



MENTAL HEALTH & ADDICTIONS RESOURCE GUIDE

Cumberland County

Third Edition 2024



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Local Quick Picks

Agencies:

Cumberland Co. Guidance Center	(856) 825-6810
Cumberland County Crisis Unit	(856) 455-5555
Cumberland Co. Drug & Alcohol Services (aka First Step Clinic)	(856) 451-3727
Inspira Behavioral Health Services	(856) 575-4111
Southwest Council, Inc.	(856) 794-1011
Oaks Integrated Care URGENT Mental Health	(856) 537-2310

Hospitals:

Inspira Health Network, Bridgeton	(856) 575-4500
Inspira Health Network, Elmer	(856) 363-1000
Inspira Health Network, Vineland	(856) 641-8000

County Contacts:

Mental Health Administrator	(856) 459-3080
Board of Social Services	(856) 691-4600
County Jail Social Services	(856) 453-7648
Cumberland CARES - 24 hour Addiction Recovery Support	(800) 236-2448
Capital Recovery Center	(856) 391-7449

Mental Health Education:

NAMI of Cumberland County
namicumberlandcountynj@gmail.com

Intensive Family Support Service (IFSS)	(856) 506-2741 ext. 276
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New Jersey Hotlines

(In an emergency, please dial 911)

Since July 16, 2022, dialing “988” will route your call to a Suicide & Crisis Prevention Lifeline

NJ Suicide & Crisis Lifeline (text, call, chat)	988
Reach NJ	(844) 732-2465
IME Addictions Access Center	(844) 276-2777
NJ Connect for Recovery	(855) 652-3737
The Peer Recovery Warmline	(877) 292-5588
National Suicide Hotline	988
NJ Mental Health Cares	(866) 202-HELP
	(877) 294-4356
E-mail: help@njmentalhealthcares.org	
Council on Compulsive Gambling of NJ	(800) GAMBLER
NJ Veteran Healthcare	(866) 838-7654
Veteran Crisis Hotline	(800) 273-8255
New Jersey Poison Control	(800) 222-1222

MESSAGE TO READERS

This Mental Health Resource Guide is intended to provide information about mental health programs in Cumberland County, New Jersey and nearby communities. Every attempt has been made to ensure that the published information is current and accurate at the time of printing. However, service providers and locations do change over time, so it is possible that a reference to a program included here may no longer be available.

This Resource Guide consolidates resource information for Cumberland County residents who deal with mental health and addiction issues. This directory is for consumers, families, and those who help them. This directory is a collaboration of the County Mental Health and Addictions Services Office, the County Mental Health and Addictions Board, and Cumberland County Affiliate of the National Alliance on Mental Illness (NAMI).

This Resource Guide will not detail the symptoms of mental illnesses or delve into pharmaceuticals. Plenty of resources are available that will. Booklets, fact sheets and videos are available free of charge. Ask questions of your health care providers, look at websites, call the phone numbers, and listen to speakers in your community to learn more.

DISCLAIMER

"The information provided is being supplied in good faith based on information shared and it is information which the Department believes is germane, accurate, and complete. The Department cannot be responsible for errors or omissions which may occur given the Department can only act on information shared and information being provided is undertaken as a public service. Neither the Department nor Cumberland County recommends or endorses any specific clinician, counselor, psychiatrist, program, group procedures, opinions, or any other information that may be mentioned in this guide. Mental health resources that may be appropriate vary significantly person to person and from time to time and this resource is offered as a general guide. Any reliance on this general guide shall be solely at the risk of the recipient in that the guide is not intended as a specific plan of action for any individual."

OUR MISSION

National Alliance on Mental Illness (NAMI) is a national and statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Its network of support and advocacy groups is composed of families, friends, and persons who are affected by mental illness, as well as professionals, members of organizations, and governmental bodies dedicated to mental health.

NAMI of Cumberland County is an affiliate of NAMI-NJ and NAMI National. We offer emotional support, information, education, and advice about treatment and community resources. In such an event, persons are encouraged to contact **NAMI of Cumberland County**

Cumberland County Mental Health & Addictions Board provides public leadership to the county in the development of mental health and substance use services. The board is comprised of a membership that is representative as much as possible of the county's population.

For more information on attending Cumberland County

Mental Health and Addictions Board Meeting or becoming a Board Member, please call (856) 459-3080 or email Melissa Niles, Mental Health Administrator at melissani@cumberlandcountynj.gov

MENTAL ILLNESS, SUBSTANCE USE DISORDER, AND CO-OCCURRING DISORDERS

MENTAL ILLNESS

“Mental illness” refers to disorders generally characterized by dysregulation of mood, thought, and/or behavior, as recognized by the Diagnostic and Statistical Manual, 5th edition, of the American Psychiatric Association (DSM V).

SUBSTANCE USE DISORDER

This term encompasses a continuum. "Substance use" and "misuse" of drugs usually involves drugs taken voluntarily for the purpose of their effect on the central nervous system (usually referred to as intoxication or "high"). "Substance Use Disorder" is when substance use begins to impair a person's functioning significantly enough to meet the threshold for the clinical diagnosis (mild, moderate, or severe).

CO-OCCURRING DISORDERS

The term “co-occurring disorders” refers to an individual having one or more substance use disorders and one or more psychiatric disorders at the same time. ('Dual diagnosis' and MICA – Mentally Ill/Chis are older terms for 'co-occurring disorders').

Approximately 8.9 million adults have co-occurring disorders; that is they have both a mental and substance use disorder¹. Research and first-hand experiences in both the mental health and substance use disorder treatment fields have led researchers and practitioners to understand that both disorders must be addressed and treated simultaneously for people with co-occurring disorders to fully recover.

¹ Substance Abuse and Mental Health Services Administration, Office of Applied Studies, National Survey on Drug Use and Health, 2008 and 2009.

ACCESSING MENTAL HEALTH & ADDICTIONS SERVICES

Your choice will be based on experience, personal recommendation, ability to pay, insurance coverage, location, and personal compatibility with the treating provider.

These professional associations list providers by specialty, language, and location:

NJ Psychiatric Association	(908) 588-3540 www.psychnj.org
NJ Psychological Association	(973) 243-9800 www.psychologynj.org
NJ Counseling Association	www.njcounseling.org

NJ Addiction Treatment Directory

For a list of providers for alcohol or substance treatment, visit:

[Intro -Treatment Directory Application \(rutgers.edu\)](http://rutgers.edu)

NJ 24 Hour Coordination Treatment Access (IME)	(844) 276-2777
County Alcohol and Drug Coordinator	(856) 451-3727
Cumberland C.A.R.E.S. – 24 Hour Hotline (Compassionate Addiction Recovery Equals Success)	(800) 236-2448
NJ Mental Health Institute	(609) 838-5488

NJ Directory of Mental Health Services

For a Directory of Mental Health Services, visit:

[MH Dir COMPLETE.pdf \(state.nj.us\)](http://state.nj.us)

SEARCHING THE WEB

These organizations are informative and user-friendly:

American Academy of Child and Adolescent Psychiatry	www.aacap.org
American Foundation for Suicide Prevention	www.afsp.org
Autism	www.autism-society.org
Depression and Bipolar Support Alliance	www.dbsalliance.org
Federation of Families for Children's Mental Health	www.ffcmh.org
Freedom from Fear	www.freedomfromfear.org
Mental Health America	www.mhanational.org
Mental Health Association of New Jersey	www.mhanj.org
National Alliance on Mental Illness - NJ	www.naminj.org
National Alliance on Mental Illness - National	www.nami.org
National Autism Association	www.nationalautismassociation.org
National Family Caregivers Association	www.nfcacares.org
National Institute on Drug Addiction (NIDA)	www.drugabuse.gov
National Institute of Mental Health	www.nimh.nih.gov
Mental Health Cares	www.njmentalhealthcares.org

Parent Medication Guide

www.parentsmedguide.org

Poison Control

www.njpies.org

**U.S. Dept. of Health and
Human Services**

www.hhs.gov

Schizophrenia

www.schizophrenia.com

Stop Smoking

www.smokefree.gov

**Substance Abuse and Mental Health
Services Administration**

www.samhsa.gov

**Suicide Awareness/Voices
of Education**

www.save.org

TREATMENT AND THERAPY

Most people diagnosed with mental illness can experience relief from their symptoms by actively participating in treatment or support services. Numerous treatments are available. The choice and combination of treatment and services selected depends in most cases on the severity of symptoms, the availability of options, and decisions determined by the individual, often in consultation with their health care provider and others. Most people with mental illness report that a combination of treatments, services, and supports works best to support their recovery. (nami.org)

Types of **practitioners** who treat the symptoms of mental illness, co-occurring disorders, and substance use disorders:

- Psychiatrist
- Psychiatric Advanced Practice Nurse (APN)
- Psychologist
- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Counselor (LPC)
- Mental health counselor (CMHC)
- Licensed Marital or family therapist (LMFT)
- Licensed Clinical Alcohol and Drug Counselor (LCADC)
- Pastoral counselor

Types of **treatment services** that are available to assist those who are struggling with mental health, co-occurring disorders, or substance use disorders.

