

Crossroads News

April 2009
Volume 4 Issue 1

Behavioral Crossroads, LLC – D.B.A. Crossroads Partial Care Program

205 West Parkway Drive, Suite 1
Egg Harbor Township, NJ 08234
609-645-2500 Main Line

609-645-9467 Fax Line

www.crossroadspartialcare.com
info@crossroadspartialcare.com

877-645-2502 Toll Free

INSIDE THIS ISSUE

- 1 Mission & Goals (Page 1)
- 2 Featured Employee (Page 1)
- 3 NAMI New Jersey Advocacy Alert (Page 2)
- 4 Crossroads Expansion (Page 3)
- 5 Horizon Blue Cross and Blue Shield of New Jersey (Page 3)
- 6 Internships Available (Page 4)
- 7 Directions and Web Link to Crossroads (Page 4)

PROGRAM MISSION

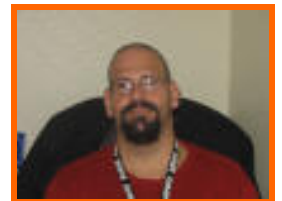
To assist individuals who have a severe and persistent mental illness with developing the skills and supports necessary to live, learn, or work in the community of their choice with the least amount of intervention from the mental health system.

PROGRAM GOALS

- To treat each consumer with respect and as an adult.
- To assist each consumer in determining personal goals and to actively participate in his or her recovery planning process at the program
- To help each consumer manage his or her illness(es) in order to prevent psychiatric hospitalization.
- To help each consumer gain the skills necessary to live, learn and work in the community as independently as possible.
- To provide emotional, educative and case management supports in a safe, clean, dignified and therapeutic treatment environment.
- To affirm each consumer's strengths and abilities and to foster a sense of community and social support at the program.

Featured Employee this Issue Jeffrey Bell, BA - Senior Case Manager

By: Michael T. DiMarco



Jeffrey Bell, better known as "Jeff", is the second most tenured member of our clinical case managers. Jeff brings with him a long history of work and personal experience perfect for his hand in glove fit at Crossroads. Our clients appreciate Jeff, making his role as the DVR - Division of Vocational Rehabilitation and Nutrition & Weight Management Specialist truly inspirational and heart felt.

Jeff was born in Queens, New York but was raised and educated in Northern New Jersey in the town of Rockaway. Jeff received his Bachelor's Degree in Biology from Edinboro University of Pennsylvania. He quickly utilized his Biology degree and worked for Thomas's English Muffins, Arnold Breads and Johanna Farms as a quality control supervisor and lab technician, monitoring the exacting standards of production and analyzing samples to determine suitability and quality for product consumers.

In 1994 Jeff transitioned into the field of mental health as a housing supervisor. He worked for a developmentally disabled residential program with the Center for Humanistic Change, then later as residential management for Lutheran Social Ministries in one of their group homes. As Jeff gained experience in the mental health field, he had the opportunity to become a case manager in Morris County, NJ for the Morris Shelter in Morris Plains, NJ. Jeff crossed the Delaware Water Gap and moved to Pennsylvania in the Pocono Mountain region. In the Pocono's, Jeff began his DVR experience as a job developer and coach for dually

diagnosed clients linked with the developmentally disabled population in that region. In 2001, Jeff started working as a case manager in his first partial care setting in Andover, NJ with Capitol Care. In 2002, Jeff suffered from complications to some weight-based health issues and had a Gastric Bypass surgery. The surgery caused significant weight loss and started Jeff on the road to a better diet and daily nutrition. Jeff passes this knowledge on to his clients every day in group. Jeff conducts weight management and nutrition groups from personal experience which empowers him and aids his clients to understand the real issues involved with poor dietary habits.

Jeff has been married for 13 years to his wife Diane. They have two rambunctious cats, Rocky and Cotton. Both cats are eight years old and celebrate birthdays a day apart. Jeff & Diane travel a lot and enjoy movies in their spare time. Jeff has shared his office with several other case managers over the years. Jeff says *"it's their good fortune to share an office with me, and they need to share it in the dark"*. Jeff is a proponent of dim mood lighting and never turns on the bleaching over head lights in his office. Jeff is a good natured guy and well liked by his fellow staff and clients alike. Jeff is an asset to Crossroads and we are glad to have him here with us.



Involuntary Outpatient Bill Needs Your Support

February 9, 2009

By: Phil Lubitz, Director of Advocacy Programs
NAMI of New Jersey

Legislation, A1618 that would establish involuntary outpatient commitment to treatment is scheduled to be heard in the Assembly Human Services Committee on Thursday, February 26th at 2PM in the State House Annex in Trenton. This long needed legislation has already passed in the Senate Human Services Committee and is awaiting action by the full Senate where it had passed unanimously in the previous session.

