

New Jersey Psychiatric Association

A District Branch of the American Psychiatric Association

Patient Resource Document

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A Message to Our Readers

The aim of this Patient Resource Guide is to be a nonpartisan source of information for our readers and for those in need.

The NJPA does not specifically endorse any services, but instead intends to provide our readers the resources that will benefit them.

If any corrections or clarifications are needed, please do not hesitate to contact us.

About Mental Illness

Education and awareness are critical in the treatment of mental illness. According to the National Institute of Health (NIH):

- 1) It is estimated that greater than 1 in 5 individuals over the age of 18 in the U.S. suffer from a psychiatric disorder.
- 2) Four of the ten leading causes of disability in the U.S. are psychiatric illness---Major Depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.
- 3) Roughly 30% of all people who seek general medical care are suffering from diagnosable and treatable psychiatric disorders.

For further information on specific mental illness visit:

<https://www.psychiatry.org/patients-families>

For further statistics relating to mental illness visit:

<http://www.nimh.nih.gov/health/topics/statistics/index.shtml>

Accessing Treatment

Department of Mental Health and Addiction Services (DMHAS) is the state mental health authority and the Single State Authority on Substance Abuse that plans, monitors, evaluates and regulates New Jersey's mental health and substance abuse prevention, early intervention, treatment, and recovery efforts. DMHAS is responsible for the operation of three regional adult psychiatric hospitals (Ancora, Greystone, and Trenton), and one specialized facility providing maximum security (Ann Klein). In addition to the hospitals, the Division oversees New Jersey's adult system of community-based behavioral health services.

Website: <http://www.nj.gov/humanservices/dmhas/home/>

Phone: (800) 382-6717

National Alliance on Mental Illness New Jersey (NAMI NJ) is a statewide nonprofit organization dedicated to improving the lives of individuals and families who are affected by mental illness. They provide education, support, and systems advocacy to empower families and persons with mental illness. Affiliated self-help and grassroots advocacy groups located in each county offer emotional support and information about treatment and community resources.

Website: <http://www.naminj.org/>

Local County NAMI can be found through the website:

<http://www.naminj.org/support/affiliates/>

Mental Health Association of NJ is an organization that strives to improve mental health services for children and adults through advocacy, education, training, and services. Website: <https://www.mhanj.org/>
Phone: (800) 367-8850

Payment for Treatment

Medicaid/Medicare and Social Security Disability
Medicaid is a federally funded social insurance program that serves to provide medical coverage to family and individuals with limited and/or restricted incomes. To date, it provides free health insurance to 69 million low-income and disabled people. For more information, please visit: <https://www.medicaid.gov/>

Medicare is the federal health insurance program for people who are 65 or older and for certain younger individuals with disabilities.
<https://www.medicare.gov/>

Affordable Care Act and Open Enrollment

For more information on coverage options for mental health services and substance use disorders under the Affordable Care Act visit:
<https://www.healthcare.gov/coverage/mental-health-substance-abuse-coverage/>

Understanding Your Insurance

The New Jersey Department of Banking and Insurance, Division of Insurance, is committed to protecting and educating patients regarding health insurance. The Division is comprised of units which are charged with the

licensing and oversight of the various types of insurance regulated by the State of New Jersey. The Division also responds to patient concerns and inquiries and endeavors to educate patients regarding insurance products and issues. For more information, please visit:

http://www.state.nj.us/dobi/division_patients/insurance/health.htm

Crisis and Emergency Care

Psychiatric emergencies involve immediate and severe danger to self, others or to property. Individuals experiencing an emergency are actively suicidal, psychotic or altered.

Calling 911 and visiting the closest Emergency Room is an effective and recommended first step.

For more Information on local emergency screening centers, please visit:

http://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf

National Suicide Prevention Hotline
Phone: (800) 273-8255

Family and Support Services

Addictions Hotline of New Jersey

Phone: (844) 276-2777

Alcoholics Anonymous

Website: <http://www.nnjaa.org/intergroup/meeting-finder.htm>

Phone: (800) 245-1377

Narcotics Anonymous

Website: <http://www.narcoticsanonymousnj.org/meetings/>

Phone: (800) 992-0401

Depression and Bipolar Support Alliance (DBSA)
The mission of the Depression and Bipolar Support Alliance is to provide hope, help, and support to improve the lives of people living with mood disorders. DBSA pursues and accomplishes this mission through peer-based, recovery-oriented, empowering services and resources when people want them, where they want them, and how they want to receive them.

Website: <http://www.dbsalliance.org/>

NAMI Family Support Groups

These are peer-led support groups for family members, caregivers and loved ones of individuals living with mental illness. They follow a structured model and ensure everyone has an opportunity to be heard and get what they need. Free of cost to all participants.

Website: <https://www.nami.org/Find-Support/NAMI-Programs/Nami-Family-Support-Group>

National Tourette Syndrome Association
New Jersey Chapter

Their mission is to identify the cause of, find the cure for, and control the effects of Tourette Syndrome (TS). They offer resources and referrals to help individuals and their families cope with the problems that occur with TS. Membership includes individuals, families, relatives, along with medical and allied professionals working in the field.

Website: <http://www.tsanj.org/>

Phone: (732) 972-4459

E-mail: info@tsanj.org

National Organizations

American Psychiatric Association (APA) is the national organization of Psychiatrists in the United States. Its vision is to ensure humane treatment for all persons with mental illness, including substance use disorders.

Website: <https://psychiatry.org>

Phone: (888) 357-7924

American Academy of Child and Adolescent Psychiatry (AACAP) is the national organization of Psychiatrist devoted to the healthy development of children and adolescents with psychiatric illnesses as well as care for their families through advocacy, education, and research. Website: <http://www.aacap.org/Default.aspx>
Phone: (202) 966-7300

American Association for Geriatric Psychiatry is the national organization for nearly 2,000 Psychiatrists specializing in the mental well-being of elderly patients.

Website: <http://www.aagponline.org>.

Phone: (703) 556-9222

American Academy of Addiction Psychiatry is the national organization for Psychiatrists promoting high quality evidence-based screening, assessment and treatment for substance use disorders and co-occurring mental disorders. Website: <https://www.aaap.org/>
Phone: (401) 524-3076

American Society of Addiction Medicine (ASAM) is a national organization representing over 5000 physicians, clinicians, and associated professionals in the field of addiction medicine. ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction.
Website: <https://asam.org/>
Phone: (301) 656-3920