Outpatient consists of individual, group or a combination of both, minimum of one hour-to-six hour per week maximum.

Intensive Outpatient consists of a minimum of 9 hours of treatment interventions (individual, group, psycho-education, family education) per week.

Partial Care/Partial Hospitalization consists of a minimum of 15 hours per week, 5 days per week.

Hospitalization/Residential treatment centers usually house persons with significant psychiatric, psychological, behavioral, or substance use problems who have been unsuccessful in outpatient treatment, day

treatment programs, and other non-secure environments. Hospitalizations is for those who have acute or chronic mental illness and are need stabilization.

Short Term Care Facilities (STCFs) provide acute care and adult psychiatric units in a general hospital for the short-term admission of individuals who meet the legal standards for commitment and/or require intensive treatment. All admissions to STCFs must be referred through an emergency or designated screening center. No individual otherwise eligible shall be denied admission due to inability to pay or the type of insurance held.

Supportive housing is a combination of housing and services intended as a cost-effective way to help people live more stable, productive lives.

Halfway House consists of a combination of housing and treatment intended to help the participant become acclimated to living life in recovery.

Sober Living and Oxford Houses are not formal treatment; however, they are housing in local community neighborhoods whose residents live together and agree to abide by certain rules to help them obtain, maintain, and sustain a recovery lifestyle.

Recovery Support are services to help the participant engage in recovery while living in the community (Self-Help and Recovery Support Centers, etc.).

MEDICATIONS

Medications do not cure substance use disorder or mental illness. However, they can often significantly improve symptoms and help promote recovery and are recognized as first-line treatment for most individuals. Each individual responds very differently to medications and dosages. Keeping track of the number of different medications and what time of day they should be taken is vital. It is very important to stick with the medication regimen once it has been established. Make changes only in conjunction with the psychiatrist.

MEDICATION ASSISTED THERAPY

Many people who are opioid-addicted have co-occurring mental disorders. Medically assisted treatment (MAT) is the use of medications, combined with counseling, to treat substance use disorders. Research has proven the effectiveness of MAT and addiction treatment experts endorse it. The National Institute on Drug Abuse (NIDA) endorses medication in treating substance use disorders, and especially combining it with counseling and other behavioral therapies. Medications that have emerged in recent decades have transformed lives. Medication Assisted Therapy is used for the treatment of opiate, alcohol, or nicotine dependency.

The most important thing you can do...

Begin keeping a written record of medications and the effects that result from taking them. The record can be used to give accurate information to hospitals and medical personnel as well as Social Security and other government agencies. Be sure to include:

- Name of medication and dosage.
- Name of doctor and affiliation (i.e. hospital) who prescribed it.
- Start and stop dates.
- What effects on the disease (good and bad) and “side effects” experienced.

FAMILY RESPONSE TO ADDICTION & MENTAL ILLNESS

Addiction and Mental illness affect the family in many ways. Consumers often rely on family members to assist with obtaining and managing medication and other treatment, obtaining public benefits, transportation and so forth. Families must develop effective coping skills and learn to navigate the complex substance use and mental health system.

Intensive Family Support Services (IFSS)

IFSS seeks to provide a focused, family-oriented educational and supportive approach to enhancing the overall functioning of families with a loved one who has a psychiatric disability. The IFSS program is available to all families in need of its services within Cumberland County and is not contingent upon a family's ability to pay for services or the loved one being in a treatment program.

What IFSS Offers:

- Education for consumers, families, and the community at-large on the mental health issues and treatment options
- Family Stabilization services
- In/out-of-home respite care
- Family Needs Assessment for clients
- Referral to mental health and community-based programs
- Family support when a loved one is hospitalized
- Family advocacy
- Family consultation
- Support groups for caregivers

IFSS services in Cumberland County are administered by the Cumberland County Guidance Center, 2038 Carmel Road, Millville, NJ 08332. Phone (856) 825-6810, ext. 233

Family-to-Family Education

This program is the essential spirit of NAMI. Experienced family members help others to learn about mental illnesses, how to deal with them, and how to advocate and help reduce stigma. Many families now involved in NAMI say taking this course is the most significant service any family can do for itself, and the best thing NAMI offers. [NAMI New Jersey, N Brunswick, NJ \(naminj.org\)](http://NAMI New Jersey, N Brunswick, NJ (naminj.org))

The Family-to-Family course covers:

- Getting through the crisis periods
- Symptoms of the major mental illnesses and their diagnostic criteria
- Basic review of medications, side effects, and key treatment issues
- Communication skills and problem solving
- Sharing our stories and self-care
- Potential of recovery, advocacy, and combating stigma

Taught by trained family members from NAMI in a friendly, supportive environment, the course runs for 12 weeks, one class per week. All instruction and materials are **free** for class participants. Family-to-Family has graduated over 100,000 family members nationwide in its 12-plus year history. Call (856) 691-9234 for more information.

URGENT Mental Health Care (Formerly Early Intervention Services)

Finding your way to wellness and recovery is not always easy, and this is especially true in times of crisis. Urgent Support Services helps individuals, aged 18 years and older, who are experiencing emotional problems and need support. Individuals in crisis can visit the Urgent Support Services program rather than go to the Crisis Screening Program or the hospital. Urgent Mental Health Support Services focuses on helping you choose your best path, while building and reinforcing coping skills and support networks that will see you through this crisis and future challenges.

Crisis Intervention and Emergency Screening

The Emergency Crisis Screening and Outreach Services Center provides screening, assessment, referral, linkage, and crisis stabilization services for those experiencing a psychiatric emergency. Services are provided in either a secure environment with the availability of intensive medical supports or directly in the community in a less-restrictive, community-based setting. Our services are delivered in a culturally and linguistically

competent manner recognizing the importance of trauma informed systems of care.

- Information from the family is crucial in determining the correct treatment plan during a crisis. Try to have the information readily available.
- When you call the police during a mental health crisis, inform them that it is a mental health emergency and to please send someone who has been trained in handling persons with a mental illness.
- If you are frightened or concerned about being hurt, or have been hurt, or are afraid your loved one is hurting him or herself...TELL THE SCREENER!!!
- Also, alert the screener or the police to any destruction to property and/or threats to destroy property.

The Screener may ask these questions.

Your honest answers are crucial.

- Why are you calling? What is happening?
- What behaviors are you seeing?
- What has the person said?
- Does the person have a history of mental illness?
- What are the current medications? (Keeping a list on hand is helpful)
- Is there a history of suicidal, homicidal, or destructive behavior in the past?
- Is there a history or present use of alcohol or drugs?
- Does the person have access to weapons?
- Have they been trained in self-defense?

Crisis Hotlines/Listening Services

Volunteers at these 24-hour/7-days hotlines will listen to what you have to say. If necessary, they will contact Crisis and Screening for crisis intervention.

NJ 24HR Hotline - 211	211
	www.211.org
1-800 Suicide	(800) 784-2433
1-800 273-TALK	(800) 273-8255
NJ HOPELINE	(855) 654-6735

Since July 16, 2022, dialing “988” routes your call to a Suicide Prevention Lifeline

When a crisis episode occurs that includes suicide attempts or destructive behavior, you need to get emergency intervention immediately. New Jersey laws ensure that a call to 9-1-1 will result in the situation being treated as a medical emergency. The patient may be transported to a hospital for evaluation and treatment. The mobile crisis intervention team will arrive accompanied by a police car and perhaps an ambulance. The police are involved as a matter of safety. Mental illness is not a crime.

Laws provide for the involuntary hospitalization (commitment) of patients who are not willing to obtain help for life- threatening symptoms. Protections include reviews by a judge to prevent abuse of the commitment capability. Commitment is a state government function carried out by mental health professionals.

Family Members’ Checklist

- ✓ Prepare yourself for lengthy periods on the phone.
- ✓ Write it all down! Keep a notebook; create computer files.
- ✓ Get the first and last names of those you speak to.
- ✓ Find out the ward or unit pay phone numbers so you can speak directly to your loved one.
- ✓ If you haven’t heard from the hospital’s social worker within 24 hours of your loved one’s admission, you make the call!
- ✓ Your physical presence makes a difference.

- ✓ You have the right to FAX information and your observations to the hospital in the event that you are unable to reach the hospital treatment team.

Privacy and Consent

Concerned families and loved ones want open communication from hospital personnel and the timely return of phone calls. But adult patients are entitled to privacy. According to HIPAA (Federal insurance and privacy protection legislation), unless the patient signs a release form, hospital personnel are bound to keep all information confidential. (What the patient says, the diagnosis, and treatment) The system can leave the family out of the loop. The hospital staff may even be prevented from indicating that a patient has been admitted for treatment.

- A patient who signs the release upon entering a hospital or psychiatric facility will benefit from family involvement in his or her care, both short- and long-term. The family can't be informed without it!

In any event, family members need to be *proactive*. A new state document, Patient Advance Directive (PAD), is a major advance toward enabling the patient to indicate preferences in future crisis treatments.

