

NAMI Somerset Informal Resource List - This is an informal resource list of Mental Health Resources in which someone in our NAMI Somerset group had a positive experience in dealing with the resource. NAMI Somerset doesn't endorse any particular resource listed. It's up to each person to check the resource out and decide if it's a possible match. Need to check with resource to see what insurance (if any) or if Medicare/Medicaid might be accepted. On occasion we do remove some resources for various reasons so latest file sent out best to use. Please let us know any updates/corrections/comments. No particular order other than the most recent addition is generally listed first.

The following categories are Included in this informal resource:

1. NJ Somerset County Resources
2. Somerset County Resources for People with Mental Illness
3. Psychiatrists
4. Therapists/Psychologists
5. IOP/PHP/Dual-Diagnosis Programs/Support
6. Eating Disorders
7. Other Resources
8. Therapeutic Schools
9. Lawyers
10. Older Loved Ones
11. Suicide Survivor Support Groups

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NJ Somerset County Resources	Phone	Info
PESS/MOBILE OUTREACH	908-526-4100	Psychiatric Emergency Support Services – Crisis Intervention Services for Residents, At Home Support and Evaluation. PESS is now run by Bridgeway (used to be run by Somerset County). Somerset County PESS, 282 E. Main St., Somerville, NJ 08876. Bridgeway PESS focuses on early intervention, least restrictive crisis intervention, and hospital diversion. A community based PESS service center that will include a “Living Room” model of care. www.bridgewayrehab.org Click on Services, then Somerset, then PESS.
Allison MacFadyen		Bridgeway PESS director. allison.macfadyen@bridgewayrehab.org
Pam Mastro mastro@co.somerset.nj.us	908-704-6302	Mental Health Administrator and Access and Functional Needs Coordinator for Somerset County Department of Human Services.
Easter Seals	908-722-4300	Integrated Case Management Services – Support for people living with mental illness. Connects person with services (e.g. emergency housing, SNAP/food stamps, Social Security). Potential Housing options (housing shortages, waiting lists).
Catholic Charities – Brian Rubinstein, brubinstein@ccdom.org Linda Santiago, lsantiago@ccdom.org	908-333-2243	Intensive Family Support Services – Support for family members of loved ones with mental illness. This used to be provided by Easter Seals, now Catholic Charities provides this support.
DVR (Division of Vocational Rehabilitation) Employment Works	908-704-3030	75 Veterans Memorial Drive East # 101 Somerville, NJ 08876 If your loved one is diagnosed and wants to get help with finding work/getting support for work, it's suggested to start off with DVR. Some services provided at Richard Hall.
FSO (Family Support Organization)		Help with school-age children (0-21 if still in high school). The FSO (Family Support Organization) that serves a particular county can be found at http://njfamilyalliance.org/ . FSOs (are like NAMI for young families, but they get paid to) offer support groups and information sessions for parents of school-age children (0 - 21 if still in high school).

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NJ Somerset County Resources	Phone	Info
Resource Center of Somerset	866-685-1122	http://www.resourcecenterofsomerset.org/ - provides Help & Hope for people affected by domestic abuse.

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NJ Somerset County Resources	Phone	Info
NAMI Somerset namisomerset@gmail.com		Sue Ferranti (Pres) – ms_sues_mail@yahoo.com 908-296-3732 Brian Regan (VP) – bgregan59@comcast.net 732-735-7037 Note: We try and respond as soon as possible but please keep in mind that we are volunteers and may be busy at times.
NAMI Somerset Family Support Group		1 st Thursday of Month 7-8:45pm. Richard Hall Community Mental Health Center, 500 North Bridge St., Bridgewater, NJ (across from Bridgewater Public Library).
NAMI Somerset CAMHOP Support Group		3 rd Thursday of Month 7-8:45pm. Richard Hall Community Mental Health Center, 500 North Bridge St., Bridgewater, NJ (across from Bridgewater Public Library).
NAMI Somerset Resource Guide 2014	Updates planned	www.naminj.org/wp-content/uploads/2013/01/NAMI_Somerset_Resource_Guide_2014.pdf
NJ/National Resources		
Mental Health Info	866-202-4357	www.njmentalhealthcares.org
NAMI NJ	732-940-0991	www.naminj.org – 1562 Route 130, North Brunswick, NJ 08902
NAMI National	800-950-6264	www.nami.org
Plan NJ	908-575-8300	http://www.plannj.org/ - Planned Lifetime Assistance Network of New Jersey, Inc. A family with a loved one who has physical, developmental or mental health disabilities needs to ensure that their loved one is safe, secure and achieving a high quality of life, now and in the future. PLAN/NJ helps family members prepare and provide the legal, financial and independent living supports that their loved one needs and deserves. Note: There will be costs involved.

