

Fall 2018

Residential Health Care Facilities Association Resource Guide



COMPLIANT



CONNECTION

Empowering Residential Health
Care Providers To Succeed
Through Education & Knowledge.

This Resource Guide is Brought to You By



An Organization focused on Promoting Standards of Excellence in Care and Services for a brighter industry future.

The Purpose of the guide is to connect Owners & Operators with agencies and or individuals who can offer help for their residents during difficult times.

Mental health disorders are real, common and treatable. It is estimated that approximately 1 in 5 Americans adults (nearly 44 million people) and 13-20% of children living in the United States will experience a diagnosable mental health disorder in a given year.

The following are signs that a resident or loved one may be in need of help from a mental health professional.



I AM SUFFERING AND IT'S NO ONE'S FAULT. MY RELATIONSHIP WITH MYSELF HAS GONE OFF TRACK.

ADULTS	Adolescents & Young Adults	Younger Children & Pre-Adolescents
<ul style="list-style-type: none"> • Confused thinking • Prolonged depression (sadness or irritability) • Feelings of extreme highs or lows • Excessive fears, worries and anxieties • Social withdrawal • Dramatic Changes in eating or sleeping habits • Strong feelings of anger • Delusions or hallucinations • Growing inability to cope with daily problems and activities • Suicidal thoughts • Denial of obvious problems • Numerous unexplained physical ailments • Substance misuse 	<ul style="list-style-type: none"> • Substance misuse • Inability to cope with problems and daily activities • Changes in sleeping and or eating habits • Excessive complaints of physical ailments • Defiance of authority, truancy, theft, and or vandalism • Intense fear of weight gain • Prolonged negative mood, often accompanied by poor appetite or thoughts of death • Frequent outbursts of anger 	<ul style="list-style-type: none"> • Changes in school performance • Poor grades despite strong efforts • Excessive worry or anxiety (i.e. refusing to go to bed or school) • Hyperactivity • Persistent nightmares • Persistent disobedience or aggression • Frequent temper tantrums •





New Jersey Regional Crisis Hotlines

Bayonne

(201) 858-5286: Bayonne Hospital, 24-hour Hotline, Emergency Room.

(201) 915-2210: Mobile Screening.

Bergen County (all areas)

(201) 262-HELP, 262-4357: Bergen Regional Hospital, Hotline, Psychiatric Emergency Room, Mobile Screening.

Burlington County

(609) 261-8000: Screening Crisis Intervention Program (SCIP), behind Memorial Hospital Emergency Room.

24 Hour Toll-Free Suicide Hotline

(856) 234-8888: toll-free from Mount Laurel area

(609) 871-4700: toll-free from Burlington area

(609) 267-8500: toll-free from Mount Holly area

Cumberland County

(856) 455-5555; Cumberland County Guidance Center; phone and in-person crisis services.

Essex County (suburban - see also Newark)

(973) 672-9685: East Orange General Hospital - Hotline, Psychiatric Emergency Room, Mobile Screening.

(973) 429-6969: Mountainside Hospital - Hotline, Crisis Counselors, 24hrs.

CLARA MASS HOSPITAL: NEWLY APPOINTED CRISIS INTERVENTION CENTER: **TELEPHONE: 973-450-2000**

New Jersey Regional Crisis Hotlines (Contd)

Hudson County

(201) 433-6161: Jersey City Medical Center; crisis hotline and in-person screening.

(201) 915-2210, mobile screening ; Jersey City Medical Center. (201) 795-5505; St Mary's Hospital Community Mental Health Center; crisis hotline and in-person screening.

Hunterdon County

(908) 788-6400: Hunterdon County Medical Center telephone and in-person crisis services and mobile screening.

Jersey City

(201) 915-2210: mobile screening; Jersey City Medical Center.

(201) 433-6161 crisis hotline, in-person screening; Jersey City Medical Center.

(201) 795-8375 (listen to menu for crisis department);

Christ Hospital; phone and in-person crisis services.

Mercer County

Contact Mercer County; 24 hour suicide hotline (609)896-2120, (609) 585-2244

teen hotline: (609) 896-4434

(609) 396-6834: (Trenton) Helene Fuld Crisis Center

24 hr telephone crisis counseling for mercer county; also walk-in psychiatric screening/crisis counseling in psychiatric emergency room in Trenton.

(609) 497-3300: Princeton Hospital: walk-in psychiatric + substance abuse screening in emergency room

New Jersey Regional Crisis Hotlines (Contd)

Middlesex County

(800) 969-5300 or (732) 235-5700: University Behavioral Health Care crisis line. 24 hour phone and walk-in services; walk-in location: (Piscataway).

Monmouth County

(732) 222-3030: Monmouth Medical Center - Mobile Screening.

(732) 923-6999: Monmouth Medical Center - Crisis Hotline.

(732) 776-2325: Jersey Shore Medical Center (Neptune) telephone and in-person crisis services

Morris County

(973) 625-6063: St. Clare's Hospital.