CALLING 9-1-1

Calling 9-1-1 regarding a person with a mental illness is an extremely stressful act. This step should be taken **only in an emergency**. Not only do you have concern for the person about whom you are making the call, but you also want to make sure that you give law enforcement accurate information so that they will be able to respond effectively and safely. Try to **control the volume of your voice**. Although this is a very emotionally charged time, when you shout over the phone, it is difficult for the 9-1-1 Operator to understand what you are saying and the information may not be accurately received. Try to **speak as calmly and clearly** as possible.

Tell the 9-1-1 Operator the Following Information

- Your name and address
- The person's name and your relationship with them
- A description of what the person is wearing
- That the person has a mental illness and the diagnosis (such as Bipolar Disorder)
- Any medication being used—if use has stopped and for how long.
- Any history of violent acting out—is there a past history of fighting with police
- Do you feel threatened?
- If the person hears voices
- If the person fears someone/something?
- If there are any weapons in the house (If there are weapons, try to safely remove them before calling 9-1-1.)
- What the person is doing and saying now and where they are in the house.
- Request a CIT (Crisis Intervention Team) officer, where available, who has experience in working with people who have a mental illness.
- Request that the police come with sirens and flashers off, so as not to escalate tension and panic on the part of the person with the mental illness.

When Police Arrive

Have **all the lights in the house turned on**, so that all occupants can be clearly visible to the arriving officers. Have **nothing in your hands** if you come out of the house to meet the officers. **Do not run up to the officers.** They have no idea who you are and anything you may carry can possibly be interpreted as a weapon. It is essential that the **officers responding** to your emergency call **establish a comfort zone**—knowing who the person with the mental illness is, and that you, who possibly may be also agitated, are not a threat. As **calmly** as possible, **identify yourself**. Tell the officers:

- Who you are;
- The relationship you have with the person you called about
- That the person has a mental health diagnosis;
- If known, tell them:
 - The diagnosis
 - What medication is being taken
 - If the person stopped taking medication, how long ago
 - If the person becomes violent, delusional, or paranoid
 - Any history of suicide attempts
 - Any attending psychiatrist(s) and/or case manager phone number

Officers responding to a 9-1-1 emergency call **are very focused** when they arrive on the scene. First, they will make the scene safe for you, the person with the mental illness, and themselves. The more informed and at ease the officers are, the less likelihood that anyone will be injured or that the situation will worsen. **Spend** all the **time** that is necessary **answering all of the officers' questions**. Answer directly and concisely. **Do not ramble**. Offer any advice you deem helpful.

Officers tend to tune out persons who try to tell their entire life's story. After this is done, they will usually be able to deal with you and to answer any questions. Although it is difficult in times of crisis, being patient is essential.

Adapted from publication from The Office of Consumer and Family Affairs Virginia Beach Mental Health Substance Abuse Division

REGIONAL AND LOCAL MENTAL HEALTH AND ADDICTIONS TREATMENT AND SUPPORT SERVICES

Urgent Mental Health Care

Oak's Integrated Care, Inc.

1420 S. Lincoln Ave, Vineland, NJ

856) 537-2310

<https://oaksintcare.org/services/mental-health-urgent-care/>

Cumberland Crisis Center

The Guidance Center

425 Bank St, Bridgeton

856) 455-5555 Crisis Hotline 24/7

<https://ccgcnj.org/services/emergency-services-crisis>

(856) 825-6810 Main #

2038 Carmel Road

PO BOX 808

Millville NJ 08332

425 Bank Street

Bridgeton, NJ 08302

Inpatient Mental Health Services

Inspira Health Network

333 Irving Ave, Bridgeton, NJ

856) 575-4500

<https://inspirahealthnetwork.org/locations/inspira-health-center-bridgeton>

Private Psychiatric Hospital provide voluntary inpatient care for adults, adolescents, and Co-Occurring clients. Choose a specific hospital based on healthplan coverage or personal preference, as you will pay for care without government aid.

➤ **Hampton Behavioral Health Center (Burlington Co.)**

650 Rancocas Road, Westampton, NJ 08060

(609) 267-7000 or (800) 603-6767

www.hamptonhospital.com

➤ **Princeton House Behavioral Health (Mercer Co.)**

905 Herronton Road, Princeton NJ 08540

(888) 437-1610 Option #1 or (609) 497-3300

www.princetonhouse.org

State Psychiatric Hospitals

NJ Department of Human Services operates longer term, inpatient treatment. Admissions are only by referral.

- **Ancora Psychiatric Hospital (APH)**
301 Spring Garden Road, Hammonton, NJ 08037
(609) 561-1700

- **Trenton Psychiatric Hospital (TPH)**
100 Sullivan Way, PO BOX 7500, West Trenton, NJ 08628
(609) 633-1500

LOCAL INPATIENT SUBSTANCE/CO-OCCURRING SERVICES

- **John Brooks Mays Landing Residential Treatment Facility**
1455 Pinewood Blvd, Mays Landing, NJ 08330
www.jbrcnj.org (609) 345-0110
- **Maryville Addiction Treatment Center**
1903 Grant Avenue, Williamstown, NJ 08330
www.maryvillenj.org (856) 629-0244
- **Seabrook Rehab -**
133 Polk Lane, Seabrook, NJ
www.seabrook.org (888) 206-3208

OUTPATIENT SERVICES FOR MENTAL HEALTH SERVICES

- **Complete Care Health Network** – Provides mental health service in Cape May, Cumberland and Gloucester Counties.
Multiple locations
<https://completecarenj.org> (856) 451-4700
- **Cumberland County Guidance Center** - Provides Outpatient and Partial Care for Mental Health and Co-Occurring disorders.
2038 Carmel Road, Millville, NJ 08332
www.ccgcnj.org (856) 825-6810
- **Inspira Health Network** – Provides Intensive Outpatient and Partial Care for Mental Health and co-occurring disorders.
333 Irving Avenue, Bridgeton, NJ 08302
www.inspirahealthnetwork.org (856) 575-4111
- **It Takes a Family** – Outpatient Services for children & adults.
60-62 East Commerce Street, Bridgeton NJ 08302
www.ittakesafamilyllc.com (856) 378-7292
- **YAP** – Outpatient Mental Health & Medication Monitoring,
Serving ages 5+, Accepts Medicaid, Sliding Scale.
3071 East Chestnut Ave, Suite A 1, Vineland NJ 08360
www.yapinc.org (856) 691-1540

OUTPATIENT SERVICES FOR SUBSTANCE USE

- **First Step Clinic** – Assessment, Treatment & Referral. Outpatient and Intensive Outpatient Services for Substance use disorder (mild, moderate, severe) and Co-Occurring disorders.
70 West Broad Street, Bridgeton, NJ 08302
www.yourfirststep.org/treatment-center/cumberland-county-alcoholism-and-drug-first-step-clinic-bridgeton-nj
(856) 451-3727
- **Maryville, Inc.** - Outpatient and Intensive Outpatient Services for Substance abuse and co-occurring disorders.
1173 East Landis Ave, Vineland, NJ 08360
www.maryvillenj.org
(855) 823-3428
- **SODAT** – Outpatient Services for Substance Abuse for Women
70 Fayette Street, Bridgeton, NJ 08302
(856) 453-5713
- **CURA** – Provide Outpatient Services for Substance Abuse and Co-Occurring disorders (Spanish speaking)
729 East Landis Ave., Vineland, NJ 08360
(856) 696-7335

For a list of NJ DMHAS Licensed Facilities click here:
<https://njsams.rutgers.edu/treatmentdirectory/>

MEDICATION ASSISTED TREATMENT

SJ Drug Treatment Center (Methadone) 162 Sunny Slope Drive,
Bridgeton, NJ 08302
(856) 455-5441

Pinnacle (Methadone & Subutex) Medically supervised detox treatment
program: 1501 W. Sherman Ave, #4, Vineland NJ 08360
(856) 839-2210

Outreach Recovery (Suboxone) 415 W. Landis Ave. #102, Vineland NJ
08360
www.outreachrecovery.com
(866) 410-2283

HALFWAY HOUSE/OXFORD HOUSE & SOBER LIVING

The County may provide financial assistance to eligible residents. Call for more information 1-800-236-2448 or 856-391-7449

Hendricks House Group

Hendricks House, Inc. is an addiction treatment center serving Cumberland and surrounding counties. The primary focus of Hendricks House, Inc. is substance use disorder treatment services. Provides residential long-term treatment (30 days or more) services for substance abuse treatment including drug addiction and alcohol addiction, halfway house.

www.hendrickshouse.org

(856) 794-2443

Men's Housing

Women's Housing, Intensive & Outpatient Program

542 NW Blvd

2 Hillcrest Ave

Vineland NJ 08360

Millville NJ 08332

Oxford House

The term Oxford House refers to any house operating under the "Oxford House Model," a community-based approach to addiction treatment, which provides an independent, supportive, and sober living environment.

Vacancies – Oxford House NJ – www.njoxfordhouse.org

Sober Living

In NJ, Class F Cooperative Sober Living Residences are regulated by the NJ Division of Community Affairs and are intended to operate as residential setting that will serve as a home for individuals who are recovering from drug and alcohol use disorder and provides an environment where residents can support each other's recovery.