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NJ Somerset County Resources for those living with mental illness	Phone	Info
Freedom Trail Self-Help Center (supported by Collaborative Support Programs)	908-722-5778	166 W. Main St. (Rear Entrance) Somerville, NJ 08676 Lisa Stone, Manager: lstone@cspnj.org Hours Mon/Wed/Fri 10am-3pm, Tue/Thu/Sat 4-9pm Stop by center, provides socialization, scheduled activities for consumers.
DBSA (Depression Bipolar Support Alliance) Support Group	Contact Karen - 908-647-1797 for Bridgewater or James - 908-428-6555 for Belle Mead	http://dbsanewjersey.org/somerset-county/ Every Wed. 7:00-8:45pm at Richard Hall Community Mental Health Center, 500 North Bridge St. (across from Bridgewater Public Library). Every Thu. 7:30-9:15pm at Carrier Clinic School Amphitheater, 252 County Rd 601, Belle Mead, NJ 08502.
Suicide Hotline	800-273-Talk	https://suicidepreventionlifeline.org/talk-to-someone-now/ national, free, confidential. Can text CONNECT to 741741

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Psychiatrists	Location	Phone	Comments
Psychiatric Associates of Hunterdon	Hunterdon Behavioral Health Hunterdon Medical Center 2100 Wescott Drive Flemington, NJ 08022	908-788-6654	http://www.hunterdonhealthcare.org/service/behavioral-health/psychiatric-services/ Several psychiatrists located there. Dr. Hong Chen and others suggested. May accept Medicaid (if loved one has a PCP in Hunterdon County?).
Dr. Daniel Cassell Kwenyan & Associates	200 Main Street Flemington, NJ 08822	908-237-3826	http://www.kwenyanandassociates.net/about-us/ may accept Medicaid and provide transportation.
Dr. William P Hayes	Alexander Road Associates, 707 Alexander Rd., Suite 202 Bldg. 2, Princeton, NJ 08540	609-879-0648	https://psychiatrists.psychologytoday.com/rms/name/William_P_Hayes_MD,FAACAP_Princeton_New+Jersey_91768
Dr. Veronica Jensen		908-322-4800	Pathway to Wellness. May provide monthly shot of Vivitrol/naltrexone.
Dr. Jagwinder Sandhu MD	194 No. Harrison St, Princeton, NJ 08540	609-751-6607	Takes Aetna insurance.
Dr. Arnaldo E. Negron MD	168 Franklin Corner Rd., Lawrenceville, NJ (also Tamarack Circle, Skillman?)	609-279-1339	Part of Aroga Behavioral Health of Princeton.
Dr. Akhtar Hossain MD	Prime Psych Care, LLC 153 North Auten Ave, Somerville, NJ 08876	908-231-7700	Child, Adolescent, and Adult Psychiatrist. Can prescribe suboxone for opiate dependence. Doesn't accept insurance; may be covered as out of network.
Dr. Veronika Solt MD	597 Springfield Ave., Summit, NJ	908-634-6134	Very good, expensive. http://www.vsoltpsychiatry.com/ Doesn't accept insurance; may be covered as out of network.
Barbara Sirch, Advanced Nurse Practitioner	710 Easton Ave. Somerset, NJ	908-616-9311	Some people with mental illness are seeing an advanced nurse practitioner instead of a psychiatrist. Barbara was suggested by a young woman who said she was very satisfied with her treatment.

