

# NAMI-Greater Monmouth

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www.namimonmouth.org



## ***What's Out There***

### ***A listing of resources available to assist adults and their families in dealing with mental illness in Monmouth County***

*Update: August, 2010*

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#### **INTRODUCTION**

**NAMI**, the National Alliance on Mental Illness, is an organization of people with mental illness in themselves and/or a family member. NAMI provides Support, Education, Fellowship, support, and Advocacy opportunities for over 220,000 members nationwide. We also welcome professionals and community members to join NAMI.

We have prepared this booklet to consolidate information about a number of important community resources, including our organization, which may be of use to individuals living in this county dealing with mental illness in themselves or in a family member. If you are one of the thousands living in our county and coping with a psychiatric disability, or a family member or close friend, you are probably familiar with some of these resources. If not, this booklet may open your eyes to a world around you where people and families cope courageously. We invite you to contact us so you can learn more about what you can do to help us and how we can help you.

While no endorsement of any specific services, other than the activities of NAMI, NAMI-Greater Monmouth, and NAMI-NJ is intended, we highly advise you to try some of the self-help groups or services, find the ones that work for you, and become and remain active in them. This also applies to professional resources. We feel strongly that once you find the

professional services that work for you, you should stick with them. The right mix of professional treatment, mutual support, and advocacy will help maintain and improve the quality of your life.

The most important resource we of NAMI can offer you is support groups. Our groups<sup>1</sup> are a place where you can learn from the experiences of your peers, process ideas, see how people progress in their recoveries and deal with setbacks, and give and get empathy. The table on the next page is a list of our current support groups around the county.

This booklet is a work in progress, and the resources described in it change frequently. We invite corrections and suggestions for future editions, and apologize for any errors. This booklet is not copyrighted; you may freely copy it or reuse parts of it. If you wish to provide input, to request copies, or to learn more about our organization, please contact:

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### **NAMI-Greater Monmouth Support Group Schedule**

*We Provide Peer-Led Support Groups  
 For People Living With Mental Illness in Themselves  
 or a Family Member*

| <b>Town</b> | <b>NAMI Connection Support, for people living with a mental illness</b>                         | <b>Family-to-Family Support, for family members/ caregivers of someone with a mental illness</b> | <b>Notes</b>   |
|-------------|---|--|--|
| Colts Neck  | Colts Neck Community Church, 25 Merchants Way. First and Third Tuesday of every month, 7-8:30pm |  | Two separate groups in adjacent rooms.   |
| Freehold    | Freehold Self-Help Center, 17 Bannard St. Second and Fourth Thursdays of every month, 5-6pm     | Health Awareness Center, CentraState Medical Center. First Monday of every month, 7-8:30pm.      | Limited transportation offered for the <i>NAMI Connection</i> meetings. Call 732-625-9485. |
| Keansburg   | McGrath Towers, 25 Hancock St. Fourth Monday of every month, 6-7:30pm.                          |  |  |

*All groups are open to members and non-members, and there is no charge to attend! Information is always available by*

- calling 732-4NAMI-4U,
- e-mailing [nami.greater.monmouth@gmail.com](mailto:nami.greater.monmouth@gmail.com), or
- visiting [www.namimonmouth.org](http://www.namimonmouth.org)

Please call 732-533-7632 to find out about our SAMHAJ (South Asian Mental Health Awareness in Jersey) family support for family members from India and various other South Asian family origins.

If you wish to obtain information about NAMI and other services in Spanish, Cantonese, or Mandarin, please contact NAMI NEW JERSEY at 732-940-0991.

<sup>1</sup> Like those of other organizations

***We gratefully acknowledge the support of the Monmouth County Division of Mental Health and Addiction Services, without whose help this booklet would not be possible.***

### **A MESSAGE TO OUR COMMUNITY**

*Dealing with mental illness can be as scary and complex for the family as it is for the individual. The idea of this section is just to set down a few facts – things you may very well know, things you kind of know, maybe some things you don't know which could be of some help.*

The specific diagnosis (terms like obsessive-compulsive disorder) is a changes during the course of your to family understanding and the person's the mental health profession<sup>2</sup> lists many forms of mental illness can involve exaggerated mood swings, exaggerated mistaken for laziness), repetitive focusing (obsessions and compulsions), hearing or seeing things which are not beliefs (delusions), or bizarre behavior. because people's diagnoses change and resources about the illness; don't name is wrong.

Most serious mental illnesses are generally involving an imbalance of some which relay nerve impulses around the nesses. They are no more the fault of are no more a character flaw than person's life and relationships do have a illness. Individuals with mental illness society which makes it harder to seek Family members also deal with this

Society's prejudice may not be as bad as problems everyday, in individual obtaining housing, even in obtaining the results in legalized discrim-ination, with penalties and difficulties for mental

Most serious mental illnesses are biological diseases of the brain, generally involving an imbalance of some of the neuro-transmitters; chemicals which relay nerve impulses around the brain. They are not character weak-nesses. They are no more the fault of bad parenting than diabetes is. They are no more a character flaw than asthma is. The things that go on in a person's life and relation-ships do have a significant impact on the course of the illness. Individuals with mental illness often face a stigma, a prejudice in society which makes it harder to seek treatment and complicates their lives. Family members also deal with this stigma.

Society's prejudice may not be as bad as it was in the past, but it creates problems everyday, in individual relation-ships, in the workplace, in obtaining housing, even in obtaining the right medical care. This prejudice also results in legalized discrimination, with some heath insurance plans creating penalties and difficulties for mental illness.

Serious mental illness is much more common than most people realize. Recurrent, disabling mental illness may well affect one-in-16

#### **Heat Risk Warning**

One common side-effect of anti-psychotic medications (sometimes called major tranquilizers or neuroleptics) is that they can cause 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. Patients 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 their mental health provider for a brochure describing these heat risks and preventive steps in more detail. This brochure can also be downloaded in English and Spanish at [www.state.nj.us/humanservices/dmhs/home/index.html](http://www.state.nj.us/humanservices/dmhs/home/index.html).

schizophrenia, bipolar disorder, depression, starting point for obtaining treatment. It often illness, and is not that important with respect need for support. While the manual used by specific criteria for the various illnesses, combinations of depressed thoughts, anxiety, lack of energy (often unfortunately of thoughts or repetitive actions exaggerated distrust of others (paranoia), real (hallucinations), unshakable false Because the lines may be blurry, and over time, as you accumulate knowledge ignore anything just because the disease

biological diseases of the brain, of the neurotransmitters; chemicals brain. They are not character weak-bad parenting than diabetes is. They asthma is. The things that go on in a significant impact on the course of the often face a stigma, a prejudice in treatment and complicates their lives. stigma.

it was in the past, but it creates relationships, in the workplace, in right medical care. This prejudice also some health insurance plans creating illness.

<sup>2</sup> The Diagnostic and Statistical Manual of Mental Disorders, or DSM

adults. Nearly 1/3 of the disability beneficiaries of the Social Security system are considered disabled due to some form of mental illness, developmental contributes to mental illness in

Some mental illness, feelings and lack society's stigma, hard for a There are ways obtaining help. need to obtain help, referral from employee mental health

Mental illness is episode occurs, suicide attempts family members emergency NJ try to ensure Psychiatric Service (PESS) dealt with as a the patient hospital for The involvement one of safety; crime, and no

jailed or prosecuted for the symptoms of an illness<sup>4</sup>. The laws have provisions for the involuntary hospitalization (commitment) of patients who are not willing to obtain help for life-threatening symptoms. They also have protections, including 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".

Treatment for mental illness is generally a combination of medication, psychotherapy, and rehabilitative services<sup>5</sup>. Statistics show that mental illnesses respond better to medication treatment than many "body" illnesses, such as heart disease, and even better when combined with psychotherapy and rehabilitation. Hospitalization for an acute episode or for medication management is generally short-term, with the majority of hospital stays of 1-2 weeks duration.

A wide range of medications exist for the control of the symptoms of mental illness (sometimes called psychotropic medications). You will find a lot of information about these drugs, in categories such as anti-depressants, antipsychotics, mood stabilizers, and anti-anxiety medications. The specific medications a patient is given do not, in themselves, indicate their specific disorder.

Medication for each person is a matter of trial-and-error, sometimes lengthy, to be done under the management of a psychiatrist, an MD or DO<sup>6</sup> who specializes in mental illness and substance abuse. Each individual responds very differently to the same medications and dosages. The number of different medications used by each person, sometimes six or more, complicates the matter. Once an appropriate medication regimen has been established, it is very important

<sup>3</sup> Many family members have benefited by obtaining and reading a copy of Dr. Xavier Amador's *I am Not Sick I Don't Need Help!*

<sup>4</sup> Many things can happen with police involvement. We highly recommend calling the Psychiatric Emergency Service (732-923-5999) or Children's mobile response and stabilization Service (866-652-7624 statewide) rather than directly calling 911. Insist on mental health outreach, and ask police to wait outside until mental health workers arrive.