To access Funding Contact www.thesilentepidemic.org or Capital Recovery Center 856-391-7449 to be screened for eligibility.

Hansen Foundation Recovery Residences

572 S Odessa Ave, Egg Harbor NJ 08215

(609) 270-4443

www.hansenfoundationnj.org

FAITH-BASED ADDICTION PROGRAMS

Dwelling Place (Freedom Homes)

125 N Second St., Millville NJ 08332

(856) 300-5262

www.facebook.com/freedomhomes

Mission Teens

102 Eppinger Ave, Elmer NJ 08318
PO Box 52, Norma NJ 08347
www.missionteensnorma.com

(856) 691-9855

CASE MANAGEMENT SERVICES

Case management is essential to outpatient care, linking the client and family to needed services. Case managers do not provide medical or psychiatric services. ICMS and PACT are programs funded by the Division of Mental Health Services to meet the needs consumers at high risk for re-hospitalization. A case manager organizes, and coordinates services and supports consumers with a combination of:

- Individual advocacy, assessment, and service planning
- Assisting with obtaining SSI or SSDI benefits
- Coordination of social services, medical, and mental health services
- Assisting with obtaining housing
- Informal counseling, including medication education
- Instruction and reinforcement of activities of daily living (ADL) skills, including hygiene, food preparation, and financial management.
- Education and support for family and friends
- The family caregiver is often the de facto “case manager.”

ICMS (Integrated Case Management Services) are provided to every patient discharged from a state or county psychiatric hospital for a minimum of 18 months post-discharge. ICMS also accepts community referrals. ICMS link clients with other services including psychiatric providers through a 24-hour/7 day on-call system.

Cumberland County Guidance Center

425 Bank Street, Bridgeton, NJ 08302

(856) 455-6732

PACT (Programs in Assertive Community Treatment) helps persons with the serious and chronic mental illness live successfully in the community through hands-on service in their homes and neighborhoods. Services are available 24/7.

Cumberland County Guidance Center

425 Bank Street, Bridgeton, NJ 08302

(856) 455-8316

CAPITAL RECOVERY CENTER

<https://cumberlandcountynj.gov/recoverysupportservices>

COUNSELORS, PRIVATE PRACTICE, AND NON-PROFITS

Catholic Charities Counseling Services

810 Montrose St. Vineland NJ 08360
(856) 691-1841 Toll Free (866) 682-2166

Center for Family Guidance

875 Kings Hwy #100, West Deptford, NJ 08096
(856) 251-0500

Cumberland Regional High School Colt Connection

CCHN School-Based Youth Services
(856) 451-9400, ext. 279

Families Matter Mental Health Services

899 Bayshore Road, Villas, NJ
website: familiesmatternj.org
(609) 886-8666/ (877) 733-0400

Helping Hand Behavioral Health

25 Pop Cramer Blvd., Clayton, NJ
(856) 881-9000

Martin, Christianna LCSW

7 Bridgeton Avenue, Bridgeton, NJ 08302
(856) 453-0888

New Behavioral Network

2 Pin Oak Lane Suite 250, Cherry Hill NJ
(856) 669-0211

Northeast Counseling

249 S Delsea Dr, Clayton, NJ 08312
(856) 899-7130

Rabbi Abby Michaleski, MA, LCADC

Beth Israel Congregation
1015 East Park Ave, Vineland NJ 08360
(856) 691-0852

Schafer, Dr. Scott, LPC
488 Glassboro Road
Woodbury Heights, NJ 08097
(856) 845-5114

MENTAL HEALTH SUPPORT/SELF-HELP GROUPS

Support and self-help groups flourish when they have many people involved. We urge you to attend. Since self-help resources change frequently, call before you go! Confirm meeting time and location.

Depression and Bipolar Support Group meetings are held virtually once a month. For more information, call New Horizons Community Wellness Center at (856)696-8921

Fresh Hope is an international network of Christian Mental Health Groups. The groups are nondenominational and approach mental health recovery from a hope and faith-filled perspective. Fresh Hope meets at Chestnut Assembly of God, 2554 E. Chestnut Avenue, Vineland, NJ 08361. For more information about this meeting, visit www.FreshHope.us or email freshhope@chestnutag.org

GROW is a community mental health movement organized and led by people in recovery from mental illness. Currently meets virtually. For Wednesday's group, call Concetta at (856) 392- 6652; For the Thursday group, call John at (732) 932-8050.

Intensive Family Support Services (IFSS) is a program of the Cumberland County Guidance Center that provides a focused, time-limited family-oriented educational and supportive approach to enhancing the overall functioning of families with a loved one who has a mental illness. Open to all such families in Cumberland County, regardless of whether or not the loved one is in a treatment program. For more information, call (856) 825-6810 ext. 233

Integrated Case Management Services (ICMS) Community based linkage and support services for adults with mental illness. Priority for admission and services is given to those who have been discharged from state or local psychiatric hospitals, community and self-referrals accepted. ICMS provided hospital engagement, discharge planning, linkage to community entitlements, physical and mental health providers and linkage to community resources. On-call services are available 24 hours/7 days for emergency referral needs or coordination of services for the next business day. Cumberland County Guidance Center, 2038 Carmel Road, Millville, NJ 08332 (856) 825-6810 ext. 135

Programs in Assertive Community Treatment (PACT) Evidenced Based, Community services through a multidisciplinary team (Clinician, Nurses, Vocational, Substance Use/Abuse, Peer Support, Advocacy and Psychiatric Services) serves adults with serious and chronic mental illness through outreach individualized interventions. Services are intended for individuals who have experienced psychiatric hospitalization within the last 18 months, have been unsuccessful with other service lines such as outpatient, case management and partial care. Services are available 24/7. Cumberland County Guidance Center, 425 Bank Street, Bridgeton, NJ 08302 (856) 825-6810 ext. 135.

Alcoholics Anonymous

www.aasj.org

Public service website for Alcoholics. Find Alcoholics Anonymous meetings places in Southern New Jersey. Help for recovering alcoholics.

Narcotics Anonymous Cumberland/Salem Area

www.csascna.org

Freedom Recovery Group (Faith-Based)

(856) 300-5262

NJ Self-Help Clearinghouse provides a listing of all types of self- help groups available

<https://www.njgroups.org/about-us-2>

(800) 367-6274

For Families of People with Alcohol and Substance Use Problems:

Al-Anon and Al-A-Teen

<https://nj-al-anon.org/alateen>

(888)944-5678

Nar-Anon Family Group

<https://www.naranonofnj.org>

(800)238-2333

Parents Anonymous Support Group

“TEXT” the family Helpline

1-800-THE-KIDS

<https://www.paofnj.org>

NAMI (National Alliance on Mental Illness Cumberland County) is

is part of the wide network of NAMI affiliates throughout the country. It offers support, news about advocacy efforts, and of the latest legislation affecting our lives. NAMI meetings offer a great opportunity to meet fellow caregivers/family members and consumers—and make new friends.

NAMI members work with our state and national organizations in areas such as anti-stigma, use of the expressive arts, diversion of the mentally ill from the criminal justice system, advocating for the rights of mentally ill homeless and veterans, and expansion of mental health services for children and adolescents. NAMI members also:

- Conduct training courses and support groups;
- Sit on county and state government boards;
- Make hospital monitoring visits.
- Speak to groups about the discrimination against people with mental illness;
- Sponsor booths at community fairs;
- Publish newsletters and other documents (such as this Resource Guide);
- Question and support health care providers, elected officials, school personnel and community workers;
- Do whatever is needed! Never give up hope!!

NAMI offers a wide variety of support, educational, and advocacy programs on a statewide basis. For more information on NAMI Cumberland County, namicumberlandcountynj@gmail.com For more information on NAMI New Jersey programs call (866) 626-4664 or visit their website at www.naminj.org

RECOVERY CENTERS

Capital Recovery

<https://cumberlandcountynj.gov/recoverysupportservices>

New Horizons Community Wellness Center (Mental Health)

63 South Myrtle St., Vineland, NJ 08360

(856) 696-1016

Capital Recovery Center (Substance Use)

72 N. Pearl Street, Bridgeton, NJ 08302

(856) 391-7449

COMMUNITY EDUCATION

Family to Family Education Course

A free 12-week education course for family caregivers of individuals with mental illnesses. An excellent opportunity to understand self- help strategies and your loved one’s mental illness.

[NAMI Family-to-Family | NAMI: National Alliance on Mental Illness](http://www.namifamilytofamily.org)

988 Suicide & Crisis Lifeline – A Statewide Suicide Prevention Hotline

New Jersey’s 24/7 Peer Support & Suicide Prevention Hotline Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. **DIAL “988”**

<https://988lifeline.org>

The Southwest Council, Inc.

Provides prevention education on topics related to substance abuse for parents, youth, and community.

