMI-Greater Monmouth Affiliate's "What's Out There" resource guide for Monmouth County.

NAMI volunteers periodically visit the inpatient psychiatric unit of a local hospital. Most of the men and women on this unit have admitted themselves due to dangerous aggravation of symptoms of their major mental illness. Our visits accomplish two things:

- 1) Make the patients aware of NAMI and the wide range of community resources to aid in their recovery, and
- 2) Allow the patients to share with each other the daily structures and resources so that they can cope with their illnesses.

Both patients and volunteers seem to learn something at every meeting. Here's what patients have shared:

- **Structure.** Having a solid plan for each day, some reasonable goals, and a regular order of getting things done helps people stay out of emotional trouble. Others eschew strong structure, and are more comfortable ad-libbing with smaller goals.
- **God, faith, and religion.** This may range from daily prayer or bible readings to participation in church choirs. People who have become separated from their faith may consider re-establishing a relationship.
- **Family relationships.** A family member who does not accept the realities of a person's illness and limitations causes much difficulty. Supportive family members can make all the difference.
- **Children.** Many patients focus on the children in their lives: their own, grandkids, nieces and nephews. You'll find kid's photos or artwork posted in their hospital rooms. In the darkest depressions which accompany many of these illnesses, focusing on lifecycle events (a child's high-school graduation, the birth of a grandchild) can prevent the worst.

- **Acceptance.** The Serenity Prayer is often quoted as *"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."*

Many patients know this prayer and take it to heart. Nothing can trigger mental anguish faster than butting one's head against a wall. Failure to accept what is often life-long medication therapy can lead to discontinuation of treatment and a painful relapse. The people who cope best with these complicated illnesses do so by accepting that setbacks, including occasional need for hospital care, are a regular part of their illness.

- **Knowledge and awareness.** Many patients empower themselves by learning about their illness and treatment options. NAMI and other support organizations provide excellent education materials. The Internet is a fantastic resource!

- **Basic self-care.** It's easy in a troubled time to become neglectful of diet or personal hygiene. Sleep problems are a symptom and aggravating factor of many of these illnesses. Exerting the extra energy needed to stay on top of these daily tasks can be the key to averting a crisis. Extra attention to the timing of caffeine and sugars and setting up a quiet environment can make for a more comfortable sleep. Noticing that you (or your loved one) are unable to stay on top of self-care issues is often the clue to recognizing a dangerous relapse. Seek help promptly.

- **Journaling.** Many people use daily journaling as a means of expressing their frustrations on paper. Some report success with a gratitude journal, identifying five things to be grateful for each day. Our local bookstore has a wall full of journals for sale, although a 59c composition book will do just as well.

- **Emergency planning.** Some patients report that knowing the local crisis number and realizing that hospital care is available helps keep them stable.

- **Mutual support.** This can range from a telephone relationship with someone with a similar disorder to attending one of the many support groups in our community. Nobody else can give you the kind of help you get from someone who has been there.

- **Exercise.** Research has proven that exercise raises a depressed mood. Swimming invigorates as well as soothes. Dancing is fun, alone or with others. Walking is free! (And helps you get in shape for the next NAMI Walk for America!)

Other important recovery tools cited by patients include:

- Fresh air and sunshine
- Feelings of being capable
- Meditation
- Gardening and being with nature
- Music – playing, composing or listening
- Caring for pets and animals

Different things work for different people. Think something may work for you? Try it. If it works, stick with it. If it doesn't, move on.

Finally, we frequently observe the compassionate care the patients give each other. From the depressed young woman who needs comfort, to the older man who cannot enter or leave a chair without assistance, they find willing support from their fellow patients. It is clear that the giver as well as the receiver benefits. There is a sense of grace and fellowship here that, if practiced outside the hospital, would make this a much happier world.

We wish our hospitalized friends all the courage and peace they will need to bolster their recovery.

Our thankful recognition to Laura and Jay Yudof for their tireless sojourns to those hospitalized.

COMMUNITY EDUCATION

IFSS lectures on mental health topics

Please call to receive a schedule of events.
 Mental Health Assoc. in NJ (side entrance, 2nd floor)
 109 South Avenue West (TC Graphics Building), Cranford
 Third Wednesday; 7:30 PM
 www.mhanj.org/Programs/Services (908) 497-1921 x-*12

“In Our Own Voice – Living With Mental Illness”

Presentations by trained consumers 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 sign up for the next training (in August 2004) contact Jay Yudof, NAMI NJ Consumer Outreach Liaison. Jyudof@hotmail.com (732) 531-7624

Law Enforcement Interface

NAMI reaches out to law enforcement personnel with a basic class in mental illness awareness, taught by a certified police instructor. Topics include:

- a brief history of the treatment of mental illness
- a short video about its biological nature
- a review of symptoms and warning signs
- a discussion of the 1989 Psychiatric Emergency Screening Law and its significance for police officers
- an explanation of the DO’s and DON’T’s for law enforcement dealing with mental illness crisis situations.