<sup>5</sup> Such as assisting a person to get back to work school, parenting, and/or other valued roles.

<sup>6</sup> or a psychiatric nurse practitioner

### TOLL FREE LINES AROUND

NJ residents dealing with mental illness will want to be aware of 2 helplines operated by the Mental Health Association in NJ under state contract:

- 866-202-HELP is the statewide mental health service information and referral line
- 877-292-5588 is the statewide warmline, where people can find non-crisis peer support

Self-Help Group Referrals throughout the state can be obtained by calling the NJ Self-Help Group Clearinghouse, 800-367-6274.

NAMI NEW JERSEY affiliates, as well as state-funded Intensive Family Support Services around the state can be located by calling 800-NAMI-IFSS.

The state of New Jersey offers the following 4 specialized helplines for emotional issues (all operated by UMDNJ University Behavioral Healthcare).

- 866-COP2COP, for NJ law enforcement officers and their families
- 866-NJFD-EMS, for firefighters/emergency medical service workers and their families
- 866 VETS-NJ4, for veterans returning from service in Southwest Asia and their families
- 800-328-3838, for women/families dealing with post-partum depression.

not even counting disorders. Stigma under-recognition of society.

characteristics of including paranoid of energy, as well as sometimes make it person to obtain help. to assist individuals in Family members may intervene in order to seeking an appropriate their physician, assistance plan, or a center.<sup>3</sup>

episodic. When an acute with symptoms such as or destructive behavior, sometimes need to obtain intervention. The laws of that a call to 911 or the Emergency Screening should result in this being medical emergency, with possibly transported to a evaluation and treatment. of police in the matter is mental illness is not a one should expect to be

for a person to stick with it, making changes only in conjunction with the psychiatrist. Unfortunately, psychotropic medications control symptoms, rather than cure the illness. Some people may be able to reduce, and then discontinue their medications, working with their psychiatrist. Others may be on medications for life. Others choose not to use medications.<sup>7</sup>

Psychotherapy is talk therapy, a person spending time with a professional, attempting to resolve issues which may be creating anxieties or depression, and to deal with issues, including those resulting from their illness, which complicate their lives. There are specific types of psychotherapy which are effective for serious mental illness. Psychotherapy may be conducted by a psychiatrist, a psychologist, a psychiatric nurse practitioner, or a licensed clinical social worker. Psychoanalysis is not generally used in dealing with these illnesses.

Group psychotherapy allows individuals with similar illnesses to benefit from each other's experiences. Much of the experience of mental illness is a shared experience. Many people benefit by attending support groups. The mental health support groups in Monmouth County are listed in the "Self-Help Groups" section of this document. These are peer-run groups, and provide a valuable web of personal support. Some people may benefit from attending partial hospitalization programs or psychosocial centers. These are programs involving some combination of psychiatry, psychotherapy, support groups, vocational rehabilitation, and coordination of other social services. They provide valuable short-term stabilization (periods of weeks or months), although there is no evidence that they are valuable as long-term interventions to improve independent living and recovery.

Problems with substance abuse (alcohol and other drugs) are extremely common with serious mental illness. Some estimates are that 75% of individuals with serious mental illness have a substance abuse problem at some time during the course of their illness. These are natural attempts at controlling the discomfort of the disease, but result in dangerous interactions with medications and aggravate the symptoms of mental illness. Many relapses are the result of use of alcohol or other drugs taken with the psychotropic medications. Some psychosocial programs focus on Mental Illness + Chemical Abuse (MICA)<sup>8</sup>. Our county operates a MICA task force to consolidate information about MICA services and advocate for effective treatment. A discussion about MICA resources is provided as a later section of this document.

Mental illness is a family issue. Family members often find themselves assisting the individual with the complexities of the illness, and obtaining and managing medication and other treatment, housing, transportation, a job, benefits, etc. They may sometimes assist with the activities of daily living, and certainly deal with life's ups-and-downs, trying to encourage medication adherence and dealing with possible relapse symptoms. The illness creates strains on family members in family relationships, demands on their time, and demands on their emotional stamina. Maintaining confidentiality for the person, if requested, may add another burden. The parents of adults worry about how things will go when they can no longer do what they have been doing. Discovering the illness causes grief, with a need for a period of adjustment. Depressive episodes can be as contagious as some viruses. Witnessing an acute psychotic episode can be traumatic and lead to Post-Traumatic Stress Disorder. Poor coping has been known to lead to family breakups or drug abuse.

There are some things which you as a person or family member can reach for which will help you deal with some of the frustrations of related to mental illness. Consider the following options:

- Continuing education about mental illness, so that you can ensure access to good treatment.
- Advocacy activities. Research has shown that advocacy activities have an important role in the healing process for people and families; giving us the opportunity to play a part in dealing constructively with the stigma and lack-of-support within society.
- Attending support groups, where you can meet and obtain support from others with similar experiences.

We of NAMI represent your best source for obtaining all three; education, advocacy, and support, as well as fellowship with your peers dealing with mental illness. NAMI is an organization dedicated to bettering the lives of individuals with serious mental illness and their families. We accomplish this through mental health advocacy, education, and support. With over 220,000 members throughout the US, we have grown into "The Nation's Voice on Mental Illness."

**Education** about mental illnesses and advocacy efforts is provided at our meetings, at our training courses and conferences, and in our newsletters.

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<sup>7</sup> A detailed guide to harm reduction and coming off psychiatric medications is online at <http://theicarusproject.net/downloads/ComingOffPsychDrugsHarmReductGuide1Edonline.pdf>

<sup>8</sup> Also known as Integrated Dual Disorders Treatment (IDDT)

**Meetings** currently held every month by NAMI-Greater Monmouth include the full schedule of support groups listed on page 2, as well as several **speaker meetings** every year, where we bring in outside talent to help us learn about topics of interest. You can look at our schedules at [www.namimonmouth.org](http://www.namimonmouth.org), and can request a free e-mail subscription to our newsletter from [jjudof@hotmail.com](mailto:jjudof@hotmail.com).

We invite individuals and family members to attend the support groups, and everybody to attend our speaker meetings, with no obligation or registration requirement. Because schedules can change due to space availability, holidays, and other factors, please call 732-4NAMI-4U or visit [www.namimonmouth.org](http://www.namimonmouth.org) to confirm our meeting schedule. Directions to our meetings are also located on that website.

**NAMI Support Groups** are run by peers (people with mental illness or family members, depending on the group), who have had significant training in using our support group structures so that everybody attending can benefit from

- Getting practical Advice
- Getting Empathy
- Giving Practical Advice and Empathy.

While there are no “taboos” in NAMI support groups, our facilitators keep people focused on the “here-and-now” and practical solutions to issues facing them.

One of the key structures at NAMI Support Groups is our “Principles of Support,” a set of common aspirations which members strive to use in understanding the issues we face:

- We will see the individual first, not the illness.
- We recognize mental illnesses are medical illnesses that may have environmental triggers
- We understand that mental illnesses are traumatic events
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma and do not tolerate discrimination
- We won't judge anyone's pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthy.
- We accept we cannot solve all problems.
- We expect a better future in a realistic way.
- We will never give up hope!

**Training Courses and Conferences:** NAMI-Greater Monmouth offers the NAMI Family-to-Family Education course every spring and fall. Family-to-Family is a long-standing NAMI service, and many of the families involved in NAMI consider taking this course to be the most significant service any family can do for itself, and the most significant service NAMI offers. In many ways, it is the essential spirit of NAMI; experienced family members helping others to learn about mental illnesses, how to deal with them, and how to help speak out and reduce the ignorance and prejudice. The course, taught by trained family members, runs for 12 weeks (one night per week). All instruction and materials are free for class participants. Family-to-Family has graduated well over 140,000 family members nationwide in its 14+ year history. Call 732-4NAMI-4U to sign up for this course, or 732-940-0991 to find out about taking the course in Spanish. You may also call 732-4NAMI-4U to sign up for NAMI BASICS, a specialized 6-week course which we offer to family caregivers of youngsters with an emotional disorder.

Many of our members attend NAMI-NJ's annual statewide conference, NAMI's annual national convention, and various other conferences and events which they learn about through our newsletters. When you join NAMI-Greater Monmouth (membership application on page 21, annual dues \$35 per family, with dues reduction available for those who request it), you automatically become a member of the state and national organizations, receive our newsletters, and are invited to our conferences and events. Newsletters at each level provide extensive information about mental illnesses and advocacy efforts, with the NAMI-Greater Monmouth newsletter focusing on local issues. Please call or e-mail us to request a free e-mail subscription.