1405 N. Delsea Drive, Vineland, NJ

(856) 794-1011

<https://www.southwestcouncil.org>

NAMI NJ - Law Enforcement Education

“Arresting a person behavior that is a illness is like arresting the street having a obstructing traffic.” -- retired former Law Enforcement

DO	DON’T
REMEMBER: A person with a mental illness has the RIGHT to FAIR Treatment and police protection	ARREST a person for mentally ill behavior not criminal in nature
Continually ASSESS THE SITUATION for dangerousness	JOIN in behavior related to the person’s mental illness
MAINTAIN ADEQUATE SPACE between you and the subject	STARE at the subject
BE CALM	CONFUSE the subject. One person should interact with the subject. Follow through with directions or commands
BE HELPFUL. Respond to basic needs.	TOUCH the subject unless necessary. For people with mental illness, it may cause fear and lead to violence
GIVE FIRM, CLEAR DIRECTIONS. One person should talk to the subject	GIVE MULTIPLE CHOICES. This can increase the subject’s confusion
RESPOND TO FEELINGS, rather than content	WHISPER, JOKE OR LAUGH
Respond to DELUSIONS by talking about the person’s feelings rather than what he or she is saying	DECEIVE the subject. Dishonesty increases fear and suspicion; the subject will likely remember it in any subsequent contacts.

with mental illness for result of his or her a person collapsed in heart attack for Elaine Goodman, Coordinator. NAMI NJ Education Program

ASSISTANCE FOR SPECIFIC POPULATIONS

SENIORS

Alzheimer's Association

24/7 HELPLINE (800) 272-3900

Alzheimer's disease is the most common cause of dementia in older people. The cause of the disease is not known and at present there is no cure.

<https://www.alz.org>

Cumberland County Office On Aging

800 E. Commerce Street, Bridgeton, NJ

(856) 453-2220

<https://www.cumberlandcountynj.gov/aging>

Cumberland County Adult Protective Services

614 E. Landis Ave, Vineland, NJ

(856) 825-0255

<https://rilnj.org/adult-protective-services>

Hampton Behavioral Health (Geriatric Psychiatric Unit)

650 Rancocas Road, Westampton, NJ

(800) 603-6767

<https://hamptonhospital.com>

VETERANS AND MILITARY

VA Crisis Line

(800) 273-8255

Press #1 when prompted

Cumberland County VA Clinic

79 West Landis Ave, Vineland, NJ 08360

Main# (800) 461-8262 ext 6500

Mental Health Care: (302) 994-2511 x 4805

<https://www.va.gov/wilmington-health-care/locations/cumberland-county-va-clinic>

Veterans Services of Cumberland County

Provides services to all veterans, retirees, and dependents in obtaining entitlements provided by law

790 East Commerce Street, Bridgeton, NJ 08320

(856) 453-2239

NJ Veterans Memorial Home

524 N. West Boulevard, Vineland NJ 08360

(856) 405-4217

DEVELOPMENTAL DISABILITIES

Cumberland County Office on Aging & Disabled

<https://www.cumberlandcountynj.gov/aging>

Traumatic Brain Injury

<https://www.nj.gov/humanservices/dds/programs/braninjuryfund/index.shtml>

DOMESTIC VIOLENCE

SERV – Center for Family Services-Services empowering Rights of Victims provides support to victims and survivors of sexual violence, domestic violence and human trafficking to help people in a journey toward healing and empowerment.

866-295-SERV (7378)

CHILDREN AND ADOLESCENTS

CHILDREN'S CRISIS RESPONSE

PerformCare – (877) 652-7624, is the Contracted System Administrator (CSA) for the Children's System of Care in the State of New Jersey's Department of Children and Families. PerformCare will direct you to the appropriate resource for children.

Crisis Mobile Response and Stabilization Service (CMRSS) is available 24 hours a day/7 days a week, provided by Acenda Integrated Health. It offers time-limited crisis intervention and stabilization to children and youth exhibiting emotional and behavioral disturbances which threaten or disrupt their current living arrangements.

NOTE: If you believe the situation is serious, contact Crisis Screening & Outreach Services at (856) 455-5555 or call 911.

CHILDREN INPATIENT SERVICES

- **Hampton Behavioral Health Center**
650 Rancocas Road, Westampton, NJ
www.hamptonhospital.com – (609) 267-7000 or (800) 603-6767
- **Princeton House**
905 Herronton Road, Princeton, NJ 08540 (in Mercer County) www.princetonhouse.org – (609) 497-3300 or (800) 242-2550
- **INSPIRA Behavioral Health Child Intermediate Inpatient Center, Bridgeton**
Provides the region with an advanced Children's Crisis Intervention Program for complete inpatient evaluation, diagnosis, and treatment for youth (ages 5 to 17) who are in need of immediate treatment. The newly renovated 14-bed unit offers group and individual therapy as well as around-the-clock nursing care.
333 Irving Ave, Bridgeton, NJ 08302 – (856) 575-4300

CHILDREN'S OUTPATIENT SERVICES

Cumberland County First Step Clinic

Provides outpatient substance use assessment, Outpatient Treatment and co-occurring services for adolescents.

70 West Broad Street, Bridgeton, NJ 08302

(856) 451-3727

It Takes A Family

Besides intensive In-community (IIC) and behavioral assistance, this holistic approach has out-patient counseling in several areas of expertise, group therapy, and other support services.

6 S Laurel St, 3rd Floor, Bridgeton, NJ 08302

(856) 378-7292

www.ittakesafamilyllc.com

Inspira Behavioral Wellness Center

Outpatient services with traditional individual and family counseling, medication management and psychiatric assessment.

333 Irving Avenue, Bridgeton, NJ 08302

(856) 575-4111 ext 2

Total Family Solutions, LLC

A Medicaid provider for Intensive In-Community (IIC) in-home services. Accepts Medicaid in the Outpatient Clinic in Camden County. Located at 221 Laurel Road, Suite 102, Voorhees, NJ 08043

www.totalfamilysolutions.com

(856) 772-5809

A Step Ahead Child and Adolescent Partial Hospitalization Programs:

Therapeutic Nurse Ages 3-5; Acute Day Program Ages 5-17 and Intensive Outpatient Program (After School) Ages 5-17

333 Irving Ave, Bridgeton NJ 08302

(856) 575-4196

Important Messages About Children's and Adolescents' Mental Health

- Every child's mental health is important
- Many children have mental health problems
- These problems are real and can be painful and severe
- Mental health problems can be recognized and treated
- Families and communities working together can help

STATE SERVICES FOR CHILDREN

Department of Children and Families/Division of Children's System of Care provides families with a single point of contact that register, track, and coordinates care for children who are screened from any level into its behavioral healthcare system. This program is administered by **PerformCare**, a private entity that manages the system.

For information about accessing services for children and youth, call the 24-hour toll-free PerformCare access line at (877)652-7624, or check www.performcarenj.org on the web.

To report suspected child abuse or neglect, please call (877)-652-2873 (877) NJ-ABUSE.

Family Support Organization (FSO) is a system partner within the Children's System of Care which provides support to the parents of children and adolescents who have complex emotional, behavioral, or mental health needs. Family-run, state-funded organization provides direct peer support and resource information to families with children with mental health concerns.

The Cumberland/Salem/Gloucester FSO is located at:
3739 North Delsea Drive, Vineland, NJ 08360. (856) 507-9400

EDUCATION ACCOMMODATIONS

Parents/guardians of school-age children and adolescents are encouraged to seek mental health support through their local school districts. Federal and state laws require that your student be adequately accommodated. School districts can provide testing, set up individual education plans (IEPs) and make referrals for placement in appropriate alternative schools (both in and out of state). Be persistent, document everything, and contact an educational consultant if you need further testing or advocacy.

MEDICAL SERVICES

CompleteCare Health Network is a Federally Qualified Health Center (FQHC) and provides primary care for people of all ages. In addition to Family Medicine, CompleteCare offers Pediatrics, Internal Medicine, OB/GYN, Geriatrics, Podiatry, Ophthalmology, Cardiology, Dermatology, Dental Services and other specialties to ensure that patients receive the care that they need. (856) 451-4700

The Mobile Dental Trailer is available for children, ages 8-18, and Head start participants and moves to various schools in Cumberland County throughout the school year in conjunction with Gateway Community Action Partnership. Contact Cumberland County Health Department (856) 327-7602, ext. 7112

FINANCIAL ASSISTANCE

PAYING FOR TREATMENT/THERAPY

Some working people are covered under employer-provided health insurance plans, with coverage extending to their families. New Jersey's parity laws require insurance companies to cover serious mental illnesses and substance abuse in the same manner as physical illnesses for policies written in the state. Federal parity laws are less stringent.

Some providers charge on a sliding scale, in which their fees are determined by your income. Other providers may negotiate a payment plan. You need to ask.

Consider applying for "charity care" at the hospital in which acute care was given if you have no health insurance and limited resources. Re-apply annually.

You may qualify for both Medicare and Medicaid. Designation as a "Specified Low Income Medicare Beneficiary" (SLMB), will mean New Jersey will pay your premiums and co-pays for Medicare. Ask at Social Services.

***** DO NOT CANCEL any health insurance you now have until Medicaid or Medicare coverage begins! *****

PAYING FOR MEDICATIONS

Free Medication Programs

Many pharmaceutical manufacturers furnish free medications to the financially needy. Patient Assistance Programs (PAPs) can be a good interim solution while you apply for other benefits. Decisions concerning which medications are provided and which individuals are accepted into the programs are made by the various participating companies.