Newark

(973) 926-7416, 7444: Beth Israel Hotline - Psychiatric Emergency.

Also Mobile Screening for Irvington and parts of Newark but not NJIT.

(973) 623-2323: University Hospital - Hotline and Psychiatric Emergency room.

(973) 972-0480: University Hospital - Mobile Screening adults.

(973) 972-7354: University Hospital- Mobile Screening children (under 18).

Ocean County

(732) 886-4800; Kimball Medical Center; phone and in-person crisis services

(732) 886-4474; Community Medical Center; phone and in-person crisis services

NJ Regional Crisis Hotlines (Cont)

Passaic County

(973) 470-3000: Hotline.

(973) 470-3025: Mobile Screening.

Paterson

(973) 977-2228: St. Joseph's (emergency mental health).

Rockland County(NY)

(845) 354-6500: 24 hour crisis services (phone and in-person), Pomona, NY

Union County

(908) 351-6684: Trinitas Hospital telephone and in-person crisis services (24/7) for Elizabeth and eastern portion of Union County.

(908) 355-5556: Mobile Screening.

(908) 668-2205: Muhlenberg Regional Medical Center - telephone and in-person crisis services.

(908) 668-2599: Muhlenberg Regional Medical Center - mobile screening (all Union County).

Warren County

(908) 454-5141: Crisis Intervention.

Sexual Assault Hotlines

(877) 733-CARE,2273

(973) 972-1325

(973) 926-7444

(201) 487-2227

(800) 656-HOPE

(212) 227-3000 (NYC; sexual assault and incest survivors)

(800) 726-4041 (Westchester County, NY)

(845) 634-3344 (Rockland County, NY)

1(856) 964-7378 and 1(866) 295-7378 (toll free) for Burlington, Camden and Gloucester counties

Relationship / Domestic Violence HOT LINES:

(973) 484-4446 (Essex County) 24/7

(201) 487-8484 (Bergen County) 24/7

(800) 572-SAFE, 7233 (NJ State Wide) 24/7

(800) 621-HOPE, 24/7

(800) 942-6906

(800) 942-6908

(800) 799-7233 (USA, national)

*1(856) 964-7378 and 1(866) 295-7378 (toll free) for
Burlington, Camden and Gloucester counties*

Justice Involved Services: Mid Jersey

Justice Involved Services are designed to assist persons with serious and persistent mental illness who become entangled with the criminal justice system, to avoid or radically reduce the number of days incarcerated in jail and or assist with their reentry to their communities in order to receive the appropriate treatment.

Services vary by county, but may include the following:

Pre-booking: A police based diversion to avoid arrest for non-criminal, non-violent offenses.

Police are trained to identify and de-escalate situations and diverting to mental health crisis or pre-crisis services;

Post booking intervention: Are for consumers who have been

arrested but for whom the court may be released on their own recognizance or released from jail with mental health intervention.

Those consumers serving jail sentences or long detention are targeted for re-entry services.

Based upon the APIC mode: Assess, Plan, Identify & Coordinate

Services include identification/case finding, pre-release planning and successful linkage to critical mental health, social service, employment and housing upon release to the

community.

*Care Plus Jail Diversion Program
Route 46 West
Hasbrouck Heights, NJ 07604
(201) 478-4166*

*Jersey City Medical Center
395 Grand Street, 3rd Floor
Jersey City, NJ 07302
(201) 915-2272*

*Mental Health Association of Morris County
100 Route 46 East Building C
Mountain Lakes, NJ 07046
(973) 334-3496*

*Oaks Integrated Care Correctional Case Management
499 Cooper Landing Road
Cherry Hill, NJ 08034
(856) 428-1300*

*Preferred Behavioral Health of NJ
591 Lakehurst Road
Toms River, NJ 08755
(732) 323-3664*

*Trinitas Hospital
655 East Jersey Street
Elizabeth, NJ 07206
(908) 994-7278 or (908) 994-7131*

*Cumberland County Guidance Center Jail Re-Entry Services
425 Bank Street
Bridgeton, NJ 08302*

(856) 455-8316, ext. 201

Justice Involved Services: (Cont)

*Mental Health Association of Essex Co.
33 South Fullerton Montclair, NJ 07042
(973) 509-9777*

*New Point's Bridge Program
1070 Main Street
Sewell, NJ 08080
(856) 256-3320*

*Oaks Integrated Care CIT 2201
West Chapel Avenue
Cherry Hill, NJ 08002
(856) 482-8747*

*St. Mary's Hospital
530 Main Avenue
Passaic, NJ 07055
(973) 470-3390*



***NEW JERSEY COUNTY MENTAL HEALTH
BOARDS:***

Consists of a body of 7-12 county residents appointed by the county's board of chosen freeholders that reviews progress in the development of comprehensive community mental health services in the county, and makes recommendations to local agencies, the community mental health board, and the Department of Human Services.