We provide many advocacy opportunities and are always seeking people who would like to actively participate in our efforts. Our members run training courses and support groups, sit on county and state government boards, perform hospital monitoring visits, speak to groups about the discrimination against the people with mental illnesses, publish our newsletter and other documents (such as this booklet), and perform dozens of other vital activities. We work with local groups to develop housing opportunities and to raise funds for supported housing for people with mental illness. We work with our state and national organizations in areas such as anti-stigma, use of the expressive arts, diversion of people with mental illnesses from the criminal justice system, advocating for the rights of homeless and veterans with mental

illnesses, and expansion of mental health services for children and adolescents. These men and women all find reward in helping other individuals and families and in helping to make the system work better. Please offer to help out in your area of interest or expertise.

You may contact NAMI local, state, or national organizations at the phone numbers and websites listed below. You will also find an extensive amount of literature and information about mental illness and services at the NAMI national website or over the NAMI HelpLine.

- NAMI-Greater Monmouth, [www.namimonmouth.org](http://www.namimonmouth.org), 732-4NAMI-4U
- NAMI-NJ, [www.naminj.org](http://www.naminj.org), 732-940-0991, or 866-NAMI-IFSS, to locate NAMI NJ affiliates in other counties
- NAMI, [www.nami.org](http://www.nami.org), 800-950-NAMI

### **LESSONS FROM A HOSPITAL PSYCHIATRIC UNIT**

NAMI-Greater Monmouth volunteers conduct regular information sessions on most of the inpatient hospital psychiatric units in our county (if you are interested in training to become a volunteer in this program, call 732-531-7624). Most of the men and women on these units have admitted themselves for a short stay (average one week), due to dangerous aggravation of symptoms of their major mental illness (e.g. schizophrenia, bipolar-affective disorder, major depression, obsessive-compulsive disorder, Alzheimer's disease or other dementias, etc.) Sometimes the complications that cause them to need hospital care are caused by physical illness, housing issues (i.e., homelessness), and/or a co-occurring addiction to alcohol or other drugs of abuse. The hospital provides them a safe place where their medications can be adjusted, and structure and support can aid their recovery. The purpose of our sessions is two-fold: to make the people aware of our organization and a wide range of other community resources to aid them in their recovery, and to allow them to share with each other the daily structures, resources, and tools that allow them to live with their illnesses. Both the patients and the facilitators seem to learn important lessons at every meeting. All of the following are important to some of the people who come to our group (and to many of our friends on the outside).

- **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. The key to planning is to set realistic, achievable goals.
- **God, faith, and religion**. This may range from daily prayer or bible readings to participation in church choirs to faith activities of a less "organized" format. People who may have become separated from their faith can benefit from considering re-establishment of that relationship. It is also unfortunate that treating professionals have the potential to mistake religious behavior as a sign of psychosis.
- **Family relationships**. Difficulty relating to a family member who does not accept the realities of a person's illness and limitations causes many relapses. Supportive family members can make all the difference. Many people benefit by focusing on the children in their lives; be they their own offspring, grandkids, nieces and nephews, or, for some, their pets. Many people have a kid's photo or artwork on the wall of their hospital room. In the darkest depressions which accompany many of these illnesses, focusing on lifecycle events (a son's high-school graduation, an upcoming grandchild's birth) 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,"*** and many people 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 often leads to discontinuation of treatment and a painful relapse. Many of the people who cope best with these complicated illnesses do so with the acceptance that setbacks, including occasional need for hospital care, are a regular part of their illness.
- **Knowledge and Awareness**. Many patients are empowered to care for their illness by understanding their disorders and their treatment options. Some engage in frequent Internet learning. Others have turned to NAMI and other support organizations for education.
- **Basic self-care**. It's easy in a troubled time to become neglectful of diet or personal hygiene, and sleep problems are a key symptom and aggravating factor of many of these illnesses. Exerting the extra energy needed to stay on top of these can be the key to averting a crisis. Sometimes, extra attention to the timing of caffeine and sugars and setting up the right milieu for sleep can make the difference on the sleep problem. While ignoring medical and dental care is also a common symptom of these disorders (and sometimes the accompanying poverty), people who put the energy into obtaining such care appear to fare better. Seeing one's self (or a loved one) unable to stay on top of self-care issues is often the key to recognizing a dangerous relapse and seeking prompt help.
- **Journaling**. Many people use daily journaling as a means of expressing their frustrations on paper, others focus on the positives. Some report success with a gratitude journal, which forces them to identify five things to be grateful for before going to sleep each night. Our local bookstore has a wall full of gratitude and other journals (or a 59c exercise book will suffice).

- **Emergency Planning.** Some people report that knowing the local crisis number and that the hospital is available allow them to stay stable. A growing number of others have more elaborate plans, including documented psychiatric care advance directives.
- **Mutual Support.** This can range from a telephone relationship with someone with a similar disorder to participation in NAMI or one of the many other support groups in our community to being involved in a mental health self-help center to participation in psychiatric day treatment. Nobody can give the kind of help that you get from someone who has been there.
- **Exercise.** Swimming is very often mentioned as a key to maintaining a healthy mindset. Research has proven the effectiveness of many kinds of exercise at raising a depressed mood.
- **Developing a** spend time thinking and how one gets there. about the definition put *Consensus Conference Mental Health Systems "Mental health transformation health problem to live his or her choice while potential."* Some benefit from contemplating the "fundamental components of recovery," which came out of that conference, and are presented in the next section.

Two useful websites for learning more about the "nuts and bolts" of recovery are:

- The Center for Reintegration, [www.reintegration.com](http://www.reintegration.com)
- The University of Pennsylvania Collaborative on Community Integration, [www.upennrrtc.org](http://www.upennrrtc.org).

**Perspective on Recovery.** We often about what mental health recovery is Some people benefit from thinking forward by the SAMHSA<sup>9</sup> *National on Mental Health Recovery and Transformation*, which states that **recovery is a journey of healing and enabling a person with a mental a meaningful life in a community of striving to achieve his or her full**

Other important recovery tools cited by people include **Fresh Air and Sunshine**, **Feelings of being capable**, **Meditation**, **Hobbies**, and **Music**. One lesson we have seen, which is not a recovery tool per se, is that different things work for different people. If you think something may work for you, consider trying it. If it works, stick with it, if it doesn't, move on. This applies to professional services as well as self-help. Finally, one phenomenon which we observe weekly is the help which 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 help from their fellow patients. It's clear that the help given is part of the recovery of the giver as well as the receiver. There is a sense of community here which, if practiced outside the hospital, would bring a rapid reduction in our myriad social problems.

### **THE TEN FUNDAMENTAL COMPONENTS OF RECOVERY**

As developed by the *National Consensus Conference on Mental Health Recovery and Mental Health Systems Transformation*.

**Self-Direction** - People lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

**Individualized and Person-Centered** - There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural back-ground in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

**Empowerment** - People have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing. They have the ability to join with other people to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

**Holistic** - Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for person access to these supports.

<sup>9</sup> US Substance Abuse and Mental Health Services Administration

**Hope** - Recovery provides the essential and motivating message of a better future—that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process. Mental health recovery not only benefits individuals with mental health disabilities by focusing on their abilities to live, work, learn, and fully participate in our society, but also enriches the texture of American community life. America reaps the benefits of the contributions individuals with mental disabilities can make, ultimately becoming a stronger and healthier Nation.

**Non-Linear** - Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the person to move on to fully engage in the work of recovery.

**Strengths-Based** - Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, people leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, or employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

**Peer Support** - Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery. People encourage and engage other people in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

**Respect** - Community, systems, and societal acceptance and appreciation of people—including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery. Self-acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation of people in all aspects of their lives.

**Responsibility** - People have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. People must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness, considering all decisions from a framework of personal responsibility.

### **PROFESSIONAL MENTAL HEALTH SERVICES IN MONMOUTH COUNTY**

*Also known as “Decoding the Alphabet Soup of the Mental Health System.”*

In this section, we will go over some of the professionally run resources which are available to assist adults with mental illness. Note that most but not all of the services listed here are provided under contract to and/or supervision of the NJ Division of Mental Health Services (DMHS). Some of these also receive funding support from the Monmouth County Division of Mental Health and Addiction Services. The County Division of Mental Health and Addiction Services may be your best source for information about or problem resolution with these services. They may be contacted at 732-431-7200. A great deal of referral information regarding mental health services, including a provider directory<sup>10</sup>, is also available from the Mental Health Association of Monmouth County at 732-542-6422.