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Therapists/ Psychologists	Location	Phone	Comments
Jason Rodker, Psy.D.	90 Millburn Ave. Millburn, NJ 07041	973-378-5525	http://www.positivedevelopments.net/
Donna Woody	5 Washington Drive Whitehouse Station, NJ	732-333-8953	https://therapists.psychologytoday.com/rms/prof_detail.php?profid=82458&sid=1444015839.0273_11353&city=Whitehouse+Station&county=Hunterdon&state=NJ&tr=ResultsProfileBtn&tr=ResultsProfileBtn Couple suggests therapist, says helped them create better boundaries with adult loved one.
Felicia Oberti	73 West End Ave., Somerville, NJ 08876	908-575-9414	https://therapists.psychologytoday.com/rms/name/Felicia_Oberti_MSW,LCSW_Somerville_New+Jersey_62962
Adam Germinsky	87 West End Ave., Somerville, New Jersey 08876	908- 854-4305	https://therapists.psychologytoday.com/rms/name/Adam_Germinsky_MSSW,LCSW_Somerville_New+Jersey_187521
Sharon D Anuario	Branchburg Commons 3322 Route 22 West, Bldg 4, Suite 412 Branchburg, New Jersey 08876	908-264-2899	Consumer suggested this therapist. Said she had done very DBT focused therapy with her. In addition to private practice, works for Genpsych.
Lona M Stranieri	Princeton Center for DBT 20 Nassau Street Suite 119 Princeton, New Je rsey 08542	609-435-1140	A mother with a daughter diagnosed BPD suggested this DBT therapist.
Dr. Marion Rollins	236 West High St., Bound Brook, NJ 08805	908-500-7295	Mother found this DBT therapist on network. http://www.drmarionrollings.com/
Allison Hurwitz	20 NASSAU STREET, SUITE 413 PRINCETON, NJ 08542	917-859-4153	http://www.allisonhurwitzcounseling.com/ Licensed Art Therapist

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Therapists/ Psychologists	Location	Phone	Comments
Dr. Roseanne D. Dobkin dobkinro@rwjms.rutgers.edu	University Behavioral Healthcare Center. 675 Hoes Ln W, Piscataway Township, NJ	732-235-7647	Dr. Dobkin is a CBT therapist and gave an excellent presentation on depression in May 2015. Dr. Dobkin said she requires her patients to do some sort of physical activity every day as well as some sort of socialization.
Dr. Barbara Ronca	Bridgewater, NJ	908-218-9062	Therapist has been wonderful for my son who suffers with depression, anxiety, panic attack.
Dr. Mark Cooperberg Phd.	35 Clyde Rd., Suite 101, Somerset, NJ 08873	732-873-1212	Behavior Therapy Associates http://www.behaviortherapyassociates.com Dr. Cooperberg was fabulous!
Kelly Jenner	New Providence, NJ	908 477 6393	On the younger side, some younger loved ones might relate better, might be more flexible. https://therapists.psychologytoday.com/rms/name/Kelly_Jenner_MEd,NCC,LPC_New+Providence_New+Jersey_184849
Pierce Skinner PsyD	Chatham, NJ	973-271-9020	Has been wonderful in terms of getting son to show respect in our home and set boundaries for his behavior.
Glen Wagner	73 West End Ave Somerville, New Jersey 08876	215-839-1053	Been suggested by more than one in our group. Accepts Horizon.
Psychology Today	Medicaid Therapist link	No endorsement - unknown	https://therapists.psychologytoday.com/rms/prof_results.php?sid=1424702549.3007_7164&state=NJ&spec=454&lmore=-5
Psychology Today	Medicare Therapist link	No endorsement - unknown	https://therapists.psychologytoday.com/rms/prof_results.php?sid=1424702549.3007_7164&state=NJ&spec=456&lmore=-5
Laurie Stern MSW, LCSW	11 Charlton Street in Princeton	908-720-1776	Suggested by young woman consumer. It's the one-way street between William St and Nassau (Rte. 27), by the florist. It's a big grey house. lrlcsw@gmail.com http://lauriesternlcsw.com/
Summit Medical Behavioral	Berkeley Heights, NJ	Main number 908-273-4300	May be in network for some insurance plans. http://www.summitmedicalgroup.com/servi

