

NAMI Somerset County Resource Guide

April, 2014

NAMI Somerset County's Resource Guide consolidates resource information for Somerset County residents who have a mental illness, who are a friend or family member, and for those who help them. The Somerset County affiliate of NAMI compiled this material.

NAMI, the National Alliance on Mental Illness, is an organization of families and individuals with over 220,000 members nationwide. We are dedicated to improving the quality of life of those who suffer from serious mental illness and providing support for their families.

The listings here are not meant to be complete by any means. They provide a summary of connections, websites and information that we, NAMI Somerset County members, have found useful. A listing here is not meant to be an endorsement. We encourage you to use these listings to find the services and self-help groups that work for you. The right mix of professional treatment, mutual support and advocacy will improve the quality of your or your loved one's life.

Please let us know of any corrections, clarifications or omissions in these pages.

You are not alone!

In the following tables, the hyperlinks automatically transfer to the websites when clicking Ctrl and Enter.

Emergency! – If your loved one is a suicide risk or a threat to others

Psychiatric Emergency Screening Services (PESS) evaluate those who may pose a danger to themselves or others and who may require involuntary commitment to mental health inpatient care. Call PESS if you or a loved one is experiencing acute symptoms of mental illness. Call for evaluation for intervention or inpatient treatment. Emphasis is on stabilization. You may go to Somerset Hospital emergency room at any time without an appointment. However, if you are able, it is best to call ahead.

The Psychiatric Emergency Screening Services program (PESS) provides crisis intervention services for residents, including screening for voluntary and involuntary hospitalization, mobile outreach, linkage to appropriate community resources, information and referrals. Counseling, emergency psychiatric evaluations and consultation services also are available.

The hotline (908-526-4100), answered by Crisis Intervention Specialists or Certified Screeners, is used to de-escalate a crisis situation that demands immediate intervention.

Note: There's a "new" option where after evaluation, PESS may be able to send someone to the home without police to talk to the person and evaluate the situation (within same day if possible).

In a psychiatric emergency,

CALL PESS

Psychiatric Emergency Screening Services

908-526-4100

24 hours a day/7 days a week

What you need to tell PESS in an emergency

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

1. Why are 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. Is the person suicidal, homicidal or shown 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. Any medical problems?

Remember:

If you are frightened or concerned about being hurt, or have been hurt, or are afraid your loved one is hurting him or herself

Tell the Screener!

Source: Resource Guide, NAMI Union County, 4th Edition, page 45.

CRISIS INTERVENTION AND EMERGENCY SERVICES

1.	PESS	Psychiatric Emergency Screening Services	908-526-4100 24 hours a day/7 days a week	Emergency Care Center Somerset Medical Center 110 Rehill Ave. Somerville, NJ 08876
2.		National Suicide Prevention Lifeline Contact We Care	800-273-TALK(8255) 24 hours a day/7 days a week 908-232-2880	http://www.suicidepreventionlifeline.org/ http://www.contactwecare.org/
3.		NJ Hope Line (suicide prevention)	855- 654-6735	http://www.njhonline.com/
4.		NJ Drug Abuse Hotline	1-800-238-2333	http://www.state.nj.us/humanservices/das/about/hotlines/
5.	SAMSHA	Substance Abuse and Mental Services National Helpline Treatment Referral Routing Service	1-800-662-HELP (4357)	http://www.samhsa.gov/index.aspx http://findtreatment.samhsa.gov/

1. **Psychiatric Emergency Screening Services** provide evaluation of those who may pose a danger to themselves or others and who may require involuntary commitment to mental health inpatient care. See also pages 1-2.
2. **National Suicide Prevention Lifeline** provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **Contact We Care** is responder for National Suicide Prevention Lifeline in northern and central NJ. Can text.
3. **NJ Hope Line (suicide prevention)**: Need someone to talk to? We are here to help. Our specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.
4. **NJ Drug Abuse Hotline** provides trained clinically supervised telephone specialists who are available 24 hours a day, 7 days a week to educate, assist, interview and/or refer individuals and families battling addictions. Calls are free and information shared is confidential.
5. **Substance Abuse and Mental Services National Helpline** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing substance abuse and mental health issues. This service provides referrals to local treatment facilities, support groups, and community-based organizations. The service is open 24/7, 365 days a year.