**Employee Assistance Plans (EAPs)** are provided by many employers to assist employees and their families in resolving various kinds of difficulties, including emotional/behavioral, addiction, financial, marital, and legal. These services are provided at no cost to the employee and family and generally include a 24-hour number for crisis and referral. This may be a worthwhile means of initial access to mental health services if your employer provides an EAP.

#### ***MENTAL ILLNESS AND CHEMICAL ADDICTION (MICA),***

**Co-Occurring Disorders, or Integrated Dual Disorders Treatment (IDDT)** services are those services aimed at serving people who have both a serious mental illness and an addiction to alcohol and/or other abusable drugs. Due to the prevalence of this dual diagnosis, MICA/IDDT is integral to many of the organized treatment settings discussed below. A discussion of some MICA/IDDT resources appears later in this document. We provide the following suggestions to people living with co-occurring disorders:

1. Know where your provider is in terms of providing integrated dual disorders treatment which is the “Evidence-Based Practice.” Some programs and agencies follow this model closely, others are still achieving a needed level of fidelity.
2. Do not use one therapist for a mental health issue and another therapist for an addiction treatment issue at the same time.
3. Make sure that all of your providers in both the mental health and addiction sides are co-operating with each other, at your direction, and with your permission.
4. Understand that you are welcome to use the support groups of Alcoholics Anonymous and/or Narcotics Anonymous. Those groups do not exclude anyone on the basis of having a mental health issue. Alcoholics Anonymous publishes a

<sup>10</sup> Note that the MHA provider directory is limited to paid listings

document, "The AA Member, Medications, and Other Drugs<sup>11</sup>," which discusses the issues of using psychotropic and other medications while attempting to maintain sobriety. "

**VETERANS AFFAIRS (VA)**

mental health services (inpatient, outpatient, and vocational rehabilitation, plus prescription coverage) are available to eligible veterans, who may call the VA Health Benefits Service Center at 1-877-222-VETS.

Mental health services for Tri-care recipients (military active duty, retirees) can be obtained from

- Mental Health Clinic, Patterson Army Community Health Center, Bldg. 1075, Fort Monmouth. 732-532-1949.

The state of New Jersey also contracts the operation of a specialized support and referral line, 866 VETS-NJ4, for veterans returning from service in Southwest Asia and their families

**Choice** of mental health services is a difficult issue. At most stages in selecting treatment providers, you can and should exercise your personal preferences, based on experience, economics, geography, personal compatibility with the treating provider, and any other factor you consider important. Unfortunately, shortages of many services, managed health care policies, and economics often prevent full choice. Speak to your NAMI representative regarding the issues of choice and preference.

**INPATIENT/CRISIS SERVICES**

**Psychiatric Emergency Screening Services (PESS)** evaluate patients anywhere in the county who may require involuntary commitment to mental health inpatient care because they are a danger to themselves or others. It is also their duty to make appropriate referrals to divert patients who can be served in a less restrictive setting than a hospital. PESS in Monmouth County is provided by:

- Monmouth Medical Center, Long Branch - 732-923-6999

**Emergency Services** include both telephone hotline services for individuals who are experiencing acute symptoms of mental illness and emergency room services for acute intervention and/or evaluation for inpatient treatment. Emergency Services in Monmouth County are provided by:

- CentraState Medical Center, Freehold - 732-780-6023
- Jersey Shore Medical Center, Neptune – 732-776-4555
- Monmouth Medical Center, Long Branch - 732-923-6999
- Riverview Medical Center, Red Bank - 732-219-5325

**Short Term Care Facilities (STCFs)** are inpatient psychiatric services in community hospitals. STCFs provide short-term stabilization of the

mental illness for been committed designated for adult psychiatric

- CentraState Center, 732-780-6023
- Monmouth Center, Long 923-6999/732-923-6909

**Did you know** that there are mental health information-sharing websites and online support groups? Consider looking into:

- [www.nami.org](http://www.nami.org)
- [www.dbsalliance.org](http://www.dbsalliance.org)
- [www.moodgarden.org](http://www.moodgarden.org), for a mood disorder information website, including an active bulletin board.
- [www.fbsanj.org](http://www.fbsanj.org), for bulletin board and moderated chats for families affected by the emotional disorder of a child.

symptoms of adults who have by PESS. STCFs Monmouth County admissions are at:

- Medical Freehold -
- Medical Branch - 732-

**Children’s Crisis Intervention Services (CCIS)** are inpatient psychiatric services for providing short-term stabilization of the symptoms of mental illness for children:

- Monmouth Medical Center, Long Branch - 732-923-6925

*(While this booklet is dedicated to adult mental health services, we have included CCIS because they are the only short-term inpatient children’s mental health care resource in Monmouth County.)*

**Voluntary Inpatient Care** for adults for the symptoms of mental illness is available at all four of the Monmouth County hospitals which have emergency services:

- CentraState Medical Center, Freehold - 732-294-2852
- Jersey Shore Medical Center, Neptune - 732-776-4369
- Monmouth Medical Center, Long Branch - 732-923-6904/800-300-0628
- Riverview Medical Center, Red Bank - 732-530-2478

<sup>11</sup> Available at many AA meetings, or online at [www.aa.org/en\\_pdfs/p-11\\_aamembers.pdf](http://www.aa.org/en_pdfs/p-11_aamembers.pdf)

NJ also has some freestanding private psychiatric hospitals which can provide this type of care and sometimes care for committed patients and/or children. While none of the following hospitals are located in Monmouth County, they are accessible to and often used by our residents. People and their families may wish to choose a specific hospital on the basis of personal preference or health plan coverage. Private psychiatric hospitals in central/south Jersey include:

- Carrier Clinic, Belle Mead - 800-933-3579
- Hampton Hospital, Ranocas - 609-267-7000
- Princeton House, Princeton – 800-242-2550
- St. Barnabas Behavioral Health, Toms River - 800-300-0628
- University Behavioral Healthcare, Piscataway - 800-969-5300.

### **OUTPATIENT SERVICES**

**Private Practitioners** - Based upon finances, and/or health plan practitioner for the management of psychotherapy (talk therapy, Some of these private practitioners agency (e.g. Family and Children's Services, Catholic Charities). Types of private practitioners who treat the symptoms of mental illness are:

**For information about  
services in other counties,  
call 866-202-HELP**

- Psychiatrist – an M.D. or D.O. specializing in mental illness and substance abuse.
- Psychologist – a Ph.D. in psychology, or a Master's in Psychology with a Licensed Professional Counselor (LPC) certification.
- Licensed Clinical Social Worker (LCSW) - a master's degree in social work (MSW).
- Psychiatric Advanced Practice Nurse (APN) – a Registered Nurse (RN) license with advanced training and education in mental health care.

These practitioners, duly licensed, may perform psychotherapy. Only psychiatrists and psychiatric APNs may prescribe medications.

**Case Management** is an integral part of many outpatient services. Private practitioners rarely provide case management. Case Management is the process of providing people with some combination of individual advocacy, acquisition and maintenance of benefits, coordination of social services, arrangement for medical services and housing, informal counseling, and instruction and reinforcement of Activities of Daily Living (ADL) skills, including financial management. Case Management is often performed by bachelor's-level social workers *and family caregivers*. For clients in most treatment settings, inpatient or outpatient, the case manager serves as the client's and family's interface to the remainder of the program, and for *referrals* to other services.

**Programs of Assertive Community Treatment (PACT)** are designed to serve mental health service recipients with a high risk of rehospitalization due to problems with treatment or treatment adherence. It involves a mobile team of psychiatrist, nurse, social workers, psychotherapist, vocational therapist, and MICA specialist, which provides complete *wrap-around* services for the person at home or anywhere else. The individual receives complete services (other than housing), and generally is not referred to other community services. PACT clients can be served for life.