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Health Therapist Group			ce/Behavioral-Health-and-Cognitive-Therapy-Center/
Ed Fernandez	Progressive Office Plaza, 107 Cedar Gove Lane, Suite 103E, Somerset, NJ 08873	732 587-6613	MSW, LCADC. Breath of Life - breathoflifecounseling@gmail.com 2nd office at 24 North Third Ave, Suite 203F, Highland Park, NJ 08904. Counselor we've used for a few yrs: great for drug addiction and mental health. Can use Janice Regan for reference. http://www.breathoflifecounseling.com/index.aspx
Janice Della Badia	Randolph, NJ	973 434-7453	Clinical Social Work/Therapist, LCSW, DCSW, QCSW. Worth the trip. Great therapist for teens that are hard to engage. She worked with my daughter.
Ellen Stem	Aroga Behavioral Health of Princeton, 188 Tamarack Circle, Skillman , NJ 08558	609-279-1339	LPC. I have been seeing a therapist in Montgomery, she is part of AROGA located at Tamarack Circle. I really like her, she is very down to earth and comforting. Other therapists there as well. http://www.arogaonline.com/
Dr. Edward M. Adams PsyD.	125 West End Ave, Somerville, NJ 08876-1809	908-264-2802	I suggest this psychologist, he is the best I have seen in my experience and the only one my son connected with even though my son never believed in therapy, he was able to connect with this man, because sometimes he uses non-typical therapy, like he will go for a ride in his car while giving him therapy (of course my son is an adult) and that may make a difference here.
Nancy Gable ACSW	31 Clyde Road, Somerset, NJ	732-568-1168	Great therapist - for family therapy as well as 17- late twenties. Can use Janice Regan as reference.
Alberto Olarte MA, MSW, LSW	19 Jennifer Drive, East Hanover NJ	973-560-1492	Bilingual Clinician/Family Services Specialist (English/Spanish) Mr. Olarte makes house calls. When you call, please use Augusta Santos as a reference.

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Leo Hudzik MA, EDS, LPC	Watchung, NJ	917-693-4113	My friend Leo is wonderful. He has helped me through a number of crisis I have had with my son (drinking, has not sought help, does not have a job). Leo is very kind as well! www.watchungcounselor.com
Dr. Laura DeMarzo	Center for Psychological Services, 491 Amwell Rd., Suite 103, Hillsborough, NJ	908-431-9200	Dr. Laura DeMarzo is director (who we see) and various other therapists work there. They take our insurance, which is Horizon Blue Cross. http://centerforpsychologicalservices.net/dr-laura-demarzo-ed-d/
Dr. Lynn Bisco PsyD	Oldwick Associates in Psychotherapy, 48 Old Turnpike, Oldwick, NJ	908-436-3456	Psychologist.
Dr. Philip Bisco PsyD	19 Stony Brook Rd., Branchburg, NJ	908-685-9025	Psychologist.
Dr. Greer Melidonis PsyD.	105 Omni Dr., Hillsborough, NJ 08844	908-359-2466	Psychologist. My daughter saw her for several years, suggested her, and said she was helpful. We would go and my daughter would meet with her, and then parent would go in at end for some talking too.
Therapists in	Somerville		http://therapists.psychologytoday.com/rms/state/NJ/Somerville.html
Dr. Sue Schonberg Phd.	597 Springfield Ave., Summit, NJ	908-273-3133	My daughter found her kind, helpful. I found her very good as well. She doesn't take insurance. Private practice specializing in Cognitive Behavioral Therapy for adolescents and adults. Specialized treatment for OCD & other anxiety disorders provided.
Steve Armstrong MA, Eds.	82 Maple Ave, Morristown, NJ 07960	973-451-9700	
Michelle Castellani, LCSW	131 W. High St., Somerville, NJ	908-727-0217	