This bill amends the State's civil commitment laws (N.J.S.A.30:4-27.1 et seq.) to allow for involuntary commitment to outpatient treatment of persons defined as "an adult with mental illness, whose mental illness causes the person to be dangerous to self or dangerous to others or property in the reasonably foreseeable future and who is unwilling to accept appropriate treatment voluntarily after it has been offered, needs outpatient treatment because other services are not appropriate or available to meet the person's mental health care needs." The bill also adds that the determination of dangerousness shall take into account a person's "serious psychiatric deterioration."

As the treatment for people with mental illness has advanced, many successful treatments are entirely outpatient. For this reason and others, the bill shifts the sense of involuntary commitment from commitment to an inpatient facility to commitment to clinically appropriate treatment, which may be inpatient care, outpatient care, or a combination of inpatient and outpatient care. The finding that a person is in need of involuntary commitment to treatment, then, will result in an order of commitment to appropriate treatment, rather than commitment to a facility.

The treatment provided after the entry of an order of involuntary commitment to treatment will be governed by the principle of least restrictive environment. The commitment process, then, will have two steps: it will first be determined whether by clear and convincing evidence a person's condition meets the dangerousness standard; then the treatment to which the person is committed will be determined by considering the least restrictive treatment setting appropriate to ameliorate the danger presented and appropriate to provide services directed to the wellness and recovery of the person.

IMMEDIATE ACTION NEEDED

The Assembly Human Services Committee is schedule to meet on February 26th at 2PM. Advocates are urged to contact the committee members listed below **as soon as possible** and impress them with the importance of voting for

A1618. We must be able to provide treatment to those who are the very most in need!

SAMPLE LETTER

Dear Assemblyperson _____,

It is time for New Jersey to act to protect individuals who as a result of their mental illness are unable or unwilling to accept desperately needed mental health treatment. The Governor's Task Force on Mental Health has recommended that New Jersey, like 42 existing states, adopt legislation that would establish involuntary commitment to outpatient treatment for individuals who have a history of refusing or discontinuing mental health treatment and as a consequence become a danger to themselves, others or property.

A1618 would establish involuntary outpatient commitment to outpatient treatment as an alternative to the only current option, commitment to a state or county psychiatric hospital. People who were exhibiting behaviors that by history had led to dangerousness in the reasonably foreseeable future and refused voluntary services would be eligible for a court ordered plan of treatment to be carried out by treatment providers designated by the Commissioner of Human Services.

I urge you to schedule this vital legislation for a vote in the Assembly Human Services Committee. We should not have to stand by and wait for an individual with mental illness to be harmed or to harm someone else before we provide them with the treatment they urgently need.

Thank you for your support on this vital matter. Please contact me if I can provide any additional information.

Sincerely yours,

Name
Address
Phone number

NAMI NEW JERSEY is the New Jersey alliance for persons affected by a mental illness. We are a statewide coalition of self-help support and advocacy groups composed of families, friends and persons with a serious mental illness. With chapters in all twenty-one counties we are New Jersey's largest grassroots organization dedicated to improving the quality of life of individuals with a serious mental illness and their families.

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

NAMI NEW JERSEY

Phil Lubitz
Director of Advocacy
Programs
E-mail:
advocacy@naminj.org
Phone: 732-940-0991

Please distribute this Alert to other advocates for improved mental health services in New Jersey. If you would like to receive NAMI NEW JERSEY Advocacy Alerts by email, contact Phil Lubitz, the Director of Advocacy Programs at advocacy@naminj.org or by phone (732) 940-0991.

The New and Improved "Crossroads Partial Care Program"

By Douglas A. Reichert, L.P.C.

January 28, 2009

Our agency has been providing quality day treatment services to adults with mental health, substance abuse and behavioral issues since 2003 in partnership with community providers such as you.

While we initially served consumers in the surrounding areas, we now provide services to those living in eight counties in New Jersey. We realized months ago that at some point our building would not be large enough to accommodate all of the consumers who wished to receive services from us. As such, we were fortunate enough to be able to expand our facility in order to meet the continued demand for quality partial care services.

Today we are very pleased to announce the *official* opening of our expanded facility at 205 West Parkway Drive in Egg Harbor Township. Our new space includes administrative and clinical offices, two large group rooms, a second day room and a full size gymnasium.

Our treatment population includes consumers with varying degrees of outside support, capability, motivation, physical wellness and behavioral health issues. Our new space will allow us to add additional and more varied groups to our daily schedule to accommodate our diverse population. It will also allow us to accommodate many more consumers in the program on a daily basis.

We do not have specific treatment tracks for those considered as "high functioning" versus "low functioning", as we believe that many of our consumers might function as one or the other on any given day. However, we do provide different groups for those consumers who are very focused on recovery and who engage in treatment easily versus those consumers who are less focused in their recovery efforts and/or have difficulty engaging in treatment on a consistent basis. Our new master treatment schedule includes many groups throughout the day identified with the "£" symbol. These groups are specifically designed to provide additional support and structure to those consumers that we consider as being *less focused* in treatment and who need additional support at any given time.

Our new gymnasium will allow us to run activities for consumers to improve personal fitness, to increase interpersonal skills and to assist with stress management. Such activities will supplement our traditional group therapies and will be especially helpful as each consumer strives to improve his or her overall wellness. We have already initiated our focus on physical health at Crossroads as we have both an outside physician and an outside dentist providing on-site services at the program on a regular basis.