Call Elaine Goodman at (856) 464-0223 to schedule this free class which has been presented to over 3,000 police officers, chiefs, supervisors, basic recruits, judges and correction officers statewide.

“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, Coordinator. NAMI NJ Law Enforcement Education Program

NAMI NJ Do’s and Don’ts for Law Enforcement Education

DO

DON’T

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

NAMI’S CREDO: EDUCATION, SUPPORT AND ADVOCACY

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.

<p><u>Meeting Schedule for NAMI Union County</u></p> <p>Meetings are held the 4th Tuesday of every month, except December, July and August, beginning at 7:30 PM.</p> <p>Osceola Presbyterian Church (back entrance) 1689 Raritan Road, Clark (exit 136 GSP).</p> <p>There is no registration requirement to attend these meetings. Handicapped accessible. Free refreshments!</p> <p>Because schedules can change due to weather, space availability, holidays or other factors, please call (908) 233-1628 to confirm.</p>

NAMI Union County has many volunteer opportunities and we're always seeking people who would like to participate.

NAMI members work with county government to develop housing opportunities and to raise funds for supportive housing. We 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:

- run 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
- organize holiday gift drives
- facilitate voter registration
- publish our newsletter and other documents (such as this Resource Guide)
- question and support our health care providers, elected officials, school personnel and community workers
-do whatever is needed! What can YOU imagine?

NAMI Union County members find great reward in helping consumers and families make the system work better. Please help out in your area of interest or expertise.



Sometimes, NAMI members do . . . nothing. Nothing, zilch, zip.

Dealing with the ravages of mental illness can be so consuming that there are times when it seems *too much*, that nothing can be done besides cope with day-to-day. That's when we're there for each other.

We reach out, you reach back. We listen, try to help. We understand. ***We've been there.***

GLOSSARY

Clinical Social Worker - health professionals 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.
Concrete services – basic needs like housing and food; term used by social workers.

Continuum of care – a progression of services that one moves through, usually one service at a time.

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

"Double Trouble" – having both a mental illness and a substance abuse problem. The consumer's name for MICA.

DSM-IV (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 – ability of a drug to control or cure an illness

Elope – to slip away without notification – not necessarily to get married!

Health Insurance Portability and Accountability Act (HIPAA) - Provides 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

Initial referral or intake – the process an agency or program uses to determine eligibility for services

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

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Medicaid – pays for health care for poor people

Medicare – pays for health care for seniors and disabled people who've worked

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

Novel medication – one developed in the last two decades or so that purportedly has fewer side effects than medications used in years prior

Outpatient – the patient resides at a place other than the treatment facility

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

Pastoral Counselor - works within traditional faith communities to incorporate psychotherapy and/or medication with prayer and spirituality

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

Psychotropic – that which acts on the mind

RFP (Request for proposal) - non-government agencies submit RFPs when seeking contracts to carry out objectives of government programs

Respite care – Someone else cares for the loved one temporarily while the caregiving family takes a break

Self-help - generally refers to groups or meetings that

1. involve people who have similar needs
2. are facilitated by a consumer, survivor, or other layperson
3. assist people to deal with a "life-disrupting" event, such as a death, abuse, addiction, or diagnosis of a physical, emotional, or mental disability
4. are operated on an informal, free-of-charge, and nonprofit basis
5. provide support and education
6. and are voluntary, anonymous, and confidential.

Titrated services – efficiency; providing the smallest amount of services in order to produce the desired results; term used by social workers.
Wrap-around services – all-encompassing comprehensive support by an agency to a client; includes case management, housing and vocational assistance, family counseling and education

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Thank You

Michael's Journals Foundation

Founded by the family and friends of Michael J. Petriano III in April 2002. His remarkable life inspires us to improve the lives of those who suffer from mental illness, spread awareness and assist the families of these individuals. Larisa DePalma, President
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NAMI Union County expresses our gratitude and appreciation to all the organizations who answered our many questions in the preparation of this Guide.

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Printing by Bryant Business Services (732) 556-0800

To receive additional copies of the Union County Resource Guide please call (908) 233-1628 or write to nami.union.nj@nami.org.

This edition published February, 2004.

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