

Collaborative  
Support Programs  
of  
New Jersey



**Wellness  
Respite  
Services**

# Mission

Hope.....

Empowerment.....

Self-determination.



# Vision



Support and tools  
to pursue recovery  
and wellness

# Values

- Hope
- Resiliency
- Respect
- Genuineness

- Specificity
- Empathy
- Positive  
Expectations
- Integrity

# Goals

- Empowerment
- Coping Skills
- Support
- Wellness self-care
- Community

# Setting: A home in the community



# Service Options

- Wellness Respite House or Intensive Wellness Outreach
- Waitlist w/ outreach services
- Follow up services: for up to 30 days



# Understanding Crisis, Wellness & Trauma Informed Practice



# Looking at Crisis

- Crisis Awareness
- Crisis as an Opportunity
- Awareness of habits/routines
- Planning
- Control

# Defining Wellness

...not as the absence of disease or distress, rather as  
the presence of purpose in life,  
active involvement in satisfying  
work and play,  
joyful relationships,  
a healthy body and living  
environment, and  
the presence of happiness

**EMOTIONAL**  
Coping effectively with life and creating satisfying relationships.

**ENVIRONMENTAL**  
Good health by occupying pleasant, stimulating environments that support well-being.

**FINANCIAL**  
Satisfaction with current and future financial situations.

**INTELLECTUAL**  
Recognizing creative abilities and finding ways to expand knowledge and skills.

**SOCIAL**  
Developing a sense of connection, belonging, and a well-developed support system.

**PHYSICAL**  
Recognizing the need for physical activity, diet, sleep, and nutrition.

**SPIRITUAL**  
Expanding our sense of purpose and meaning in life.

**OCCUPATIONAL**  
Personal satisfaction and enrichment derived from one's work.

# WELLNESS

# Trauma Informed Practice

- Engaging those who have experienced trauma
- Focused on the present
- Strengths- based perspective (choice & involvement)
- “What happened to you” (not “what’s wrong with you”)



# Eligibility Criteria & Admissions Process

# Inclusionary Criteria

- Middlesex or Passaic county
- 21 years of age+
- Mental health diagnosis
- Crisis or emotional distress
- Desire, and commitment, to developing wellness skills in a supportive community
- Priority: first time guests and those who have not used program's services in the last 30 days

# Exclusionary Criteria

- Requiring 24/7 nursing/medical care
- Imminent threat to self, others, or property
- Registered sex offenders
  
- People identifying as homeless or who do not have stable housing are offered Intensive Outreach

# Admission Process

- Via direct phone line
- Voluntary / from the person seeking services
- Staff review of eligibility
  
- Most admission decisions occur at the time of the call





Services  
Wellness Planning  
Staff  
Follow up

## Menu of Services includes:

- Wellness Planning
- Community Resources
- Crisis Management/Coping Skills Development and Enhancement
- Access to, and Exploration of, Wellness Tools
- Crisis Awareness and Stabilization
- WRAP

# Wellness Planning

- Begins at admission
- Guest determine their recovery goals from our Menu of Services
- Focused on overcoming current crisis
- Guided by 8 dimensions of wellness and 6 physical wellness domains

# About Our Staff

- In house 24/7
- Peers w/ lived experience
- Non peers who embrace wellness
- Advanced Practice Nurse (APN)  
working in conjunction with a psychiatrist

# Follow Up

- 1 Month
- Linkages to community resources
- Wellness plan/recovery
- Peer support



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