SOMERSET COUNTY RESOURCES

1.	PESS	Psychiatric Emergency Screening Services	908-526-4100 24 hours a day/7 days a week	Emergency Care Center - Somerset Medical Center, 110 Rehill Ave. Somerville, NJ 08876
2.	RHCMHC	Richard Hall Community Mental Health Center	888-744-4417 Outpatient care: 908-725-2800 Adult Partial care: 908-253-3128	500 North Bridge Street, Bridgewater, NJ,08807 http://www.co.somerset.nj.us/hservices/rhmhc/assessmentcenter.html email address: MentalHealth@co.somerset.nj.us
3.		Somerset County Mental Health Board	908-704-6300	http://www.co.somerset.nj.us/hservices/hsdept/mhealthboard.html
	DHS	Pam Mastro Haley Worsthorn	908-704-6302 908-541-5748	Mental Health Administrator for Somerset County e-mail mastro@co.somerset.nj.us –Medical Evaluations/Questions e-mail hworsthorn@co.somerset.nj.us - Early Intervention, Community Services, and Referrals
		Somerset County Guide Mental Health Services		http://www.co.somerset.nj.us/hservices/hsdept/pubs/Mental%20Health%20-%20Resource%20Guide.pdf
4.	IFSS	Intensive Family Support Services, Easter Seals of Somerset County	908-722-4300 Diane Krasner ext 620 Wendy Venner ext 612	Easter Seals New Jersey , 245 US Highway 22 West, 1 st floor, Suite 107, Bridgewater, NJ 08807

1. **PESS** provides evaluation of those who may pose a danger to themselves or others and may require involuntary commitment to mental health inpatient care. See also page 1-2.
2. **Richard Hall Community Mental Health Center** is a comprehensive mental health center dedicated to the prevention, early detection and treatment of emotional illness. The Psychosocial Rehabilitation Services Department assists people with persistent mental health issues to integrate into valued roles and resume functioning within the community. The departments offer services to individuals who need short term assistance due to life changes and transitions, intensive services to avoid re-hospitalization or homelessness, or help returning to work or other meaningful community roles. Programs include partial care, supported employment, case management.
3. **Somerset County Mental Health Board** serves as an advisory board to the Board of Chosen Freeholders, and monitors the provision of a continuum of mental health services on behalf of Somerset county residents. Department of Human Service contacts are listed as well as a guide to mental health services in Somerset County.
4. **Intensive Family Support Services** support activities designed to improve the quality of life for families with a mentally ill relative. Services including psycho education workshops, individual family consultations, respite, family support groups, system advocacy, linkage and referral, and medication monitoring may be delivered in the family's home, at the agency, or at other sites in the community convenient to the family.

NAMI RESOURCES

NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

NAMI	National Alliance on Mental Illness			
NAMI National	National	Information Helpline: (800) 950-NAMI (6264)	www.nami.org	
NAMI NJ	State	732-940-0991	www.naminj.org 1562 Route 130 North Brunswick NJ 08902	Affiliates located in each county offer education, emotional support and information about treatment and community resources
NAMI Somerset County	Local	Sue Ferranti 908- 296-3732 Ginger Siefiring 908-256-3579	Facebook under “NAMI Somerset”	Family Support Group 1st Thursday of the month Richard Hall Mental Health Center North Bridge Street Bridgewater, NJ Business/information exchange meeting from 7:00pm to 7:30pm Coping/support from 7:30 pm to 9:00 pm

OTHER IMPORTANT RESOURCES

1.	NJ MentalHealthCares	1-866-202-HELP (4357)	http://www.njmentalhealthcares.org/
2.	Peer Recovery WarmLine	877-292-5588	http://www.mhanj.org/peer-recovery-warmline-prw/
3.	New Jersey Self Help Clearing House	800-367-6274	http://www.njgroups.org/
4.	Depression and Bipolar Support Alliance DBSA		http://dbsanewjersey.org/
5.	Division of Mental Health Services, State of New Jersey		http://www.state.nj.us/humanservices/dmhs/fag/
6.	PLAN/NJ	908 575-8300	http://www.plannj.org/
7.	Legal Services of Northwest New Jersey	908-231-0840	www.lsnj.org/lsnwj

1. **NJ MentalHealthCares** is New Jersey's first comprehensive mental health information and referral helpline and website. It can provide information and make referral to many mental health services including: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help. It provides: Trained mental health professionals to answer calls; Live coverage form 8 am to 8pm with after hours coverage, Complete up to date listing of NJ's public mental health services, Ability to answer Information and referral requests via telephone or e-mail., Follow-up to ensure callers are satisfied with the referred service, Ability to directly transfer calls to services while staff remain on the line to facilitate the transfer.
2. **Peer Recovery WarmLine (PRW)** is a peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery. All calls are answered by peers who are trained, supportive mental health consumers. PRW is live Monday to Friday, 8 am to 10 pm, Saturday and Sunday, 5 pm to 10 pm, and holidays, 3 pm to 10 pm.
3. **New Jersey Self Help Clearing House**: Contacts for several thousand of the mental health and addiction groups are provided in their database.
4. **Depression and Bipolar Support Alliance**. We are a [mood-disorder](#) self-help support group affiliated with the highly respected Depression and Bipolar Support Alliance. Somerset County meetings are at Richard Hall and at Carrier Clinic. See website for details.
5. **Division of Mental Health Services, State of New Jersey**: Mental Health Services work to promote opportunities for adults with mental illness to maximize their ability to: seek and obtain treatment, live, work, socialize, and learn in the least restrictive environment with the appropriate therapeutic support. Link is to Frequently Asked Questions.
6. **PLAN/NJ** assists in the future care planning of individuals with various mental health disabilities and mental health challenges in New Jersey by working directly with parents and family members to answer the question, "***Who will care for my loved one when I am gone?***"
7. **LSNWJ** provides free civil legal services to low-income people, seniors, and people living with HIV/AIDS.

