

Emergency Protocol: Those exhibiting psychotic behavior or appear to want to hurt others or themselves, may warrant crisis intervention. **Call 911 for all mental health/psychiatric emergencies, specifying that "this is a mental health crisis. Please send a trained officer".** An evaluator will assess if the person should be admitted into the hospital.

RESOURCES

Statewide

- The Intensive Family Support Services (IFSS) is NAMI's partner. Staffed by mental health professionals, IFSS provides free, in-depth help to families affected by mental illness.
- Program for Assertive Community Treatment (PACT) offers comprehensive psychiatric treatment and rehabilitation for those people who have experienced repeated involuntary hospitalizations

Atlantic County

- AtlantiCare Regional Medical Center- Atlantic City campus 609-345-4000
- Crisis Intervention 609-344-1118
- Psych Unit 609-652-1000
- AtlantiCare Behavioral Health, Inc.
Provides full range of mental health outpatient services:
psychiatric evaluations/medication monitoring, partial day program,
out-patient therapy
- Access Center—New patients (866) 604-5506 6010
- Ancora State Psychiatric Hospital 609-561-1700
- IFSS/Mental Health Association (MHA), Galloway, NJ 609-652-3800
- Program for Assertive Community Treatment (PACT):
Team A 609-404-1974 Team B 609-404-9268
- Family Services Association 609-569-0239
- Jewish Family Services 609-569-0239
- Vocational Rehabilitation 609-813-3933

Cape May County

- Cape Regional Medical Ctr., Psychiatric Screening Center
2 Stone Harbor Blvd., Cape May Court House, NJ 08210
- Cape Counseling Services, Cape May Court House, NJ 609- 465-4100
Provides full range of mental health outpatient services:
psychiatric evaluations, medication monitoring, partial day program,
out-patient therapy
- Program for Assertive Community Treatment (PACT) 609-8990
- IFSS 609-465-4100
- Legal Assistance: 609 465-3001 Help with social security disability
applications and criminal justice systems

For more information on county resources, go to www.namiac.org web-site

DID YOU KNOW.....

Mental illnesses are disorders of the brain that disrupt a person's thinking, feeling, moods, and ability to relate to others.

Mental illnesses affect one in five families. Five million people in the U.S. alone suffer from a serious chronic brain disorder such as schizophrenia, bipolar disorder, or major depression.

Mental illnesses are no-fault brain diseases. They are not caused by personal weakness, lack of character or poor up-bringing.

Mental illnesses are treatable. Treatment success rate for schizophrenia is 60%, compared with 41-52% for heart patients.

There are more people with serious mental illnesses in the jail system than in psychiatric hospitals; one-third of U.S. jails incarcerate people with these diseases who have no charges against them but are merely waiting for a psychiatric evaluation or the availability of a psychiatric hospital bed.

Despite media focus on exceptions, individuals receiving treatment are no more prone to violence than the general public.

The majority of people with these brain diseases live with their families due to shortage of appropriate housing options.

Depression is more widespread than coronary disease (7 million); cancer (6 million), and AIDS (200 thousand).



National Alliance on Mental Illness

Find Help. Find Hope.

ATLANTIC/CAPE MAY

*Serving Atlantic and
Cape May Counties*

**Dedicated to Improving
the Lives of Those
Affected by
Mental Illness**

NAMI ATLANTIC/CAPE MAY

**P.O. Box 1557
Absecon, New Jersey 08201**

**WEBSITE: <http://www.namiac.org>
E-Mail: nami1557@comcast.net**

Established in 1986



Our mission: Educate, advocate and support those affected by mental illness in every community throughout the nation. They are families challenged by the disabling nature that mental illness has on their loved ones, and those struggling with the disease itself. Mental illness can occur simultaneously with substance abuse and is a brain disorder.

Please review the programs and services listed below that have reached Atlantic/Cape May residents since our modest beginning in 1986.

Programs and Services-Free, unlimited, transformative: Family extends to anyone who is caring for or involved with a mentally ill individual. All are welcome whether loved ones have a psychiatric diagnosis. Unfortunately, many mentally ill people will not see a doctor because they do not believe they have an illness.

Family Support Group: Self-help, peer-led meetings address the needs and concerns family members have regarding their mentally ill loved ones. Break the isolation and stigma from suffering alone! Find on-going support as your loved one may relapse and celebrate the progress of recovery.

Family to Family Education Program: A 12-week course helping families and significant others cope more effectively with the disease, the mental health system and find support for themselves. Learn how your loved one can accept help for a sustained recovery. Discover the miracle of how your own self-care helps heal your loved one.

Connection Support Group: Self-help, peer led meetings offer support and friendship to those facing the challenges mental illness presents in everyday life. Recovery is on-going and, this group encourages the adoption of those vital activities.

In Our Own Voice: An insightful look at the journey men and women affected by mental illness have taken on their road to recovery. The program is delivered by those facing the challenges of living with mental illness in an interactive format. It can be presented to organizations of lay people, students and professionals.

Community/Health Fair Events: We participate in various community events and health fairs to distribute our message, share information and broaden our network of supporters.

Advocacy: Family members are trained to advocate for their loved ones when services are denied or poorly delivered. NAMI Atlantic/Cape May has helped improve the County and State

service delivery system and legislative initiatives, participating in several influential boards and Ancora State Hospital.

Membership counts! We ask that you become a paid member of NAMI. Our political clout is evaluated by the number of paid members and helps fund our work. See the membership application in this brochure.

Feel free to donate or volunteer!

There are many volunteer opportunities to explore. All monetary donations are tax deductible under our non-profit status.

Contact A NAMI representative to answer your questions and provide initial support to you.

Atlantic County For information Contact

Gail Dembin at 609-927-2015 gail.dembin@hotmail.com
Abbie Katz 215-327-7940 abbieekatz@aol.com

Cape May County For information Contact

Paul Herbert 609-335-2952
Abbie Katz 215-327-7940 abbieekatz@aol.com

Family Support And Connection Group Meetings

**Atlantic County Location
2nd Monday of the Month
UNITED METHODIST CHURCH
of ABSECON**

**100 Pitney Road
Absecon, NJ
7:00-9:00 PM**

Contact: Gail Dembin 609-927-0215

**Cape May County Location
3rd Wednesday of the Month
TABERNACLE**

**UNITED METHODIST
702 Seashore Road, Erma, NJ
7:00-9:00 PM**

Contact: Paul Herbert 609-335-2952

NAMI

ATLANTIC/CAPE MAY
The Family Voice on Mental Illness

APPLICATION FOR MEMBERSHIP

Name: _____

Address: _____

Telephone: Home _____

Work or Cell _____

TYPE OF MEMBERSHIP

_____ Household - \$60

_____ Individual - \$40

_____ Open Door - \$5

Membership includes:

NAMI Atlantic /Cape May membership and newsletter.

NAMI New Jersey membership and newsletter.

NAMI membership and newsletter, "Advocate."

Access to current information on research, medications, legislation, advocacy projects, anti-stigma activities, conferences, and more.

Please mail your check payable to:

NAMI Atlantic/Cape May

**P.O. Box 1557
Absecon, New Jersey 08201**

(609) 927-0215

E-mail: nami1557@comcast.net