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Therapists/ Psychologists	Location	Phone	Comments
Cheryl Garodnick LPC	18 Bank Street 4th Floor, Suite 403 Morristown, New Jersey 07960	973-419-6863	Suggested by 18 yr old girl wanting a young female therapist.
Scott Pontier, MA, MSW	131 Church Rd., Bridgewater, NJ	908-203-9444	Better for parents than consumers. Helped parent detach from loved one's problems.
First Step Counseling- Low Cost Counseling	Rte 28, North Branch Church, Bridgewater, NJ	908-219-6242	Low Cost Counseling. If interested please check the url provided below. Please note that this is an initiative of North Branch Church located on Rte. 28 in Bridgewater, NJ First Step Counseling is a new local initiative designed to help people who would benefit from one-on-one counseling support and who do not have the money to afford this service. If you or someone you know are feeling overwhelmed or challenged and don't know where to turn for help, First Step Counseling of Raritan Valley may be your answer. The co-pay amount for each session is only \$10.00. First Step Counseling can help on issues of relationships, dealing with children, stress, anxiety or depression, dealing with grief or addictions. For more information call us at 908-219-6242 or visit us on the web at www.FirstStepCounselingNJ.com . Help is only a step away. 1st Step Counseling - Augusta Santos highly suggests Ms. Laura Cabral at First Step CounselingNJ.com. My high school daughter had four sessions with Ms. Cabral and it really made a difference!!! My daughter is doing great now, and she also suggests Ms. Cabral to help other teens who may be feeling overwhelmed.

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IOP/PHP/Dual-Diagnosis	Location	Phone	Comments
AA/Al-Anon			http://www.nnjaa.org/ http://www.nj-al-anon.org/ Some consumers and family members have found attending weekly meetings helpful, while others have not.
NA/Nar-Anon			http://www.nanj.org/ http://www.naranonofnj.org/ Nar-Anon is a fellowship of those who are affected by the disease of addiction in a relative or friend. Some consumers and family members have found attending weekly meetings helpful, while others have not.
RWJ Somerset	Somerville, NJ	800-914-9444	http://www.rwjuh.edu/rwjuh/behavioralhealth.aspx aka "5 West". Has in-patient, partial care, and IOP.
Carrier	Belle Mead, NJ	800-933-3579	http://www.carrierclinic.org/ http://www.carrierclinic.org/programs-inpatientservices.php One person commented that Carrier does not really have a dual diagnosis program available at this time.
Princeton House	Princeton, NJ	In-patient 800-242-2550	http://www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health.aspx Princeton House has good resources, as they have a dual-diagnosis program as well as an in-house 30-day rehab. People go in for detox or dual-diagnosis (they're in the same wing) and then straight to PH's rehab which may be nice since you don't have to even leave the grounds. Note: Also offers ECT nearby.
GenPsych	Bridgewater, NJ	855-436-7792	http://www.genpsych.com/locations/bridgewater/ Dual Diagnosis, DBT programs.
High Focus	Branchburg, NJ	800-877-3628	https://www.highfocuscenters.com/high-focus-branchburg-now-open Dual diagnosis program with family meetings. DBT programs.
Anew Wellness	270 Davidson Ave., Franklin Township, NJ	732-238-ANEW (2639)	http://www.anewmenj.com/ This is a fairly new program, somewhat similar to GenPsych and High Focus.

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Dual Diagnosis	Location	Phone Number	Comments
Transitions, Unity Recovery Center	Florida		Two examples of Florida-based programs. Need to verify a program is truly "dual-diagnosis".
Silver Hill Hospital	Connecticut		http://www.silverhillhospital.org/Home.aspx excellent dual diagnosis program. Expensive. Approx. \$30K for 30 days, insurance may cover some of it.
Roger's Memorial Hospital	Wisconsin		I would highly suggest Rogers Memorial Hospital in Wisconsin. My son will be going there on June 30 for OCD but I know they just started a program for girls with mood disorders. Call Admissions and ask for Miranda or you can really speak with anyone. They are very highly regarded. I read some negative reviews of Silver Hill on the internet for what that is worth. https://rogershospital.org/
DayTop	Mendham, NJ		http://www.daytopnj.org/ Teenagers, Young Adult, Women Rehab program.
Sunrise House	Lafayette, NJ		http://www.sunrisehouse.com/ intensive inpatient rehabilitation treatment program for adults.
Maryville Addiction Treatment Center	Southern NJ		http://maryvillenj.org/overview/ Rehab program.