While briefly summarizing some of the positive changes at Crossroads, I primarily am writing to share my appreciation towards each of you as we provide a quality continuum of care for the mental health consumers of New Jersey.



Doug Reichert, L.P.C.
Program Director

Horizon Blue Cross and Blue Shield of New Jersey

By Michael T. DiMarco

Crossroads Partial Care Program is proud to announce that we have been accepted into the Horizon Blue Cross and Blue Shield provider network effective January 1, 2009 for out patient psychiatric partial care services.

This relationship will allow us to serve a whole new group of consumers in our region. We are now in network for *all* Magellan Behavioral Health clients, and are in network with large private insurers like AmeriHealth, Independence Blue Cross and Horizon Blue Cross and Blue Shield of New Jersey. For additional information on our affiliation please visit there web sites at:

<http://www.magellanhealth.com>

<http://www.horizonblue.com>

Crossroads currently accepts the following list of insurances and agency funding:

- Medicaid
- Private Pay
- Magellan Behavioral Health
(In Network)
- Division of Youth and Family Services (DYFS)
- Independence Blue Cross and Blue Shield
(In Network)
- Horizon Blue Cross and Blue Shield
(In Network)

Please contact us and we will review the specifics of each payment option at 609-645-2500 Ext 11.



Internships Available

Administrative Internship

Clinical Internship

Marketing Internship

By: Stacie K. Byers, MA & Michael T. DiMarco

Crossroads has internship opportunities available for undergraduates and graduates in the human services, sales and marketing fields. Both administrative and clinical supervised field placements can be designed for students majoring in psychology, social work, education, criminal justice, etc. In addition, we are interested in exploring a relationship with a student, class or professor interested in research activities.

Partial care is a very good level of care to introduce students to the field of psychiatry, as it is a milieu based program with many opportunities to interact with chronically ill consumers. Depending upon his or her interests and experience, a student may be able to observe and/or participate in any of the following: group therapy; psycho-education groups; therapeutic activities; substance abuse therapies; individual therapy; intake assessments and case management activities. All students would receive individual supervision from a trained clinician and would be encouraged to participate in all staff in-service trainings. As for an administrative internship, we can structure an experience to allow a student to be introduced to many of the non-clinical aspects of operating a health care facility including policy writing, program development, quality improvement activities, human resources issues, billing procedures and how our program fits into the greater mental health continuum of care.

Additionally, Crossroads is attempting to develop better outcome measures to demonstrate the impact our services have on our consumers. As this is a complex project, we are open to a partnering with a student and/or research class to help develop and follow through on such measures. This is an ideal opportunity for a student studying statistics, doing research or writing a thesis.

Finally, we are also accepting internship opportunities for undergraduates in the sales and marketing fields. Because of the *for profit* nature of our corporation, we are postured to be active and diligent in our efforts to develop our business.

The marketing department is a great opportunity for an individual to learn sales, communication and relationship building techniques in a mid sized business. All students would receive individual supervision from a trained professional.

As for a marketing internship, we can structure an experience to allow a student to be introduced to the planning and implementation of our business model. A marketing intern would be introduced to the regional plan and be hands-on in the execution of the routine tasks of web site development and newsletter publication. A marketing intern would also work with the marketing staff and travel occasionally within the regional marketing area of South Jersey to help service existing relationships as well as help in the cultivation of new ones.

Through our internship program we hope to provide quality learning opportunities to budding professionals while strengthening our relationships with local colleges. We anticipate being able to accommodate several students each semester and can be flexible when structuring such experiences. For further information about the internships, please contact:

Stacie K. Byers, M.A. 609-645-2500 Ext. 19
Clinical & Administrative Internships
Michael T. DiMarco 609-645-2500 Ext. 21
Marketing & Service Learning Internships

Directions to Crossroads:

Crossroads is located near the "Crossroads" of the Garden State Parkway and the Atlantic City Expressway.
GSP Exit #38A to ACE Exit #9
Right onto County Rt. 646/ Delilah Road East
Right onto Canale Drive
Right onto W. Parkway Drive
First Building on the Right #205 (Enter the second driveway - left side) For specific directions please visit our web site at:
<http://crossroadspartialcare.com/directions.htm>



205 West Parkway Drive, Suite 1
Egg Harbor Township, NJ 08234
Phone: 609-645-2500
Fax: 609-645-9467

Clinical Staff Contacts:

Douglas A. Reichert, L.P.C., Program Director
Ext. 20 dreichert@crossroadspartialcare.com

Stacie K. Byers, MA, Intake Coordinator
Ext. 19 stacieb@crossroadspartialcare.com

Marketing Staff Contacts:

Michael T. DiMarco, Director of Marketing
Ext. 21 mdimarco@crossroadspartialcare.com

Amer A. Ali, Marketing Liaison
Ext. 33 amer.ali@crossroadspartialcare.com

Place
Postage
Here