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

This list is a starting place to find out information about mental illnesses, their symptoms and treatments. Websites dealing with these topics are numerous; materials range from easy-to-read to highly technical.

1.	NAMI	800-950-6264	Factsheets on illnesses http://www.nami.org/Template.cfm?Section=By_Illness
2.	Substance Abuse and Mental Health Services Administration	877-SAMHSA-7	http://www.samhsa.gov
3.	National Institute of Mental Health		http://www.nimh.nih.gov/index.shtml
4.	Mental Health America	800-969-6642	Factsheets on illnesses http://www.mentalhealthamerica.net/mental-health-information
5.	Brain and Behavior Research Foundation (formerly NARSAD)	800-829-8289	http://bbrfoundation.org/mental-illness-1
6.	MentalHealth.gov	U.S. Department of Health and Human Services 200 Independence Avenue, S.W. Washington, D.C. 20201	http://www.mentalhealth.gov
7.	Borderline Personality Disorder (BPD) Resource Center	888-694-2273	http://www.bpdresourcecenter.org/
8.	American Psychiatric Association	1-888-35-PSYCH (77924)	http://www.psychiatry.org/mental-health/

PARTIAL CARE PROGRAMS

RHCMHC	888-744-4417 Outpatient care: 908-725-2800 Adult Partial care: 908-253-3128	500 North Bridge Street, Bridgewater, NJ,08807	http://www.co.somerset.nj.us/hservices/rhmhc/assessmentcenter.html email address: MentalHealth@co.somerset.nj.us
Princeton House	Outpatient 8:30am-5pm: 888-437-1610	905 Herrontown Rd Princeton, NJ + other locations (see website)	http://www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health.aspx
Somerset Medical Center	Behavioral Health: 800-914-9444	110 Rehill Ave., Somerville, NJ	http://www.somersetmedicalcenter.com/main/behavioralhealth.aspx
GenPsych	855- 436-7792	981 Route 22 West, Second Floor Bridgewater, NJ 08807	http://www.genpsych.com/locations/bridgewater/

Richard Hall Community Mental Health Center is a comprehensive mental health center dedicated to the prevention, early detection and treatment of emotional illness. The Psychosocial Rehabilitation Services Department assists people with persistent mental health issues to integrate into valued roles and resume functioning within the community. The departments offer services to individuals who need short term assistance due to life changes and transitions, intensive services to avoid re-hospitalization or homelessness, or help returning to work or other meaningful community roles. Programs include partial care, supported employment, case management.

Princeton House Behavioral Health offers a full range of Partial Hospital and Intensive Outpatient Services for children, adolescents, and adults who are experiencing significant mental health problems, struggling with substance abuse or both. Partial Hospital and Intensive Outpatient Programs offer a level of care which falls between Inpatient and Traditional Outpatient treatment. Offices are conveniently located in [Princeton/Adults](#), [Princeton/Women](#), [North Brunswick](#), [Hamilton](#) and [Moorestown](#). Princeton House offers specialized programming which is specifically designed to meet the unique developmental, diagnostic, and gender-related needs of men, women, adolescents and children.

Somerset Medical Center provides Partial Hospital and Intensive Outpatient services.

GenPsych Bridgewater site offers a comprehensive array of programs and services to individuals in need of psychiatric, substance abuse, or eating disorders treatment. We also offer a comprehensive adolescent program that provides the flexibility of treating teens with a variety of mental health issues including dual diagnosis, substance abuse, trauma, and eating disorders. The Bridgewater location is staffed with adult, adolescent, and child psychiatrists, advanced practice nurses, masters and doctorate level clinicians, licensed certified alcohol and drug counselors, and registered dietitians.

INPATIENT PROGRAMS

Carrier Clinic	24/7 Access Center: 800-933-3579	252 Rte. 601, Belle Mead, NJ	http://www.carrierclinic.org/
Princeton House	Inpatient 24/7: 800-242-2550	905 Herrontown Rd Princeton, NJ	http://www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health.aspx
Somerset Medical Center	Behavioral Health: 800-914-9444	110 Rehill Ave., Somerville, NJ	http://www.somersetmedicalcenter.com/main/behavioralhealth.aspx