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BPD/Woman's Programs	Location	Phone Number	Comments
Rutgers University DBT Program	Piscataway, NJ	848-445-3942	Updated url - https://gsapp.rutgers.edu/centers-clinical-services/DBT One of our members said the program is very good. And it can be low cost.
Princeton House	Princeton, NJ	In-patient 800-242-2550	http://www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health.aspx Princeton House has a DBT and Woman's program.
GenPsych	Bridgewater, NJ	855-436-7792	http://www.genpsych.com/locations/bridgewater/ DBT Program
High Focus	Branchburg, NJ	800-877-3628	https://www.highfocuscenters.com/high-focus-branchburg-now-open DBT Program
Lona M Stranieri	Princeton Center for DBT 20 Nassau Street Suite 119 Princeton, New Jersey 08542	609-435-1140	A mother with a daughter diagnosed BPD suggested this DBT therapist/program.
Sharon D Anuario	Branchburg Commons 3322 Route 22 West, Bldg 4, Suite 412 Branchburg, New Jersey 08876	908-264-2899	Consumer suggested this therapist. Said she had done very DBT focused therapy with her. In addition to private practice, works for Genpsych,
McLean Gunderson program	Cambridge, MA	888-657-5699	One of the "top" programs for treating BPD. Very expensive. McLean Gunderson is housed in newly constructed town-homes conveniently located in Cambridge, Massachusetts, less than two miles from Harvard Square and 4 miles from downtown Boston. Our open-door residential setting offers each client a private room in a comfortable, secure and safe environment. Public transportation to sites in and around Boston is just steps from our front door. The fee for McLean Gunderson is \$1,350 per day for a minimum of 60 days. We are a self-pay program that does not accept insurance or any third party reimbursement. http://www.mcleanhospital.org/programs/mclean-gunderson/overview

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BPD/Woman's Programs	Location	Phone Number	Comments
McLean Hospital	Belmont, MA	617-855-2595	<p>The Hill Center for Women (Insurance may cover 60/40) in Belmont, MA. As a residential program with a two week average length of stay, the Hill Center for Women provides a safe, supportive, and secure environment to help women just like you to build strength and find new resources to regain command of their lives. Our staff emphasizes empathy, compassion, collaboration and empowerment.</p> <p>http://www.mcleanhospital.org/programs/hill-center-women</p> <p>http://www.mcleanhospital.org/sites/default/files/shared/Hill%20Center%20for%20Women%20Handbook%2010142014.pdf</p> <p>http://www.mcleanhospital.org/sites/default/files/shared/Program%20Schedule%2010142014.pdf</p>

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Anorexia/Eating Disorders	Location	Phone Number	Comments
Princeton Medical Center			A friend has a High School aged daughter in the eating disorders program at Princeton Medical Center. It is early days for them but he seems satisfied so far.
RWJ Somerset			
Timberline Knolls			There is a good (and expensive) residential program at Timberline Knolls, outside of Chicago. Our daughter was there for several months, but not for anorexia. We liked them.
Pauline Pernini	Flemington Counseling Services	908-892-4517	She helped our daughter and our girl is doing great now!
John Weagley	Hunterdon Behav Health	908-788-6401	You would need to go through their system to request an appt, 908-788-6401. John is skilled in working with families and really knows his way around HMC, was a great resource for us as parents, we saw him for support regarding our daughter's struggles. He sees teens too.
Augusta Santos - augusta.santos3@gmail.com			I have a friend who is a Registered Dietitian and has experience with eating disorders. She may be able to do a phone consultation and help/guide them with their blood work. She provides consultations and is very reasonable. I also have another friend who is a Certified Nutritional Consultant, and has been for over 37 years raising 5 kids on natural products. Also, please remind the family to go on Medline plus to read up on side effects so they recognize what her body may be expressing. This condition (sometimes) is a hormonal imbalance that happens when girls try to lose weight by starving the body..... the caloric drop creates unstable chemical balances in the brain....)