Eligibility varies but is based on financial need. In general, qualifications include:

- The applicant has no insurance coverage for outpatient prescription drugs.
- The applicant does not qualify for a government program like Medicaid that provides for prescription drugs.
- The applicant's income must fall within the limits established by the particular participating company.

Lower-cost medication programs

Rx4NJ is a program that connects qualified, low-income people with discount prescription drugs, direct from the pharmaceutical manufacturer. A number of patient assistance programs provide help to patients who lack prescription drug coverage and earn less than 200% of the federal poverty level (approximately \$25,760 for an individual or \$43,920 for a family of three). Patients will be directed to the public or private programs most likely to meet their needs. Rx4NJ helps low-income, uninsured patients.

www.rx4nj.org

(888) 793-6765

Drug Discount Cards regardless of income or insurance are available: www.goodrx.com

Cumberland County Health Department – works to provide help to County residents in obtaining assistance and information regarding medical prescriptions, dental problems, health care and HIV services.

309 Buck Street, Millville, NJ

(856) 327-7602 x7112

Prescription Assistance

(877) 776-2285

Pharmaceutical Assistance for the Aged and Disabled (PAAD)

The Pharmaceutical Assistance to the Aged and Disabled program, the Lifeline program, and the Hearing Aid Assistance to the Aged and Disabled (HAAAD) program are three State programs with similar eligibility guidelines.

You may be eligible for PAAD if you meet the following requirements:

- A New Jersey resident;
- 65 years of age or older or 18 years of age or older and receiving Social Security Title II Disability benefits;
- Annual income for 2021 of less than \$28,769 if single or less than \$35,270 if married;
- Medicare-eligible PAAD beneficiaries are also required to enroll in a Medicare Part D Prescription Drug Plan in New Jersey.

For more information, call toll free 800-792-9745

New Jersey Medicaid

<http://www.state.nj.us/humanservices/dmahs/clients/medicaid>

(800) 356-1561

Rx Assist Accessing Pharmaceutical Patient Assistance Programs www.rxassist.org

Private Plan Coverage

The Temporary Disability Benefits Law allows employers the option of choosing to establish a private plan for the payment of temporary disability benefits in place of paying benefits under the State Plan. All private plans must be approved by the Division of Temporary Disability Insurance before they become effective.

Neither the employer, nor their workers are required to contribute to the State's Temporary Disability Insurance Trust Fund while the private plan remains in existence. The cost to the worker for the private plan cannot be more than it would be under State Plan.

DISABILITY INCOME-SOCIAL SECURITY PROGRAMS, MEDICAID/MEDICARE, STATE DISABILITY PAYMENTS

If you are currently or recently employed, you may be eligible for temporary disability insurance (TDI) if you are temporarily unable to work due to illness. Check with your human resources dept. or Employee Assistance Program (EAP). Money has been deducted from your paycheck and matched by your employer to pay for this program.

<http://lwd.dol.state.nj.us/labor/tdi/tdiindex.html>; myleavebenefits.nj.gov

Trenton (609) 292-7060

Vineland (856) 696-6600

SOCIAL SECURITY DISABILITY INCOME/SUPPLEMENTAL SECURITY INCOME SSDI AND SSI

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability.

Social Security Disability Insurance pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

Supplemental Security Income pays benefits based on financial need.

Deciding which of the two Social Security programs to apply for initially depends upon the length of time you've worked. Please note, describing the whole SSA system is beyond the scope of this directory. There are many booklets, Internet information and helpful people at the SSA to assist you.

If Social Security denies your application, immediately begin the appeals process at:
<https://secure.ssa.gov/apps6z/iAppeals/ap001.jsp>

If you prefer not to complete an appeal request or a Disability Report on the Internet, call our toll-free number (800) 772-1213

Cumberland County Office of Social Security
149 W. Broad Street, Bridgeton, NJ 08302
www.ssa.gov

(800) 772-1213

SSDI – SOCIAL SECURITY DISABILITY INCOME

Who is eligible?	<p>People who've worked long enough and recently enough and earned enough "credits," by paying taxes into Social Security. The number of "credits" you need depends upon the age at which you became disabled.</p> <p>The SSA decides if you cannot do the work you did before and cannot adjust to other work because of your medical condition. Disability must last, or be expected to last, for at least a year or result in death. Your case will be reviewed periodically throughout your lifetime.</p>
Note	The fact that you qualify for disability from a private plan or other government agency does not mean automatic eligibility for SSDI.
Phone	(800) 772-1213
Website	www.ssa.gov

Medical bills covered by?	<p>Medicare.</p> <p>Part A – hospital insurance</p> <p>Part B – optional medical insurance.</p>
When?	Two years after SSDI eligibility determined by SSA; automatically enrolled

Rx drug coverage?	Yes
Who runs it?	Medicare is federally funded and run
Phone	Medicare (800) 633-4227
Website	www.ssa.gov www.medicare.gov

Food stamps?	Not automatically. Apply at Social Services (856) 691-4600 Online: oneapp.dhs.state.nj.us
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SSI – SUPPLEMENTAL SECURITY INCOME

Who is eligible?	People, including children, with little work history and few financial resources.
Who runs it?	Social Security administers the program, although money comes from general revenue, not from a payroll tax as does SSDI.
Phone	(800) 772-1213
Website	www.ssa.gov

Medical bills covered by	Medicaid. No co-pays.
When?	With acceptance into SSI.

Rx drug coverage?	Yes.
Who runs it?	Medicaid is a state-run program, although federally financed
Phone	Medicaid: (800) 356-1561
Website	www.ssa.gov or www.medicaid.gov or www.cms.hhs.gov/medicaid/consumer.asp

Food stamps?	Yes, through County Social Services
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SOCIAL SERVICES AND PUBLIC ASSISTANCE

You may need help paying for groceries, utilities, and the necessities of life in addition to medical expenses; especially if you are not receiving disability payments.

The Cumberland County Board of Social Services will inform you about Medicaid, food stamps, Emergency and Temporary Assistance for the Needy, adult health services, adult protective services, medical transportation, and NJ Family Cares. (Affordable health coverage)
275 N. Delsea Drive, Vineland, NJ 08360 (856) 691-4600

For referrals to additional resources, such as utility payment assistance programs and basic emergency services call:

Salvation Army

Bridgeton 856-451-0999

Vineland 856-696-8822

Catholic Charities 856-691-1841

CONTACT www.nj211.org

New Jersey Community Resources – website with links to many social service and government agencies.
www.njcommunityresources.info

Find Help (Formerly Aunt Bertha) cumberlandnj.findhelp.com

Cumberland County Code Blue – warming centers are available in the three municipalities of Bridgeton, Millville & Vineland. For more information on Code Blue warming center locations and to check activation on nights with temperatures less than 32 degrees between November 1 - April 30th.

Ways to Check If Code Blue Is Activated:

- Cumberland County Human Services Social Media
- www.facebook.com/cumberlandhumanservices
- Cumberland County Human Services Homeless Resource Line (856) 453-2171
- www.nj211.org · 2-1-1

Gateway Community Action Partnership

Provides Emergency Assistance Food Pantry, Housing Development, and Weatherization Programs.

110 Cohansey Street, Bridgeton, NJ 08302

(856) 451-6330

HOUSING AND RESIDENTIAL PROGRAMS

Lengthy waiting lists exist for all low-cost/low-income housing. Your housing situation needs to be considered rather soon because of the financial hardship concurrent with debilitating mental illness, and the scarcity of affordable housing options.

If you are on a waiting list, check your status with the housing agency periodically, at least annually. Make sure they have your current address. Here are some housing programs when you cannot afford or manage your own residence:

Cumberland County Division of Homeless Resource Line	(856)453-2171
Bridgeton Housing Authority 110 E. Commerce Street, Bridgeton, NJ 08302	(856) 451-4454
Gateway Community Action Partnership 110 Cohansey Street, Bridgeton, NJ 08302	(856) 451-6330
Cumberland County Habitat for Humanity Vineland Area	(856) 563-0292
Millville Housing Authority 1153 Holly Berry Lane, Millville, NJ 08332	(856) 825-8860
Vineland Housing Authority 191 W. Chestnut Avenue, Vineland, NJ 08360	(856) 691-4099
Catholic Charities 810 E. Montrose Street, Vineland, NJ 08360	(856) 691-1841
Cumberland Family Shelter 6140 Mays Landing Rd, Vineland, NJ, 08361	(856) 825- 3144
Cumberland County Guidance Center PATH PROGRAM	(856) 825-6810 Ext. 295

Section 8

What is Section 8?

Section 8 is a voucher project that's either "project" based (limited to a specific apartment complex) or "tenant" based (where a tenant is free to choose any unit in any apartment). The purpose of the program is to provide a healthy and safe place at a reasonable rent cost. The amount of assistance is based on the income level of a particular applicant and their family.

Section 8 – How to apply?

Section 8 housing vouchers can apply at any county or city housing authority office in their state of residence. The vouchers can then be used anywhere within the state of residence.