- CPC Behavioral Healthcare, 732-842-2000

**Integrated Case Management Services (ICMS)** are mobile case management services which are provided to every patient who is discharged from a state or county psychiatric hospital for a period of 18 months after discharge. ICMS also participates actively in the state hospital discharge process. Community referrals are also possible. Unlike PACT, ICMS is designed to link clients with other services; it is not designed to provide the actual mental health services other than case management:

- CPC Behavioral Healthcare, 732-842-2000

**Partial Hospitalization Programs (PHP) , Partial Care Programs (PCP), or Intensive Outpatient Programs (IOP)** provide a social setting in which individuals recovering from mental illness learn social and Activities of Daily Living (ADL) skills in order to increase independent functioning. Therapeutic groups offer topics such as problem solving, symptom management, and medications. The programs also offer clients some mix of case management, medication management by a psychiatrist, pre-vocational rehabilitation, recreational therapy, and individual psychotherapy. Longer- programs are used by many NJ service recipients, despite a lack of evidence that long-term use of day of treatment leads to effective resumption of education and employment. Monmouth County is served by:

- a. short-term IOPs operated by
  - High Focus Centers, Freehold. 800-877-3628

- Monmouth Medical Center, Long Branch. 732-923-6891
  - Riverview Booker Behavioral Healthcare, Shrewsbury - 732-450-2900.
- b. Extended stay PH operated by
- Meridian Park Place, Asbury Park - 732-776-8200
  - Monmouth Medical Center PHPs, Long Branch - 732-923-5220
  - Riverview Booker Behavioral Healthcare, Shrewsbury - 732-450-2900.
- c. Extended stay PC operated by
- CPC Behavioral Healthcare, Aberdeen - 732-290-1700
  - Center for Vocational Rehabilitation (CVR), Eatontown - 732-544-1800
- d. Several “adult medical day programs” focused on seniors and people with physical/neurological disorders
- e. Several long-term PC operated by for-profit agencies<sup>12</sup>

**Please e-mail [jjudof@hotmail.com](mailto:jjudof@hotmail.com) for a guide to choosing, using, and leaving psychiatric day treatment.**

**Medication Management Clinics** provide people who may not have a private practicing psychiatrist for any reason (including economics) with access to a psychiatrist’s services. Case management and/or psychotherapy may also be provided by these clinics, available at:

- CPC Behavioral Healthcare, Aberdeen - 732-290-1700
- Jersey Shore University Medical Center, Neptune - 732-776-4777/732-643-4363
- Monmouth Medical Center PHPs, Long Branch, - 732-923-6500
- Booker Behavioral Healthcare, Shrewsbury - 732-450-2900.

**Transitional Case Management or Supportive Services** are available to a small number of people who are not receiving case management from other sources.

- Easter Seals Society 732-918-1188
- Collaborative Support Programs-NJ –732-460-1280

**Transitional Aftercare Support Program (TASP)** provides meeting transportation, counseling, and other social services for MICA Clients.

- Monmouth County Division of Social Services 732-431-6000 ext. 5870

**Programs for Assistance in Transition from Homelessness (PATH)** provides case management and intervention to people whose mental illness places them at risk of homelessness.

- Monmouth County Division of Social Services 732-431-6000 ext. 5870

**VOCATIONAL REHABILITATION**

*Each of the services listed below is generally offered at no charge to the individual.*

**CPC Behavioral Healthcare, Aberdeen** provides **Psychiatric Supported Employment** under state contract. The provider coordinates services with DVRS and provides expanded services of use to the mental health service recipient, including some combination of pre-employment groups, work evaluation/work hardening, transitional job placements, supported employment with available job coaching, and support groups for those who remain employed. Services can be coordinated with other mental health activities at the agency, or offered stand-alone. People do not need to be receiving any other mental health services to use the state-funded supported employment service. Call 732-290-1700.

**The NJ Division of Rehabilitation** provides and to assist all disabled the workplace. skills testing, placement. 732-775-

**One-Stop Career** seeking assistance needing such help.

**The Moceans Center for Independent Living (CIL)** is a non-profit consumer driven organization run by and for people with various kinds of disabilities, it spans the lines between peer and professional support. At Moceans, like in other CILs following this national model, the consumer is at the center of the four **core services**.

- **ADVOCACY (INDIVIDUAL & SYSTEMS)**
- **INDEPENDENT LIVING SKILLS INSTRUCTION**
- **INFORMATION & REFERRAL**
- **PEER SUPPORT**

732-571-4884. [www.moceanscil.org](http://www.moceanscil.org).

**Vocational Services (DVRS)** manages services citizens to return to Services include training, and job 1799.

**Centers** provide job-to any resident Job databases,

<sup>12</sup> Not included in this guide, both because they are generally limited to Medicaid recipients and because they do not include to any continuum of aftercare.

resume preparation assistance, computer skills training. Some services on a drop-in basis.

- 60 Taylor Avenue, Neptune, 732-775-1566
- 145 Wyckoff Road, Suite 201, Eatontown, 732-683-8850 Ext. 2011

**Preferred Behavioral Healthcare** operates a Supported Education Program in Monmouth County. This service assists adults living with mental illness in efforts to attend college or other post-secondary educational programs. Contact Jennifer Conway-Hartman at 732-367-8859 ext 115. [sedjennifer@preferredbehavioral.org](mailto:sedjennifer@preferredbehavioral.org).

**Collaborative Support Programs-NJ (CSP-NJ)** and their housing and economic development subsidiary, **Community Enterprises Corporation (CEC)** is a peer- run mental health agency. It has a number of programs to assist people in learning and maintaining financial skills and economic self-sufficiency. There are also programs available to assist people in developing affirmative businesses. 732-780-1175.

**Consumer Connections** is a state-funded program that enables mental health peers to become providers in the mental health/ human services field. Graduates of the Consumer Connections course are able to serve alongside professionals as peer advocates, substituting their personal experiences for the academic credentials of the professionals. Consumer Connections is operated by the Mental Health Association in NJ. 800-367-8850.

**The Integrated Employment Institute of Central and Southern Jersey** has been established through funding from DMHS. The goal of the Institute is to improve and expand employment opportunities for people with psychiatric illness. Through collaborations with people, families, providers, businesses and others, the Institute works to identify and remove barriers to employment, develop demonstrations of best practice, and provide training and technical assistance to all constituency groups. For more information call 908-889-2470 or e-mail [robertmm@umdnj.edu](mailto:robertmm@umdnj.edu).

**The Center for Vocational Rehabilitation (CVR)**, Eatontown offers **Sheltered Work**. This is a somewhat outmoded approach of providing rehabilitative jobs for people with mental illnesses and other disabled individuals in a sheltered and supervised workplace. 732-544-1800. *CVR also offers a wide range of vocational support services to the disability community.*

**New Jersey Work Incentive Network Support (NJWINS)** is a program to assist all NJ residents who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) in understanding the impact of work on their benefits. This advice allows benefit recipients to make informed choices and often enables them to feel comfortable with part-time return to work. NJWINS services for Monmouth County are provided by the Epilepsy Foundation of NJ, and can be reached by calling 866-WINS-4NJ.

***The Freehold Self-Help Center is currently operating a "Peer Employment Support Group." See center details on page 15.***

### **HOUSING AND RESIDENTIAL SERVICES**

The first contact for emergency housing is the Monmouth County Division of Social Services - 732-431-6000.

The Affordable Housing Alliance (732-389-2958, [www.housingall.com](http://www.housingall.com)) is a good source for housing information and support, as is the public housing authority in your own town<sup>13</sup>. All Residential Health Care Facilities and Boarding Homes are supervised by, and can be located through, the NJ Department of Community Affairs, 609-633-6251. For those who are looking for residential mental health care or housing services with specific supports for mental health, contact:

- CPC Behavioral Healthcare - 732-290-1700
- Collaborative Support Programs (CSP)/NJ - 732-780-1175
- Easter Seals Society - 732-918-1188
- HABCore, 732-544-1975
- Mental Health Association, 732-542-6422
- Declarations, Inc. 732-792-6990

<sup>13</sup> All public housing authorities in NJ are listed at [www.state.nj.us/dca/codes/affdhousing/affdhsguide/appendix\\_a.htm](http://www.state.nj.us/dca/codes/affdhousing/affdhsguide/appendix_a.htm)

## LEGAL RESOURCES

The following specialized legal resources are available to Monmouth County mental health service users, generally at no cost:

- **Community Health Law Project** represents disabled individuals in civil legal issues, such as disability appeals/benefits maintenance, debts and and landlord-tenant disputes. Their local Eatontown, and an active paralegal center calls. Call 732-380-1012.
- **Disability Rights New Jersey** (formerly responsible for overseeing and disabled individuals, including everybody inpatient wards, as well as people with system. They can be contacted at 800-
- **The Monmouth County Public** represents indigent individuals in criminal 308-4320. **The Division of Mental** represents individuals in psychiatric hearings, and may be reached at 732-

**Intensive Family Support Services** is a useful complement to NAMI's family education courses and family support groups in assisting families dealing with mental illness. The Monmouth County IFSS program offers a series of free lectures on mental health topics, suitable for individuals and family members. The programs run on the first Thursday of each month, except summer, at the Eatontown Library, 33 Broad St. Call 732-542-6422 or look for the schedule in our NAMI-Greater Monmouth newsletter.

NJ Protection and Advocacy) is defending the rights of institutionalized in all of our psychiatric hospitals and mental illnesses ill in our state prison 922-7233. [www.drnj.org](http://www.drnj.org).

**Defender's Office Criminal Division** matters, and may be reached at 732-**Health and Guardianship Advocacy** commitment and legal guardianship 869-2262.