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		<p>sessions for low income patients) and offers help with some smoking aid costs. They have a psychiatrist Dr. Shampain who can prescribe Chantix, nicotine inhaler, nicotine spray. Weekly therapy and group therapy available that concentrate on quitting. They have discussed they're just an addition to your loved one's usual therapy, not a replacement.</p>
<p>Augusta Santos - augusta.santos3@gmail.com</p>		<p>Founder of the João José 'John' Santos Charitable Organization, a non-profit organization in memory of her husband who lost his life to suicide. This organization is a grassroots effort whose mission is to educate families on their quest in understanding mental disorders to prevent further suicides. We believe in the power of educating families, to connect them with healthier eating solutions that will yield the compound effect of happier and productive lives. The organization partners with Shaklee Corporation; #1 Natural Nutrition in the US for nearly 60 years, and a pioneer in Prevention and in Nutrition.</p> <p>Augusta sends out Inspirational and Educational emails on Natural Solutions to common health problems (depression, cancer, diabetes, autism, allergies, asthma, heart diseases, high cholesterol, weight issues, ADHD and more) Anyone who is interested in learning about natural alternatives for a specific health concern, feel free to reach out to Augusta at augusta.santos3@gmail.com</p> <p>Augusta encourages families to visit the NIH-National Institute of Health website at http://www.nlm.nih.gov/medlineplus/ and type in the name of your medication . It will give you a list of side effects so you recognize and understand what your body may be expressing...</p> <p>Note: NAMI Somerset doesn't endorse/recommend Shaklee/natural solutions over medications/therapy.... But appreciate Augusta's perspective and options offered.</p> <p>Note: Medication/Therapy is critical for the brain/body to function, as well as a healthy nutrition!! Many times, correcting nutritional deficiencies and fueling the body with quality lean protein, fiber, minerals and vitamins that are lacking is key for optimal overall health.</p>

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Therapeutic Schools	Location	Comments
http://education.state.nj.us/apssd/ http://www.asah.org/		aliciastevenson@comcast.net – First link lists “approved” schools. Second link great resource for children with special needs - has some great schools that may not be “approved”, would have to prove there's NO school on approved list that matches need.
SPAN - www.spanadvocacy.org		Statewide Parent Advocacy – can contract for help, can provide guidance and review your legal rights. 1-800-654-7726 .
Hunterdon Prep	Annandale, NJ	http://www.hunterdonprep.org/ Amazing, perfect for my son! More of therapy model than some.
Lamberts Mill Academy	Westfield, NJ	http://www.ucesc.k12.nj.us/ucesc/Schools%20%26%20Services/Lamberts%20Mill%20Academy/Clinical%20Services/ Therapy and academics balanced. Great communication from teachers.
Cornerstone Academy	Mountainside, NJ	http://www.cornerstonedayschool.com/ have heard outstanding comments about school. Head of school conscientious and strong leader. Small classes, teachers get to know student. Several field trips are planned. Short break end of school then 4 day Summer classes with field trip on Thursdays.
East Mountain Day School, Carrier	Belle Mead, NJ	http://www.carrierclinic.org/programs-eastmountainschool.php
Rutgers University Behavioral Health Care Day School	Piscataway, NJ	http://ubhc.rutgers.edu/services/children_family/ChildTherapeuticDaySchool.html http://ubhc.rutgers.edu/services/children_family/AdolTherapeuticDaySchool.html emphasis on therapy over academics.
Collier Middle and High School	Wickatunk, NJ	http://www.collieryouthservices.org/school_home.aspx?schoolID=2 http://www.collieryouthservices.org/school_home.aspx?schoolID=1 Loved it!
Montgomery Academy	Basking Ridge, NJ	http://www.montgomeryacademyonline.org/ daughter attended 1 and a half yrs in high school and loved it. Good for behavior need. One mother commented: geared more for kids with developmental disabilities and behavior disorders. It is K-12th and has a great family feeling - teachers and students eat lunch together every day which is prepared by students. It has a strong vocational element as well.
New Roads School	Somerset, NJ	http://www.newroadschool.com/ love it!
New Hope Academy	Yardley, PA	http://newhopeacademy.net/ one family had to advocate 1.5 years to get daughter placed.

