

DMHAS Community Mental Health Services



SUMMARY AND OVERVIEW OF COMMUNITY-BASED SERVICES

**PREPARED FOR NAMI AND IFSS
JULY, 2020**

DMHAS Mission



DMHAS, in partnership with consumers, family members, providers and other stakeholders, promotes wellness and recovery for individuals managing a mental illness, substance use disorder or co-occurring disorder through a continuum of prevention, early intervention, treatment and recovery services delivered by a culturally competent and well trained workforce.



Continuum of Mental Health Services

Our goal is to provide the appropriate level of care in the least restrictive environment necessary to meet the individual's needs. Mental Health Services are structured to prevent unnecessary hospitalizations, and return individuals to the community as soon as possible, with the supports necessary to live successfully in the community.

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- **Screening and Crisis Intervention**
 - **Inpatient Treatment**
 - **Outpatient Treatment**
 - **Rehabilitative Services** (Inc. PACT, CSS, Residential, Partial Care)
 - **Advocacy, Linkage and other supports**
 - **Self-Help**

Screening and Crisis Intervention



- Designated Screening Services and Affiliated Emergency Services
- Crisis Diversion Programs (Ocean, Mercer, Union)
- Crisis and Peer Respite Residences (Regional)
- Involuntary Outpatient Commitment (IOC)
- Early Intervention and Support Services (see next slide)
- Suicide Prevention Hopeline
 - 855-NJ – Hopeline or 855-654-6735

Early Intervention and Support Services



- Short-term Outpatient Treatment (30 days) with case management support and linkage to on-going services
- Intended to avert use of more intensive services such as screening and inpatient

- Atlantic
- Bergen
- Camden
- Cumberland (plus Salem)
- Essex
- Hudson
- Mercer (plus Burlington)
- Middlesex
- Monmouth
- Morris
- Ocean

Advocacy, Linkage and other supports



- **Integrated Case Management Services (ICMS)**
- **Programs for Assistance in Transition from Homelessness (PATH)**
- **Legal Advocacy**
- **Justice Involved Services**
- **NJ Mental Health Cares – Information & Referral**
 - 1-866,202-HELP; njmentalhealthcares.org
- **Family Support Services**
 - Intensive Family Support Services
 - Acute Care Family Supports

Self-Help



Services are staffed and led by trained peers

- **Consumer-run Wellness Centers – 21 counties**
- **Peer Outreach Support Team (POST) – Atlantic, Hudson, Ocean and Union Counties**
- **MHANJ Peer Recovery Warmline – 1-877-292-5588**
 - Calls are answered Monday – Friday 8a.m. – 10 p.m., Saturdays and Sundays 5 p.m. – 10 p.m., Holidays 3 p.m. – 10 p.m.

IFSS PROGRAM



- IFSS provides support and psychoeducation to loved ones of adults with severe and persistent mental illness across the life span.
- IFSS is free of charge and operates in each county to best meet the needs of families.
- IFSS was implemented during the shift to community based care.

Who qualifies for IFSS?



- **Services are available to any loved one 18 years of age or older with severe and persistent mental illness.**
- **IFSS is intended to be flexible, individualized and address the unique needs and concerns of each family.**

What does IFSS support look like?



- One to one single family consultation in the community or office.
 - ✦ Validation/Acknowledgement
 - ✦ Process Feelings
 - ✦ Strength Building
 - ✦ Guilt/Grief and Loss

- Support Groups
 - ✦ Educational Workshops

- Respite
 - ✦ Advocacy

- Linkage and Referral to Resources and Contacts

How is IFSS delivering services during COVID-19



- Referrals continue to be processed via phone and/or email
- Single family sessions can be held over the phone or through the use of telehealth platforms
- Support phone contacts continues
- Support groups and psychoeducation are being delivered via Zoom or other online platforms.