**Relations Commission** maintains a for the reporting of hate and bias from mental illness and other a bias crime victims' hotline, to assist bias crimes. Phone 732-303-7666 for the state service. maintains a website, [www.lsnjlaw.org](http://www.lsnjlaw.org), legal needs of low-income residents.

While not legal representation per se,

- **The Monmouth County Human** bias incident hotline, which is available incidents, including those which arise disabilities, and the state of NJ maintains those who have been victims of apparent the county line, and 800-277-BIAS for
- **Legal Services of New Jersey** offering resources to address the civil

## FAMILY SUPPORT SERVICES

Intensive Family Support Services (IFSS) are provided under DMHS contract as a complement for the kind of services provided by our NAMI groups. IFSS offers family members personal consultations with experienced mental health professionals in dealing with issues and choices related to mental health care, as well as family education and support groups. All services are provided at no charge to the family member, and can take place in the home if necessary:

- Mental Health Assoc. of Monmouth County - 732-542-6422.
- You may locate IFSS in other NJ counties by calling 866-NAMI-IFSS.*

*Remember that free Family Support groups are also offered by NAMI-Greater Monmouth, and by Jersey Shore and Monmouth Medical Centers.*

## GENERAL SOCIAL SERVICES

Many of us dealing with disabling illness need social supports in the areas of housing, medical care, obtaining benefits, etc. While discussing the overall social services system is outside the scope of this directory, the two most important numbers you should have for seeking social services and referrals in Monmouth County are:

- Monmouth County Division of Social Services - 732-431-6000 (services include 24-hour housing emergencies, welfare/aid, etc.)
- United Way of Monmouth County – 211 or 732-938-2250 – [www.unitedwaymonmouth.org](http://www.unitedwaymonmouth.org) (United Way First Call for Help provides a range of referrals to non-profit agencies.)

## **OTHER MENTAL HEALTH SELF-HELP GROUPS AND CENTERS IN MONMOUTH COUNTY**

In addition to NAMI, Monmouth County is served by various mental health-related self-help support groups and centers. The list below is, for the most part, taken from the directory of the NJ Self-Help Group Clearinghouse. All listed groups have confirmed their information to us. With self-help resources changing frequently, call before you go! For information about other kinds of self-help groups in this or any other NJ county, contact the clearing-house at 800-367-6274, [www.njgroups.org](http://www.njgroups.org). If no fee is listed, groups may "pass the hat" for voluntary donations.

### **ASPEN (ASPERGER EDUCATION**

Provides families and lives are affected by Disorders (Asperger Pervasive Disorder-NOS, High Autism), and Nonverbal Disabilities with support, advocacy. Meets the 3rd every month from 7-8:45pm at the Monmouth County Library, 125 Symmes Dr., Manalapan. Call Ann 732-446-7610. Ann0912@aol.com.

### **ADULT PEER SUPPORT WARMLINE**

Any adult in New Jersey experiencing a mental illness or psychiatric symptoms may now call a state-funded peer support warmline, [877-292-5588](tel:877-292-5588). This is not a crisis line, and people calling it do not need to fear that emergency services will be dispatched to their door. Trained peers are available to lend a sympathetic ear, to encourage coping skills, and to help people think about how to move from a current problem towards a solution.

### **SYNDROME NETWORK) \***

individuals whose Autism Spectrum Syndrome, Developmental Functioning Learning education, and Wednesday of

**CELEBRATE RECOVERY** \* *Christian 12-Step*. Fellowship sharing experiences, strengths and hopes with others who are going through recovery. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne 732-409-2923 (day). [www.alcog.org/celebrate\\_recovery.html](http://www.alcog.org/celebrate_recovery.html)

**CONSUMER ADVOCACY-RECOVERY EMPOWERMENT (CARE) SELF-HELP CENTER** \* Mental Health self-help/drop-in center at 80 Steiner Ave., Neptune City. Companionship, activities, advocacy. Open 6 days. Free van transportation. Call for hours and details – 732-455-5358.

**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE** \* Self-Help Support group for individuals with depression, bipolar disorder, or similar conditions. Family members may attend with individuals. The national organization (800-82NDMDA, [www.dbsalliance.org](http://www.dbsalliance.org)) is a major player in advocacy for mood disorders services and research). Local group meets at St. Mary's Spiritual Center, Rte. 34 & Phalanx Rd., Colts Neck every Monday from 7:30-9pm. Call Tom (732-320-0029)<sup>14</sup>.

**DOUBLE-TROUBLE GROUPS** \* These groups are effectively AA and NA groups, which welcome individuals with psychiatric disorders. This allows people to feel comfortable discussing their conditions and medications as necessary, and often serves as a stepping stone to regular AA or NA groups. Information about these groups is found in the next section of this document.

**EATING DISORDER SUPPORT GROUP** \* *Professionally-run*. Support group for people with anorexia or bulimia & their families. Under 18 welcome. Meets 4th Sat., 10:30am-noon, Riverview Medical Center, Board Room, 1 Riverview Plaza, Red Bank. Call Monmouth Psych-ological Associates 732-530-9029 (day) (ask for free support group).

**EMOTIONS ANONYMOUS** \* Fellowship sharing their hopes and strengths, following the 12-step program, in order to gain better emotional health.

- Sat., 12:30pm, Port Monmouth. Call Chris or Lillian 732-495-7453 (day). [graye22@netzero.net](mailto:graye22@netzero.net).

**FREEHOLD SELF-HELP CENTER** \* Mental Health self-help/drop-in center located at 17 Bannard St., Freehold. Extensive programs include:

- Peer Employment Support Group on the first and third Thursdays of every month at 5pm. This is a specialized group where people can come to discuss issues around choosing to return to work, services which help people become and stay employed, ways to keep benefits while working, and related topics. Follows a university-developed model.
- Discussion for Wellness group every Thursday at 2:30pm
- NAMI Connection meeting, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month at 5:30pm
- Double-Trouble group every Tuesday at 7pm

<sup>14</sup> Thursday night meetings may resume at some time

- Arts and crafts
  - Food Bank
  - Free van transportation.
  - Computers and exercise equipment.
- Call for hours (open every day but Tuesday) and details – 732-625-9485.

**GROW** \* A mutual self-help group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery.

- Wednesdays, 7pm, CSPNJ, 11 Spring St., Freehold.
  - Thursdays, 6:45pm, St. Paul's Methodist Church, 80 Embury Ave., Ocean Grove.
- Call Caroline at 732-575-5765.

**NEW BABIES – NEW EMOTIONS** \* *Professionally-run.* Support for moms-to-be and new moms with any kind of postpartum related depression and/or baby blues. Groups around the county in English and Spanish. Babies 12 months and under are welcome. Guest speakers, literature, newsletter and phone help. Call Pat Vena, 732-363-5400 ext. 22 (day).

**OBSESSIVE-COMPULSIVES ANONYMOUS (OCA)** \* Weekly 12-step self-help support group for people dealing with the symptoms of Obsessive-Compulsive Disorder (OCD).

- Meets every Wednesday from 8:15-9:45pm, Southard Grange #218, 4860 Highway 9 South, Howell. Call Ronnie, 848-702-5044.

You may learn about statewide support and education for people with OCD and their families, including an online chat room by visiting [www.njocf.org](http://www.njocf.org).

**RECOVERY INTERNATIONAL** \* **Self-help** method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. While there is currently no Monmouth County group there are meetings in Toms River. Meets Mon., 7:30pm, Presbyterian, Hooper Ave. & Chestnut St. Call Delores 732-557-5466 or 201-612-8153.

**See the list of NAMI-Greater Monmouth Support Groups/ Education Programs on Page 2. You may also call 732-940-0991 for information on our statewide programs of outreach to the Latino, Chinese- American, and African-American communities.**

**SUICIDE SUPPORT GROUP**

and information to someone who has Mutual sharing, phone/email help. 7:30pm, Bayshore Holmdel. Call Peggy [www.suicide.org](http://www.suicide.org).

While we are not listing “pure” substance-abuse-related groups as Mental Health groups per se, you might need or want to look into the following, which together have hundreds of groups each week in Monmouth County:

- Alcoholics Anonymous - 800-245-1377, [www.nnjaa.org](http://www.nnjaa.org)
- Al-Anon/Al-a-Teen – 12 Step Groups for families of Alcoholics – 973-744-8686
- Narcotics Anonymous – 732-933-0462, [www.cjasc.org](http://www.cjasc.org)
- Nar-Anon Family Groups – 800-322-5525

**SURVIVORS**

\* Provides support family and friends of committed suicide. literature, Meets 2nd Tuesday, Community Hospital at 732-462-5267.