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Calais School	Whippany, NJ	http://www.thecalaischool.org/
Chapel Hill Academy	Lincoln Park, NJ	http://www.chapelhillacademy.net/

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Lawyers	Location	Phone Number	Comments
Douglas M Greene, Esq LLC http://ssdilawyersnj.com/	475 Wall St., Princeton, NJ	609-683-1500	Helped my daughter get approved for SSD.
Mike Rogers - https://mcdonaldrogerslaw.com/	Somerville	908-722-4100	DWI - Best lawyer around. Former prosecutor, specializes in criminal law,
Ramp, Renaud & Hlavenka, LLC Ann Renaud	7-G Auer Court - Williamsbur g Commons East Brunswick NJ 08816	732-390-4949	DWI/law issues - Former judge, advocate for mentally ill. Helped one of our families. Suggested by Phil Lubitz.
Mr. Robert Ramsey http://bobismylawyer.com/ Mr Richard Uslan http://dwiinnewjersey.com/experience/	Hamilton, NJ Somerville, NJ	609-396-7979 908-725-1200	Very experienced in DWI/DUI cases. Can be "obnoxious" in delivery to client, but excellent. Family worked with him and Mr. Richard Uslan. Excellent lawyer. Mr. Uslan has good "bedside manner". FYI – our member commented that our courts don't recognize MI DWI (mentally ill DWI), follow DWI laws, but got best deal possible given circumstances.
Linda J Robinson ljresq@aol.com	1200 Rte 22 East, Suite 200, Bridgewater, NJ 08807	908-281-9756	Supplemental Benefits Trust (and more) One member commented "very good with reasonable rates"
Hinkle, Fingles, & Prior	Main Office 2651 Main St., Lawrenceville , NJ 08648	609-896-2400	Supplemental Benefits Trust (and more) One member commented "very good, but on expensive side" www.hinkle1.com
Sheryl Gandel Mazur	195 Fairfield Ave., Suite 2C, West Caldwell, NJ 07006	(973) 403-0902	One consumer commented "very good, helping with appeal for SSI/SSD" http://www.mazurdisabilitylaw.com/

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Legal Services of Northwest Jersey		908-231-0840	provides free civil legal services to low-income people, seniors, and people living with HIV/AIDS www.lsnj.org/lsnwj
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Older Loved Ones	Location	Phone Number	Comments
Lincoln Park Care Center	Lincoln Park, NJ		http://www.lincolnparkcarecenter.com/ Excellent care for grandmother with severe depression.
Chelsea Senior Living	East Brunswick, NJ		http://www.chelseaseniorliving.com/assisted_living_new_jersey/east-brunswick-nj-assisted-living/mental-health-services-east-brunswick-nj
Westminster Village	Allentown, PA		http://www.wmvallestown.org/ excellent care for mother with Alzheimer's
			aplaceformom.com May want to get newsletter. newsletter@aplaceformom.com It is very informative.
Brandywine	Green Brook, NJ		http://www.brandycare.com/our-communities/middlebrook-crossing/
Brightside	Flemington, NJ		http://www.hunterdonhealthcare.org/briteside

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Suicide Survivor Support Groups	Location	Phone Number	Comments
Compassionate Friends Support Group	Bridgewater, NJ	908-431-9775	http://www.compassionatefriends.org/home.aspx Chapter meets at Bridgewater Public Library. http://www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx
Survivors of Suicide Loss Bereavement/Support Group	Bridgewater, NJ	908-938-0392	Meets monthly at Bridgewater Public Library. Contact is Augusta Santos. Email johncharitable@aol.com Website: www.thejohncharitable.com
Survivors of Suicide	671 Hoes Lane, D 201 Piscataway, NJ	732-462-5267	University Behavioral Health Care Contact Person: Peggy Farrell.