



Intensive Family Support Services

Improving the quality of life of caregivers by providing individualized information, education & support.



Our Services:

- Individual/Family Consultations
- Psycho-Education Seminars
- Family Support Groups
- Family Psycho-Education Groups
- Respite (Social) Events
- Referral/Linkage
- Advocacy



Through IFSS, families learn to be supportive in ways that promote wellness, recovery and independence. Ultimately, the program helps all family members begin to find peace of mind.

Services are designed to help caregivers:

- Navigate the community mental health system
- Develop successful support systems
- Better manage crisis situations
- Communicate more effectively

- Utilize coping strategies
- Recognize the signs and symptoms of serious mental illness
- Learn about mental health treatment options
- Become a more effective advocate

IFSS Groups

Camden County:

Families Coping with Schizophrenia Support Group

First Tuesday each month 6:30pm to 8pm via Zoom

Families Coping with Mood Disorder Support Group

Third Tuesday each month 6:30pm to 8pm via Zoom

Mercer County:

Common Thread Psycho-Education Group

Every Tuesday each month from 5:15pm to 6pm via Zoom

Putting Ourselves First Support Group

1st & 2nd Thursday each month from 6pm to 7pm via Zoom

Families Coping with Schizophrenia Support Group

Fourth Tuesday each month from 6:30pm to 8pm via Zoom

Camden County & Mercer County:

Making Connections for Caregivers Support Group

Every Monday each month from 5:15pm to 6pm via Zoom

Please contact Andrea Crea to receive the zoom information for the IFSS Support Groups at Andrea.Crea@oaksintcare.org

About Intensive Family Support Services (IFSS)

IFSS helps New Jersey residents, aged 18 years and older, who are concerned about or caring for an adult diagnosed with or believed to have a mental illness. Our team of skilled Family Support Specialists provide support and share information about coping strategies, communication, treatment options, effective advocacy and developing successful support systems. By listening, understanding and conveying hope, Intensive Family Support Services helps people who care about someone living with a mental illness to build more balance in their own lives and better help their loved one.

**Oaks Integrated Care Administrative Offices:
770 Woodlane Road Mt. Holly, NJ 08060**

**To learn more information, please visit:
www.oaksintcare.org
Oaks Access Center: 1-800-963-3377**



Eligibility

Intensive Family Support Services are available to Camden and Mercer County residents who care for an adult (18 or older) with a serious mental illness.

Location:

Program located in Camden and Mercer Counties. Services offered in-home and office-setting. Currently all services are being offered electronically due to COVID restrictions.

Fee:

There is no fee for this service.

To make a referral, please email the IFSS Program Supervisor: Andrea Crea

Andrea.Crea@oaksintcare.org

Please include in the email:

- The family contact's name, telephone number, and a short description of their situation/needs.
- Their loved one's name, age, and diagnosis.
- The supervisor will call the family contact to complete the referral paperwork.