**QUESTIONS AND ANSWERS ABOUT DOUBLE-TROUBLE MEETINGS IN MONMOUTH COUNTY**

**When and Where are the Active Double-Trouble Meetings in the County?**

| <b>Weekly Meeting Times</b>   | <b>Meeting Locations</b>   | <b>Primary Contact</b>   |
|-------------------------------|--|--|
| Monday & Thursday, 10:15-11AM | 2nd Floor Community Room, Park Place, 1011 Bond St., Asbury Park                             | Mark 732-869-2781 (day) or Mike 732-869-2765 (day)                     |
| Tuesday 7-8PM                 | Freehold Self-Help Center 17 Bannard Street Freehold   | George 732-431-6000 ext. 5848 or Michelle 732-431-6000 ext. 4614 (day) |
| Friday 7-8PM                  | Blaisdell Front Auditorium (5th floor, Blaisdell Bldg.) , Riverview Medical Center, Red Bank |  |
| Friday 7-8PM                  | All Saints' Memorial Church 202 Navesink Ave., Navesink.                                     | Sara, 732-778-4618   |
| Schedule Varies               | Care Self-Help Center, 80 Steiner Ave., Neptune City   | The center, 732-455-5358   |

*Some of these locations may be closed on holidays. Check in advance.*

**Are There Other Double-Trouble Meetings?** This list is current as of May, 2010 Call 732-531-7624 if you are interested in starting a new meeting in the county and want some support. Please note that this list only includes meetings which are open to the community. Groups inside of treatment facilities, or which have chosen to remain private, are not listed.

**Are These Meetings Handicapped-Accessible?** Yes, with the exception of the meetings at Park Place. Those can be moved to an accessible first-floor room upon request.

**What Do I Need To Attend Double-Trouble Meetings?** These meetings are open to all with mental illness who wish to become or remain clean of drink and drugs. There is no cost to attend these meetings. You do not need any kind of referral or medical documentation for any of these meetings.

**Then Can I Just Walk In To These Meetings?** Yes.

### **How Can I Get To These Meetings?**

The Monmouth County MICA Task Force works with Collaborative Support Programs-NJ (CSP-NJ) to provide free rides to the Tuesday night meeting in Freehold and the Friday night meeting in Red Bank. Call 732-531-7624 to request a ride to these meetings.

The Monmouth County Transition Aftercare Support Program (TASP) can provide no-charge transportation to evening meetings for clients who enroll. Call TASP at 732-431-6000, ext. 5870. They also provide other services for enrolled clients, such as counseling, case management, and transportation to AA/NA meetings.

All meetings except Navesink are convenient to public transportation.

**What Is A Double-Trouble Meeting?** Double-Trouble meetings are self-help meetings for people recovering from both mental illness and substance abuse. They follow an AA/NA speaker-discussion format, as well as many of the AA/NA traditions, including the welcoming of all who desire to become or remain clean of drink and drugs and commitment to confidentiality.

### **Why Would I Want To Go To A Double-Trouble Meeting?**

Many people with mental illness + chemical addictions (MICA) feel comfortable at these meetings, as a stepping stone (or in addition) to full AA or NA meetings. At these meetings, you know you won't be judged because you are using psychiatric medications. You know you can share your story with others who are having similar problems, and you can benefit from their lives and experience. These meetings are also a good place to talk with other people pursuing co-occurring recoveries about their experiences with specific AA or NA meetings in your area, or sponsors at those meetings, which are likely to be understanding of your MICA needs.

**Is There Any Division Or Separation Of Double-Trouble Meeting Attendees?** No. The meetings are not divided by the nature of your psychiatric illness or of the substance(s) you are addicted to.

### **How Do Double-Trouble Meetings Differ From AA/NA?**

Some of these meetings may be led with the aid of professionals. You don't usually get a sponsor at Double-Trouble meetings.

### **Why Do We Call Them Double-Trouble Meetings?**

Double-Trouble is the traditional name given to this kind of meeting. We stick with that name so everyone will know what we're talking about. The term MICA meetings generally refers to professionally led group therapy for individuals with mental illness + substance abuse problems. A group might choose a different name for the meeting.

**Are These AA/NA Sanctioned Meetings?** No. The concept of psychiatrically recovering meetings is consistent with AA practice, and both AA and NA recognize the appropriate use of prescribed psychiatric medications during recovery. A group might choose to try to become AA and/or NA sanctioned.

**Why Aren't There More Double-Trouble Meetings?** The Monmouth County MICA Task Force would like to launch more meetings. We would especially like to find MICA clients who are willing to commit to running new meetings. We will work with new meeting coordinators to get meetings set up and run. Any MICA client who would like to help start or run a new meeting should contact Jay Yudof, the Task Force vice-chairman, at 732-531-7624. We're also looking for MICA clients

who would be willing to sponsor other MICA clients in Double-Trouble or regular meetings, or might like to be on the task force.

### **Some People I Know Go To Evening MICA Programs In Aberdeen. Are These Double-Trouble Meetings?**

Not exactly, but they may be of interest to you. CPC's Aberdeen Counseling Center runs MICA groups on Tuesday and Thursday nights. These are not peer-run meetings, but are run by a mental health professional. You may enroll in these groups easily, regardless of what other mental health services you get and from whom. You will not be expected to pay for these groups. Depending where you live, transportation may be provided. Contact the center at 732-290-1700.

**What Other Kinds of Services Available for MICA Clients?** Other MICA-focused services available within the community include individual and group therapy and partial-care rehabilitation. For information and referrals, you may contact:

- Jay Yudof, Monmouth County MICA Task Force Co-Chairperson, at 732-531-7624
  - The Monmouth County Div. of Mental Health and Addiction Services at 732-431-7200
- or ask your current mental health care provider.

### **ADDITIONAL IMPORTANT INFORMATION**

*Useful facts and tidbits we want to share with you.*

A **Boarding Home Tenants' Bill of Rights** is set out by NJ law. If you or somebody you know living in a boarding home is being denied these basic rights, contact the NJ Department of Community Affairs at 609-633-6251:

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

**Children's Mental Health Services** are a complex area not addressed in this booklet. If you are dealing with emotional/behavioral illness in a child/teen, you will want to call or visit all of the following:

- NAMI-Greater Monmouth (732-4NAMI-4U) to get on the mailing list for our newsletter, and to be kept aware of the schedule for "NAMI BASICS," a course for family caregivers of kids with serious emotional disorders (SEDs).
- The NAMI HelpLine (800-950-NAMI, [www.nami.org](http://www.nami.org)) for an array of children's mental health resources, including a free subscription to *NAMI Beginnings*, NAMI's children's mental health newsletter.
- Family Based Services Association of New Jersey (732-571-3272, [www.fbsanj.org](http://www.fbsanj.org)), which provides advocacy, education, and support (including weekly daytime and evening support groups and online support groups) for families of kids with emotional/behavioral illness.

You will also want to be aware of

- The 2nd Floor Youth and Young Adult helpline 888-222-2228. [www.2ndfloor.org](http://www.2ndfloor.org).
- Children's Mobile Response and Stabilization Services statewide (call 877-652-7624)

**Legal Protections for People with Serious Mental Illness** involve a broad range of laws such as bias protection criminal laws, protections of the Americans with Disabilities Act, laws governing and controlling involuntary seclusion and restraint, insurance parity laws, and legal protections against disclosure of sensitive medical information. Contact the legal resources in this document, or your NAMI representatives. In addition, the state of New Jersey has developed a system of **Psychiatric Advance Directives** to enable people with mental illness to make decisions regarding their care, in a document which takes effect when they are found to be temporarily unable to make decisions. See details at [www.state.nj.us/humanservices](http://www.state.nj.us/humanservices).

**Medicare's "Part D" Prescription benefits** contain specific provisions to ensure that beneficiaries have access to a wide variety of psychiatric medications on the formularies of their chosen prescription plans. NAMI and a range of other mental health organizations have collaborated to develop and maintain [www.mentalhealthpartd.org](http://www.mentalhealthpartd.org).

**Mental Health Insurance Parity Laws** are in effect in New Jersey and nationwide. Laws require many kinds of health insurance to cover serious mental illnesses on the same terms as other diseases. Contact us if you have any questions.

The **NAMI New Jersey Expressive Arts Network** uses the creative and expressive arts to help people cope with the pain of mental illness and to counteract stigma. Projects have ranged from art expos and concerts to "improv therapy" groups and "People with Mental Illness Enrich our Lives" posters and postcards, which are available at our meetings or by mail. Visit the Expressive Arts Network at [www.naminj.org/ean](http://www.naminj.org/ean).

