



*The **MISSION** of the Mental Health Association of Essex County, Inc. is to promote mental health, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders. We, as a community organization, accomplish our mission through advocacy, education, prevention, treatment and service.*



ARE YOU...

- ✦ Concerned or caring for an adult family member with mental illness?
- ✦ Looking for information about mental illness and current treatment options?
- ✦ Stressed, worried, and unsure about how to help a loved one?
- ✦ In need of support and coping techniques?
- ✦ Feeling isolated from other families?

IFSS is a service of the Mental Health Association of Essex County (MHAEC). For information about IFSS or the many other services of the MHAEC,

Contact:

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Senior Director of Children's,  
Counseling and Family Services  
973-509-9777

Andrea Marana, LCSW  
Family Support Specialist  
973-509-9777

Sandra Trzanowski, MSW  
Project F.E.R.S.T. Liaison  
973-509-9777

Collaborating Sponsors:

United Way of Northern New Jersey



# Intensive Family Support Services

**For Families and Friends of  
Individuals with Mental Illness**



Mental Health Association of Essex County  
33 South Fullerton Avenue  
Montclair, New Jersey 07042  
Phone: 973-509-9777  
Fax: 973-509-9888

## Help...

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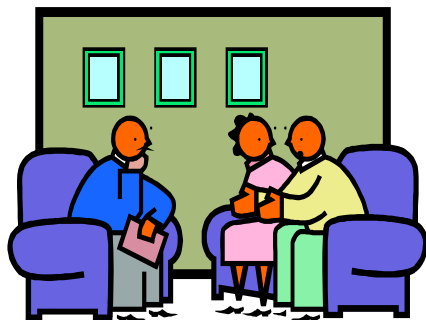
### IFSS mission:

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The Intensive Family Support Services (IFSS) is a program of the Mental Health Association of Essex County, Inc. that provides support for individuals who have an adult family member with mental illness.

We recognize that caring for someone who has a mental illness may be physically and emotionally stressful. These stresses may cause feelings of frustration, embarrassment, resentment, and anger. We can provide you with the resources you need to cope with your situation.

Visit us online at  
[www.NAMIESsex-familysupport.org](http://www.NAMIESsex-familysupport.org)  
for ongoing schedules and upcoming events!



## Healing...

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### IFSS provides relief through:

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◆ **Family support groups-** Parents, siblings, spouses or offspring coping with mental illness meet together with a professional for mutual support and sharing of resources.

- Offered Days and Evenings

◆ **Supportive counseling-** A mental health professional will meet with you to provide support and education while teaching skills to enhance family relationships.

- Home based
- Office visits
- Individual/Family

◆ **Psycho-educational Workshops-** Educational presentations and time-limited trainings for the purpose of providing families with a greater knowledge of mental illness, treatment options and skills.

◆ **Advocacy-** Family empowerment will be enhanced by learning effective ways to get what they need from mental health service providers and community resources. By joining with other families as part of the National Alliance on Mental Illness (NAMI-NJ/Essex) families can become more successful and effective advocates for individuals with mental illness.

◆ **Linkage-** IFSS refers families to services assuring continuity of care.

## Hope...

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### IFSS services may include:

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- Information necessary to recognize and understand mental illness
- Support and coping techniques
- Clarification about family members' rights
- Knowledge about community resources and entitlement programs (SSI, Welfare, etc.)
- Specialized workshops with guest speakers

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### Project F.ERS.T.

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The mission of Project F.ERS.T., a service of IFSS, is to ease the anxiety and stress that families feel when they accompany their loved ones to the emergency room for a mental health evaluation or psychiatric screening. We provide on-site professional support, explanation of hospital procedures, and education on mental health.

Call 973-342-9468

On-Site Support

9am-10pm; Monday-Friday  
Telephone support during off hours