*Atlantic County
101 South Shore Road
Northfield, NJ 08225
(609) 645-7700, ext. 4307.*

*Bergen County
One Bergen County Plaza – 4th Floor
Hackensack, NJ 07601
(201) 634-2745*

Burlington County Human Services 795
Woodlane Road Mount
Holly, NJ 08060 (609) 265-
5383

*Camden County Community Planning & Advocacy Council
2500 McClellan Avenue, Suite 110
Pennsauken, NJ 08109
(856) 663-3998, Ext 224*

NEW JERSEY COUNTY MENTAL HEALTH BOARDS: (Cont)

*Cape May County Department of Human Services
4 Moore Road
Cape May Court House, NJ 08210
(609) 465-1055*

**County of Essex Office of Mental Health 204
Grove Avenue Cedar Grove, NJ 07009 (973)
571-2821 / 2822**

*Cumberland County Department of Human Services
790 East Commerce Street
Bridgeton, NJ 08302
(856) 459-3080*

*Gloucester County Mental Health Board
Gloucester Co. Institute of Technology
115 Budd Boulevard
West Deptford, NJ 08096
(856) 384-6889*

*Hudson County Dept. of Health & Human Services 595
County Avenue - Bldg. 2 Secaucus, NJ 07094 (201) 369-
5280, ext. 4250 Hudson County Dept. of Health & Human
Services 595 County Avenue - Bldg. 2 Secaucus, NJ 07094
(201) 369-5280, ext. 4250*

*Hunterdon County Department of Human Services
8 Gaunt Place
Flemington, NJ 08822-2900
(908) 788-1372*

NEW JERSEY COUNTY MENTAL HEALTH BOARDS: (Cont)

*Mercer County Division of Mental Health Department of
Human Services
640 South Broad Street
Trenton, NJ 08650
(609) 989-6574 / 6529*

*Monmouth County Div. of Mental Health & Addiction
Services
3000 Kozloski Road
Freehold, NJ 07728
(732) 431-6451*

*Middlesex County Office of Human Services
JFK Square – 5th Floor
New Brunswick, NJ 08901
(732) 745-4313*

*Morris County Department of Human Services
30 Schuyler Place – 3rd Floor
Morristown, NJ 07960-0900
(732) 285-6852*

*Ocean County Mental Health Services
687 Route 9
Bayville, NJ 08721
(732) 269-4849*

*Passaic County Division of Mental Health
401 Grand , 5th Floor
Patterson NJ 07505*

(973) 881-2834

NEW JERSEY COUNTY MENTAL HEALTH BOARDS: (Contd)

*Salem Co. Department of Health
94 Market Street
Salem, NJ 08079
(856) 935-7510, ext. 8464*

*Somerset Co. Department of Human Services
27 Warren Street – 3 rd Floor
Somerset, NJ 08876
(908) 704-6320 / 6300*

*Sussex County Div. of Community & Youth Services
One Spring Street
Newton, NJ 07860
(973) 940-5200, ext. 1381*

*Union County Mental Health Board
Union County Administration Building
Elizabethtown Plaza Elizabeth, NJ 07207
(908) 527-4844*

*Warren Co. Department of Human Services
202 Mansfield Street
Belvidere, NJ 07823
(908) 475-6092 / 6080*

Crisis Diversion

An intensive case management program designed to reduce unnecessary psychiatric hospitalizations.

Crisis Diversion programs focus on assisting individuals in identifying and obtaining treatment goals, and providing support and linkages to the services that an individual needs to stay in their own environment and in the community. .

Crisis Diversion

*Ocean Mental Health Services
687 Route 9
Bayville, NJ 08721
(732) 269-4849*

Justice Involved Services: South NJ

*Preferred Behavioral Health of NJ
591 Lakehurst Road
Toms River, NJ 08755
(732) 323-3664*

*Cumberland County Guidance Center Jail Re-Entry Services
425 Bank Street
Bridgeton, NJ 08302
(856) 455-8316, ext. 201*

*New Point's Bridge Program
1070 Main Street
Sewell, NJ 08080
(856) 256-3320*

*Oaks Integrated Care CIT 2201
West Chapel Avenue
Cherry Hill, NJ 08002
(856) 482-8747*



TRAINING

COMPLIANT



CONNECTION

TO REGISTER FOR A CLASS:

Contact:

www.rhcfa.com

[**rhcfanj@aol.com**](mailto:rhcfanj@aol.com)

WHAT CAN YOU LEARN?

How to own & Operate a Residential Health Care Facility

Fiscal Management/Budget Like a Boss

The Inspection Process

Residential Health Care Administrator Credential

Understanding the legislative maze that govern your operation

Mandatory Annual InService Training

Meaningful Disaster Preparedness What it entails

Protecting your facility in a disaster

We Invite you to explore our website at:

www.rhcfa.com

To be included in our resource guide or to request additional copies, [Contact rhcfanj@aol.com](mailto:rhcfanj@aol.com)

*Residential
Health
Care Done
Right!!*