The **NJ Division of Mental Health Services** maintains:

- A statewide directory of mental health services by county and category, which can be accessed by visiting [www.state.nj.us/humanservices/dmhs](http://www.state.nj.us/humanservices/dmhs)
- A toll-free referral, information, and complaint line, at 800-382-6717.

They also support a statewide referral services at 866-202-help, [www.njmentalhealthcares.org](http://www.njmentalhealthcares.org).

The **NJ Managed Health Care Consumer Assistance Program**, at 888-838-3180 is designed to assist individuals with disabilities, their families, and their representatives at no charge with questions and concerns about health care, managed care, and insurance, including private insurance, Medicare, and Medicaid. They also provide a valuable free reference book, **To Your Health, Your Consumer Rights in Managed Health Care**. You may also request copies of this booklet and learn more about the program by phone, or by visiting [www.chlp.org/publications](http://www.chlp.org/publications)

**Physical Healthcare and health maintenance** for people living with a mental illness is a major and critical issue. Recent studies find that people with major mental illness are dying on average 25 years earlier than the general population, due to

- Smoking
- Obesity
- Diabetes
- Side-effects of psychiatric medications
- Reduced access to physical health care.

People and families need to act assertively to counteract this trend, and make physical wellness a priority. Collaborative Support Programs-NJ offers free subscriptions by e-mail to its **Words of Wellness** newsletter. This newsletter discusses many issues in mental health recovery, and focuses on issues around the challenges to maintaining physical health often encountered by people with mental illness. Contact [nleditor@cspnj.org](mailto:nleditor@cspnj.org).

One technique which often helps people maximize their use of physical healthcare is ensuring that they have a primary practitioner or "medical home." "Fee-for-Service" Medicaid recipients can locate participating providers on [www.njmmis.com](http://www.njmmis.com), or by calling 732-761-3600 (Monmouth & Ocean Counties). Primary health centers accessible to anyone in Monmouth County include the Monmouth Family Health Center at 270 Broadway, Long Branch (732-923-7100), and the following health centers operated by the Visiting Nurse Association (VNA) of Central Jersey:

- 1301 Main St., Asbury Park, 732-774-6333
- 100 Main St., Keansburg, 732-787-1250<sup>15</sup>
- 35 Broad St., Keyport, 732-888-4149
- 176 Riverside Ave., Red Bank, 732-219-6620

**Psychosocial Rehabilitation** (PsyR) is the science of providing services to people with mental illness to maximize their independent recovery in the community. The theory and practices of the field emphasize helping people in psychiatric recovery to maximize their normal functioning in areas such as work, schooling, citizenship, and family/intimate relationships.

To quote several pioneers in the PsyR field:

- "If work makes people with mental illness sick, what do unemployment, poverty and social isolation cause?"<sup>16</sup>
- "You Can Do It, we Can Help"<sup>17</sup>

Information about PsyR can be found on the US Psychiatric Rehabilitation website, [www.uspra.org](http://www.uspra.org). Information about the evidence-based practices in PsyR can be located at [www.omh.state.ny.us/omhweb/ebp/sitemap.htm](http://www.omh.state.ny.us/omhweb/ebp/sitemap.htm). Information about programs at UMDNJ<sup>18</sup> leading to certificates, undergraduate, and graduate degrees in PsyR can be located at [www.shrp.umdj.edu/smi](http://www.shrp.umdj.edu/smi).

<sup>15</sup> This is not a full-time facility. Call for hours.

<sup>16</sup> Joe Marrone and Ed Golowka

<sup>17</sup> Larry Davidson, with gratitude to Home Depot

<sup>18</sup> University of Medicine and Dentistry of NJ

**Special Mental Health Services** provided under DMHS funding include:

- **Barnert Hospital, Paterson**, program to serve mental health needs of deaf and hard-of-hearing individuals. Staff members have specialized training, including sign-language fluency, and can provide therapy, psychosocial rehabilitation, emergency services, residence, consultation, and an interpreted AA meeting. Call 973-977-6690 (voice or TTY) daytimes, or 973-278-2373 nights/ weekends.
- **Trinitas Medical Center**, program to provide technical assistance and consulting to families, mental health professionals and agencies who need assistance in dealing with a person who has both a mental illness and a developmental disability and is experiencing a challenge or crisis. This service can be accessed by calling 888-393-3007. [www.sccatnj.org](http://www.sccatnj.org).

**“Tenants Rights in NJ, a Legal Handbook for Tenants in NJ”** is published by Legal Services of NJ. This document covers such topics as Leases, Security Deposits, How to Get Your Landlord to Make Repairs, Rent Increases, Fighting Evictions, Housing Discrimination, and Protections for Rooming and Boarding House Residents. Monmouth County tenants may be able to obtain copies at no charge by calling the housing services unit of the Monmouth County Division of Social Services at 732-431-6000, ext. 7988. Others may obtain the book directly from Legal Services of NJ by phoning 732-572-9100.

**Transportation Services and Resources** offered to individuals with disabling mental illness include reduced fare cards and door-to-door transportation programs.

- NJ Transit makes its reduced fare identification cards available to individuals who are disabled for any reason, including mental illness.  
This card provides significantly reduced fares on NJ transit operated or contracted bus, train, and light-rail routes, as well as many private bus services. There is no requirement to be receiving social security or any other form of public benefits. A simple form needs to be completed and signed by a physician. See your current social service provider, or call 973-378-6401. A person with a Medicaid or Medicare card can use those cards for reduced fare access, and does not need a separate card.
- Disabled Monmouth County residents are eligible for county-operated (SCAT) or subsidized (shared-ride cab services) transportation for work and medical appointments. Information about these services is available from the Monmouth County Division of Transportation at 732-431-6480.
- Individuals who cannot travel by regular bus or train and live within  $\frac{3}{4}$  mile of a bus route or train station may be eligible for AccessLink, a door-to-door Paratransit service. Call 800-955-ADA1.

### **DIMENSIONS OF WELLNESS**

While the majority of this booklet talks about treatment and recovery, many people perceive psychiatric illnesses as major distortions of personal wellness, and therefore tie their recovery efforts and goals to achieving balanced wellness in all of the identified dimensions:

- Physical wellness – keeping of a healthy body, good physical health habits, nutrition, and exercise, and obtaining appropriate health care.
- Intellectual wellness – lifelong learning, application of knowledge learned, and sharing knowledge.
- Environmental wellness – being able to be and feel physically safe, in safe and clean surroundings, and able to access clean air, food, & water.
- Spiritual wellness – meaning, purpose and a sense of balance & peace.
- Social wellness- having healthy relationships with friends, family and the community and having an interest in and concern for the needs of others and humankind.
- Occupational wellness – participating in activities that provide meaning and purpose.
- Emotional wellness – involves the ability express feelings, adjust to emotional challenges, cope with life's stressors, and enjoy life.

Financial wellness – the ability to have financial resources to meet practical needs and achieve satisfaction.

**NAMI-GREATER MONMOUTH MEMBERSHIP APPLICATION**

Please complete both sides and return with your check (payable to NAMI-Greater Monmouth) to:

NAMI-Greater Monmouth  
POBox 6212 • Freehold NJ 07728

NAME(s) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE (\_\_\_\_\_) \_\_\_\_\_  
 E-MAIL \_\_\_\_\_@\_\_\_\_\_  
 Amount Enclosed \$ \_\_\_\_\_

Annual dues are \$35 per household. If you cannot afford regular dues, you may pay any amount you wish from \$3-\$35.

By becoming a member, you:

- ▶ automatically become a member of our local, state, and national organizations
- ▶ will receive regular newsletters from all of these groups
- ▶ are invited to our conferences, conventions, and other important events.
- ▶ identify yourself with thousands of other NJ residents, and over 250,000 members nationwide, as caring about mental illness and those who deal with it

Have you taken the NAMI Family-to-Family Course? YES NO

Would you be interested in taking this course? YES NO

Have you taken the NAMI BASICS Course? YES NO

Would you be interested in taking this course? YES NO

In what ways would you be interested in helping to support Monmouth County people and families dealing with mental illness? - check all that apply/please tell us about your other passions and talents!

- Write article or book review for NAMI newsletter
- Organize or participate in clothing/toiletry drives
- Deliver literature to hospitals, doctors, libraries, churches, etc.
- Work the NAMI booth at county or town fairs and other events
- NAMI Outreach to inform physicians, clergy and other sources of support
- Housing advocacy
- Educate the Educators
- General volunteer for miscellaneous activities as needed  
(Specialized training is provided for the following volunteer roles)
- Family Support Group facilitator
- NAMI Connection Group Facilitator
- Co-Teacher for Family-to-Family Education Course
- Co-Teacher for De Familia a Familia Course in Spanish
- Co-Teacher for NAMI BASICS
- "In Our Own Voice" Presenter
- Law Enforcement Educator