Section 8 help is not a government agency and is not affiliated with any government programs.

NJ Department of Community Affairs, Section 8 Housing

40 East Broad Street, Bridgeton, NJ 08302

(856) 453-3820

Housing Authorities

Housing Authorities supervise buildings that house low-income individuals and families. Priority is given to town residents and those receiving SSI or SSDI.

Bridgeton Housing Authority (856) 451-4454
110 E Commerce St., Bridgeton NJ 08302

Millville Housing Authority (856) 825-8860
1153 Holly Berry Lane, Millville NJ
08332

Vineland Housing Authority (856) 691-4099
191 W. Chestnut Ave, Vineland NJ 08360

SNJ Continuum of Care (COC) is a regional coalition of comprehensive Emergency assistance System Committees (CEAS). The SNJ COC combines Cumberland, Gloucester, Camden and Cape May Counties. The SNJ Continuum of Care is regional planning and applies to HUD for funding and vouchers. For waiting list application for COC vouchers call Coordinated Assessment at 1-833-322-4663

State Rental Assistance Program

NJ Dept. of Community Affairs, Division of Housing

A statewide waiting list has been opened for the **State Rental Assistance Program (SRAP)** for the Disabled. To be determined eligible, the head of household or spouse must be a person with disabilities and be a resident of the State of NJ. Because of limited funding only 5,000 applications will be accepted based on income limits established for each individual county.

New Jersey Housing Resource Center

www.njhousing.gov

Additional Housing

Though designated as "Senior Housing," these complexes accept younger people who receive SSI or SSDI. When a complex opens up its waiting list, notice will be published in community newspapers.

You may also call Cumberland County Division of Homeless

(856) 453-2171

WORK AND SUPPORTED EMPLOYMENT

People benefit greatly from the security and self-sufficiency that come with stable and fulfilling employment. Work gives people a sense of belonging and community and creates a network of colleagues and it helps pay the bills! Supported employment programs assist persons in securing and keeping paid competitive work.

- **Division of Vocational Rehabilitation Services (DVR)** assists all disabled citizens' return to the workplace. Programs include skills testing, training, job hunting skills and placement. Funded by the NJ Dept. of Labor.
- **Cumberland County One Stop Career Center**, 275 N. Delsea Drive, Vineland, NJ 08360 Phone: (856) 696-5660
- **Arc of Cumberland**, 1680 W. Sherman Avenue, Vineland, NJ 08360 Phone: (856) 691-9138
- **Cumberland County Guidance Center**, 2038 Carmel Road, Millville, NJ 08332; Phone: (856) 825-6810
- **Easter Seals**, 120 Bogden Blvd., Millville, NJ 08332; Phone: (856) 327-6454
- **NJ Workability** program offers people with disabilities who are working, and whose income would otherwise make them ineligible for Medicaid, the opportunity to pay a small premium and receive full NJ Medicaid coverage. (888) 285-3036 www.njworkability.nj.gov
- **Consumer Connections** The Mental Health Association in New Jersey's Consumer Connections is a nationally recognized program with recruits, trains and supports consumers of mental health services. Consumer Connections offers courses which meet the educational requirements and lead to certification as a Recovery Support Practitioner (CRSP). The program works with mental health providers in New Jersey to expand employment opportunities for individuals with lived experiences. For additional information access www.mhanj.org click on Programs & Services and then training for Peer Specialists.
- **NJWINS** (NJ Work Incentive Network Support) assists SSDI and SSI recipients understand the impact of paid work on their benefits. Confidential phone or in-person consultations help benefit recipients make informed choices and feel comfortable returning to work. www.njwins.org (866) 946-7465

TRANSPORTATION HELP

- NJ Transit reduced fare identification cards permit significantly reduced fares on NJ-transit operated or contracted bus, train, and light-rail routes. There is no requirement to be receiving SSI or SSDI or any other form of public benefits. A simple form needs to be completed and signed by a physician.

General information about NJ Transit Services

www.njtransit.com

(973) 275-5555

- **Cumberland County Division of Employment and Training:**

Provides a fixed route bus service with 4 bus routes that provide service to Millville, Bridgeton, Upper Deerfield, and Vineland. The shuttle bus service provided is free. The 4 bus routes include:

- **Greater Bridgeton Area Transit (GBAT)**

The service operated is a “deviated fixed route service” and operates on a designated bus route. When time allows, the bus can deviate from its fixed route and stop at another location.

www.co.cumberland.nj.us/transit

- **The Landis Avenue Xpress Route (LAX)**

Provides services from downtown Bridgeton to the Transportation Center in Vineland via Landis Avenue. It connects with the Greater Bridgeton Area Transit (GBAT), Vineland Industrial Park (VIP), and Millville Area Connector (MAC) routes, as well as New Jersey Transit bus routes.

- **The Millville Area Connector Route (MAC)**

Provides service from the Vineland Transportation Center to the Vineland Produce Auction and to Center City Millville via the Boulevard. It connects with the Landis Avenue Xpress (LAX) and Vineland Industrial Park (VIP) routes, as well as New Jersey Transit bus routes.

Schedules for all 4 of the bus routes, as well as links to New Jersey Transit bus schedules can be found by visiting our website www.ccoel.org and clicking on the Transportation Services button. For additional information, the number to the office is (856) 238-6769

- **Cumberland County One Stop Center**

(856) 696-5660

Transportation can be a major barrier to employment and the One Stop Center would like to help. From our in-house transit service to NJ Transit, we will assist you in finding the right solution for your transportation needs. This bus service is for individuals going to/from work, training, One Stop or other related social service. Application and bus routes can be found on the website or by calling the One Stop. www.ccoel.org
275 N Delsea Drive, Vineland, NJ 08360

- **Cumberland Area Transit System (CATS)**

(856) 691-7799

The Cumberland County CATS Program continues to provide bus transportation to county residents who are 1) aged 60 years or over, 2) Veterans, 3) persons with disabilities, 4) blind, and 5) the general public. Bus service is provided from 8:30 am to 4 pm, Monday through Friday.

To ride the county CATS, one must call the CATS dispatch office at (856) 691-7799. For all areas of the county, you must telephone at least 2 working days in advance for transportation services. 48-hour reservation calls will be taken from 9:30 am to 4 pm. All other calls will be taken from 8 am until 4 pm; Call 7-1-1 (NJ Relay Service) if assistance is needed for deaf and/or hearing impaired.

LEGAL HELP

Specialized legal resources are available to Cumberland County consumers of mental health services, generally at no cost.

Community Health Law Project provides services in Camden, Atlantic, Cape May, Cumberland, Gloucester and Salem counties. Services include legal and advocacy services, training, education, and related activities to persons with disabilities and the elderly and to organizations representing their interests. CHLP Advocates can visit the home or care center.

South Jersey Office, Station House Office Building, 900 Haddon Avenue, Suite 400, Collingswood, NJ 08108 (800) 856-9500

Disability Rights New Jersey (DRNJ) is a private, non-profit, consumer- directed organization established to:

- Advocate for and advance the human, civil and legal rights of citizens of New Jersey with disabilities.
- Promote public awareness and recognition of individuals with disabilities as equally entitled members of society;
- Advise and assist persons with disabilities, family members, attorneys and guardians in obtaining and protecting the rights of individuals with disabilities; and
- Provide education, training and technical assistance to individuals with disabilities, the agencies that serve them, advocates, attorneys, professionals, courts and others regarding the rights of individuals with disabilities.

DRNJ is open from 9 am to 5 pm Monday through Friday and includes Spanish speaking staff. In addition, DRNJ has telephone language interpreting services to facilitate communication with individuals in 150 languages and dialects.

210 S. Broad Street, Trenton, NJ 08608
(800) 922-7233 or (609) 292-9742
Website: www.drnj.org

Cumberland County Bar Association: Lawyer Referral Service

The Cumberland County Bar Association offers experienced lawyers for your legal needs. The Cumberland County Lawyer Referral Service (LRS) cannot answer legal questions, but they can refer you to an attorney in the county who can meet with you in areas such as criminal, landlord/tenant, family law, personal injury, real estate and consumer protection to name a few. All of our attorneys are licensed to practice in the State of New Jersey and are in good standing with the Supreme Court of New Jersey.

The LRS can be reached at **(856) 696-5550** and is available Monday – Friday from the hours of 8:30 am to 1:30 pm. There is no fee for calling the LRS. When you set up your consultation appointment, please let the law office know that you were referred by the Cumberland County Lawyer Referral Service. Please note that anything over the consultation time is an additional fee set by the attorney you are meeting with.

South Jersey Legal Services provides free representation in civil cases (bankruptcy, disability, housing and so forth) to low-income residents, but not cases that result in an attorney's fee, such as filing lawsuits in negligence and accident cases, and no criminal cases.

Cumberland County Office is located at 415 W. Landis Ave, Vineland, NJ. (856) 691-0494

The Cumberland County Public Defender's Office – Criminal Division represents indigent persons in criminal matters.

40 E Broad St., Bridgeton, NJ. (856) 453-1568

The Division of Mental Health and Guardian Advocacy represent individuals in psychiatric commitment and legal guardianship hearings.

