



News at the Crossroads

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www.crossroadspartialcare.com
1.877.645.2502

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

By Michael T. DiMarco



Stacie K. Byers, MA

Stacie K. Byers, MA, Intake Coordinator

Stacie is one of our newest employees. She has been with Crossroads since February of this year and brings with her a wealth of experience in the mental health field. Stacie is a native to Atlantic County, New Jersey. She grew up in Brigantine and attended Holy Spirit Regional High School in Absecon. She received her Bachelors degree in Psychology from Rutgers, The State University of New Jersey and her Masters degree in Counseling Psychology from Georgian Court University.

Much of Stacie's professional experience took place in Monmouth County for the past 10 years. While residing there, she worked as a member of the P.A.C.T. Team, as a Clinical Supervisor for New Hope Foundation Drug and Alcohol Rehab Center in Marlboro, as a Mental Health Associate for Saint Barnabas Behavioral Health Center (formerly Shoreline Behavioral Health) in Toms River, and held a position as a Discharge Coordinator for Riverview Hospital in Red Bank. Stacie's path to becoming a mental health professional stemmed from her interest and curiosity in the field based on her formative years as a child.

Stacie has had experience dealing with personal contacts who suffer from mental health illness. This personal experience has helped shape her current career tract and caused her to become an active member of NAMI (National Association for Mental Illness) in Atlantic County. Stacie's long term goal is to become a Licensed Professional Counselor and possibly own her own studio for the practice of Yoga Therapy, a new and exciting take on counseling and therapy. Stacie's mantra is based on the Buddhist word "Namaste", which means to acknowledge and honor the goodness in all people. Stacie is a welcomed addition to our staff and is the featured employee of the quarter. Good luck Stacie!

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Crossroads has over 50 Client Treatment Groups

Typical Daily Groups Include:

I. M. R. – Illness Management and Recovery, Depression, Schizoaffective, Schizophrenia, Anxiety, Bi Polar, Stress Management, Personal Health, Budgeting, Medication, Grief & Loss, MICA/Recovery Support, Yoga, Pre-Vocation, Problem Solving, Life Skills, Socialization, Borderline, Cooperative Games, Housing, Transitional Living, Fitness, Conflict Resolution, Relapse Planning, Assertiveness, Parenting, Self Esteem, Weight Management, Cultural Diversity, Personal Safety, Legal Issues, Newsletter

Internships Available

Administrative, Clinical, Marketing

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:

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Clients Corner:

The following excerpts are from our Consumer based Newsletter, Created for Consumers by Consumers called:

"The Road Ahead", Issue 3 Volume, August 2008

Interview with Mary C. (Consumer)
By Lenny B. (Consumer)

- Q: What are your long term goals?
A: Continue living independently and no more Psych Hospitals.
 Q: Why did you choose Crossroads?
A: Because it was recommended by my doctor.
 Q: What have you gotten out of Crossroads?
A: Learning a lot about specific mental illnesses and how to function well when symptoms happen.
 Q: What do you like about Crossroads?
A: (She pondered) "The staff's knowledge and skills"
 Q: What was your favorite job?
A: I have two favorites
 (1.) Working with the developmentally disabled.
 (2.) I was a state certified substance abuse counselor. (Associate Level)
 Q: Do you have a pet and what is its name?
A: A two year old cat named Skimble, Jr.

Interview with Tina T. (Consumer)
By Angie C. (Consumer)

- Q: What do you like about Crossroads?
A: Meeting a lot of new friends, I also like class, great counselors and great food.
 Q: What made you come to Crossroads?
A: I need help with my problems: depression; anxiety and health.
 Q: What do you hope to get out of Crossroads?
A: To learn to get along with other people, and know that I'm okay with the world.
 Q: What are your short term goals?
A: To make my life well.

Directions to Crossroads:

Crossroads is located near the "Crossroads" of the Garden State Parkway and the Atlantic City Expressway.

Quick directions:

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>