Additional Information



To access a complete list of IFSS Programs in New Jersey please visit the
NAMI NJ website:

<https://www.naminj.org/support/professional/ifss/>

If you have any questions or concerns about the IFSS program please contact:

Enza Balestrieri IFSS Coordinator
Program Specialist 2 Social/Human Services
Office of Treatment and Recovery Support
Division of Mental Health and Addiction Services
Email: Enza.Balestrieri@dhs.nj.gov



Substance Use Disorder Services




**PREVENTION
TREATMENT
INFORMATION AND REFERRAL
RECOVERY SUPPORTS
COUNTY-BASED SERVICES
HELPLINES**


Addictions Contact Information




- **NJ Addiction Services Hotline**
 - Provides information and referral to treatment 24/7
 - 1-844-276-2777
- **County Drug and Alcohol Directors**
 - <https://www.state.nj.us/humanservices/dmhas/home/admin/index.html>
- **DMHAS Helpline**
 - Staffed business hours
 - Information and referral, complaint resolution
 - 1-800-382-6717




DMHAS Response to COVID-19

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- DMHAS quickly prepared FEMA and SAMHSA Grant applications.
 - Disaster and Terrorism Branch began offering trainings to a variety of audiences, including front-line workers and call-line staff.
 - Mental Health Association of NJ initiated a call-line, operational 7 days/week (1-866-202-4357). For Deaf callers, use ACCESS line – 1-973-870-0677.
 - DMHAS revised our payment process for contacted providers.



DMHAS Response to COVID-19

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- **DMHAS held a number of webinars to share best practices with providers.**
 - **Regional and program staff maintained frequent telephone contact with providers to verify access to services and respond to concerns.**
 - **DMHAS partnered with other state offices, including DOH and Medicaid, to issue guidance documents and relax standards as appropriate.**

FEMA Grants: NJ Hope and Healing



- Three providers were awarded funding through a FEMA Immediate Services Program grant to provide support statewide to New Jersey residents and front-line workers during the pandemic.
- An application was submitted to FEMA for a 9-month Regular Services Program grant, which will start when the ISP ends. Twelve providers will participate, and services will be statewide.

FEMA Grants: NJ Hope and Healing



- Outreach to various populations/sub-groups including many virtual support groups
- Individual and family crisis counseling encounters
- Helpline averaging 720 calls/week; over 70% related to COVID-19 MH issues and referrals to treatment
- Distribution of materials re: self-help and availability of supports

COVID-19 SAMHSA Grant



The Division of Mental Health and Addiction Services (DMHAS), was awarded a \$2M Emergency COVID-19 grant from SAMHSA for a 16-month period.

- Our project will provide and expand behavioral health treatments and supports to populations throughout NJ with serious mental illness (SMI) (70%), non-SMI (20%) and healthcare workers (10%) impacted by the COVID-19 virus. This includes individuals with substance use disorders.
- Services will begin by August 1, 2020.

COVID-19 SAMHSA Grant



- **DMHAS will be contracting with Rutgers University Behavioral Health Care (UBHC) to act as a COVID-19 Coordinating Entity (CCE) to provide treatment and supports, and provide a warm handoff to licensed treatment providers throughout the state that have the capability to do telehealth and accept new referrals.**
- **UBHC will utilize screening tools to determine mental health and substance use problems and to assess callers' level of distress and symptomology. They will also provide treatment for uninsured clients.**

Office Of Community Services



- **Northern Region**

- Theresa Wilson, Assistant Regional Coordinator
- 973-977-4397

- **Central Region**

- Mary Jean Weston, Regional Coordinator
- 609-438-4292

- **Southern Region**

- David Helfand, Regional Coordinator
- 609-567-7352

Community Services Regional Offices



Northern Region

Bergen, Passaic, Essex,
Union, Hudson, Morris,
Sussex, Hunterdon,
Somerset and Warren
Counties

Central Region

Middlesex & Monmouth
Counties

Southern Region

Atlantic, Cape May,
Cumberland, Salem,
Burlington, Camden,
Gloucester, Mercer, and
Ocean Counties