25 Market St., Trenton NJ 08625 (609) 292-1780

Victim/Witness hotline – Servicing victims of crime

(856)451-3177 ext. 158

Sexual and Domestic Violence Hotline- Services to Empower the Rights of Victims (SERV)

Center for Family Services

(800) 451-0196

Legal Services of New Jersey

www.isnj.org

(888) 576-5529

Americans With Disabilities (ADA)

www.ada.gov

(800) 514-0301

American Civil Liberties Union (ACLU)

PO Box 32159, Newark, NJ 07102

www.aclu-nj.org

(973) 642 2084

LONG TERM PLANNING

Advance Directives

These legal documents describe what services you want if an illness renders you unable to make decisions about your care. Share your instructions with your family, health care providers and other advocates. Download advance directive forms at www.partnershipforcaring.com

Representative Payee

Social Security may, after careful investigation, appoint a relative or other interested party to handle a person's Social Security matters. Benefits are then paid in the representative payee's name on behalf of the beneficiary. The representative payee must use the benefits exclusively for the care and well-being of the beneficiary, and file periodic accounting reports with Social Security.

Conservatorship and Guardianship

Conservatorship is given to someone to protect and manage the financial affairs and/or another person's daily life. A guardianship is a court action that appoints someone to make personal decisions for a ward. Both processes involve a petition to the local court, an open court hearing and judicial decision.

Special Needs Trusts

Government benefits such as SSI and Medicaid may be affected if, for instance, a recipient inherits money directly. Families concerned about protecting their loved one's benefits might research establishing this type of trust. Additional to government benefits for basic needs, funds from the trust could pay for a consumer's personal expenses such as vacations, car service, incidental medical or dental expenses and the like. Your attorney should be well versed in Medicaid and disability law to protect benefits.

PLAN NJ (Planned Lifetime Assistance Network of NJ, Inc.- Lifetime Advocacy for People with Special Needs)

The mission of PLAN/NJ is to help families secure the future of their loved ones with disabilities and mental health challenges. Our mission answers the question "Who will care for my loved one when I am gone?" Through our financial and social services, PLAN/NJ offers practical solutions for families who are caring for individuals with disabilities, lessening their fear and anxiety when planning for the future. We ensure a safe, enriched and happy life for these individuals by advocating for a place to rest their head, a place to challenge their mind, a place to earn a living and a friend to call their own.

Plan/ NJ will send you a list of attorneys who specialize in the very complicated, changing area of Medicaid and Disability law.

www.plannj.org

(908) 575-8300

State Mental Health Services

P.O. Box 700 Trenton, NJ 08625

Toll-free: (800) 382-6717

REPORTING AND COMPLAINTS

The NJ Division of Mental Health and Addiction Services (DMHAS) funds and/or supervises most of the services listed in this booklet. For information or complaints, please call 1-800-382-6717

- **NJDHS – Office of Program Integrity and Accountability**
PO Box 700, Trenton, NJ 08625-0700 (609) 292-1617
- **Cumberland County Human Services** (856) 459-3080
- **New Jersey State Board of Medical Examiners**
Provides information on New Jersey physicians, including disciplinary actions.
www.state.nj.us/lps/ca/medical.htm (609) 826-7100
- **County State Health Insurance Assistance Program (SHIP)**
Cumberland County Office on Aging & Disabled
800 E. Commerce St., Bridgeton, NJ 08302 (856) 453-2220

SHIP provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Human Services with major funding from the Centers for Medicare & Medicaid Services.

TERMS ASSOCIATED WITH MENTAL ILLNESS AND ADDICTIONS

Advanced Practice Nurse (APN) – is a nurse with post- graduate education in nursing. APNs are prepared with advanced didactic and clinical education, knowledge, skills, and scope of practice in nursing.

Clinical Social Worker – health professional trained to assist clients with information, referral, and direct help in dealing with government agencies, often as case managers to help people "navigate the system." Clinical social workers cannot write prescriptions.

Continuum of care – a progression of services that one moves through, usually one service at a time, to assure that there are no gaps in services.

Co-Occurring Disorder – having both a mental illness and substance use problem.

Decompensation – is the psychological term used when a person is showing signs of deterioration regarding their daily functioning.

Developmental Disability – physical or mental handicap that prevents, impedes, or limits normal development.

DSM (Diagnostic and Statistical Manual of Mental Disorders) – An official manual developed by the American Psychiatric Association used to understand and diagnose mental health problems.

Efficacy – the ability of a drug to control symptoms and/or illness progression.

Early Intervention Support Services – EISS is a non- emergency room, community-based program aimed at offering individuals a broad range of service options that can divert undue use of emergency room and in-patient programs.

Health Insurance Portability and Accountability Act (HIPAA) – Provides privacy protections for consumers in group health insurance plans. Recently you have been signing updated HIPAA consent forms at your health care provider.

In-patient – the patient stays overnight in the treatment facility.

Intake – the process an agency or program uses to enroll client in treatment.

Managed care – insurance coverage that supervises which providers the patient one can see and may also limit the number of visits and kinds of services the insurance will pay for.

Medicaid – Medicaid provides health coverage for some low- income people, families and children, pregnant women, the elderly, and people with disabilities.

Medicare – Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

(MAT) Medication management – service providing access to a psychiatrist and/or case management for stabilized consumers.

NAMI – National Alliance on Mental Illness.

Outpatient – the patient participates in a day or evening program but resides at a place other than the treatment facility.

Parity laws – laws that require insurance companies to cover mental illnesses in the same manner as physical illnesses.

Psychiatrist – a medical practitioner specializing in the diagnosis and treatment of mental illness.

Psychologist – Psychologists are doctorly-trained professionals who conduct research, perform testing, and evaluate and treat a full range of emotional and psychological challenges.

Psychosocial rehabilitation center – facility that offers talk therapy along with social and vocational training.

Psychotropic – that which acts on the mind.

Respite care – Someone else cares for the loved one temporarily while the care-giving family and the ill person take a break from each other.

Screening – the process used to determine program eligibility.

Self-help - generally refers to groups or meetings that involve people who have similar needs. They are facilitated by a consumer, survivor, or other layperson to assist people to deal with a "life-disrupting" event, such as a death, abuse, addiction, or diagnosis of a physical, emotional, or mental disability. They are operated on an informal, free-of-charge, and nonprofit basis to provide support and education. They are voluntary, anonymous, and confidential.

Telehealth Services – the use of electronic information and telecommunications technologies to support and promote long-distance clinical health care, patient and professional health-related education, and public health and health administration.

Wrap-around services – all-encompassing comprehensive support by an agency to a client; includes case management, housing and vocational assistance, family counseling and education.

ACRONYMS

AA	Alcoholics Anonymous
ADA	Americans with Disabilities
ADD/ADHD	Attention Deficit Disorder/Hyperactivity
AL-ANON	Support for family members of alcoholics
ALA-TEEN	Support group for teenage alcoholics
APN	Advanced Nurse Practitioner
CADC	Certified Alcohol & Drug Counselor
CCIS	Children's Crisis Intervention Service
CMO	Care Management Organization
COD	Co-Occurring Disorder
DD	Developmentally disabled
DDD	Division of Developmental Disabilities
DHS	(NJ) Department of Human Services
DMHAS	Division of Mental Health & Addiction Services
DSM	Diagnostic & Statistical Manual
DCP&P	Division of Child Protection & Permanency (Formerly DYFS)
EISS	Early Intervention Support Services
FSO	Family Support Organization
ICMS	Integrated Case Management Services
IFSS	Intensive Family Support Services
IOP	Intensive Outpatient Program
LAC	Licensed Associate Counselor
LCADC	Licensed Clinical Alcohol & Drug Counselor
LCSW	Licensed Clinical Social Worker
LMFT	Licensed Marriage and Family Therapist
LPC	Licensed Professional Counselor
MAT	Medication Assisted Treatment
MHASWNJ	Mental Health Assoc. in Southwestern NJ
NA	Narcotics Anonymous
NAMI	National Alliance on Mental Illness
NIMH	National Institute on Mental Health
NJWINS	NJ Work Incentive Network Support
OCD	Obsessive Compulsive Disorder
OP	Outpatient
PAAD	Pharmaceutical Assistance to the Aged and Disabled
PACT	Program of Assertive Community Treatment
PC	Partial Care
PAP	Patient Assistance Program
PRO-NJ	Peer Review Organization of NJ
PTSD	Post-Traumatic Stress Disorder
RMO	Regional Mobile Outreach
RHCF	Residential Health Care Facility

SAMHSA	Substance Abuse Administration and Mental Health Services
SCIP	Screening Crisis Intervention Program
SHIP	State Health Insurance Assistance Program
SRAP	State Rental Assistance Program
SSA	Social Security Administration
SSDI	Social Security Disability Income
SSI	Social Security Income
STCF	Short Term Care Facility
TANF	Temporary Assistance to Needy Families
TBI	Traumatic Brain Injury
TDI	Temporary Disability Insurance Benefits
VA	Department of Veterans Affairs