

Saint Clare's Behavioral Health Intensive Family Support Services include:

- Psychoeducation
- Family consultation
- Respite care
- Family support groups
- Advocacy
- Referral services

Intensive Family Support Services

Providing education,
resources and support
to families affected by
mental illness.



 Saint Clare's Behavioral Health
50 Morris Avenue, Denville NJ 07834
(973) 625-7095

 Saint Clare's
Behavioral Health
saintclares.com

Overview

Mental illness can have a profound effect on the lives of those affected and can be equally devastating to their families. Family members see someone they care about suffering with a mental illness, living a life of isolation, fear and shame, sometimes struggling to understand what has caused mental illness and what they could have done to prevent it.

Intensive Family Support Services (IFSS) of Saint Clare's Behavioral Health is a program that focuses attention on the family system. Families become the primary caregivers for loved ones experiencing mental illness, so the need for the family to feel protected, supported and in control of their situation is vital to the survival of that system.

Our Team

Our team is comprised of experienced, licensed practitioners and family advocates who are knowledgeable in the etiology and treatment of mental illness, as well as the availability of community resources.

Services Available

Intensive Family Support Services provides support and education to families or significant caregivers of people with serious mental illness. The IFSS team serves families in Morris County, providing individualized care and support during daytime and evening hours. Access to service is available 24 hours a day, seven days a week.

Services include :

Psychoeducation

IFSS hosts workshops for families, and caregivers, focused on information that is timely and relevant for those enrolled. Topics include understanding mental illness, the risks and benefits of medication management, improving coping strategies, and learning about community resources.

Family Consultation

IFSS staff meet individually with families, to provide information and consultation. Sessions focus on providing education, assisting with problem solving, and enhancing coping strategies.

Respite Care

Respite services provide temporary relief to caregivers and families, giving them the opportunity to recharge, relax, and handle other responsibilities. Respite options may include out-of-home events during day or evening hours.

Eligibility/Fees

IFSS provides services to Morris County. Those eligible for services include family and significant caregivers of people with serious mental illness. Services are supported by the Division of Mental Health and Addiction Services and are free of charge. Services are covered by the Division of Mental Health Services and are free of charge.

Family Support Groups:

These sessions provide a place for families and caregivers to connect, share insights, and hear from others who are experiencing similar situations or circumstances.

Advocacy

To help the community and other professionals understand and respond to the needs of families caring for a person living with mental illness, IFSS offers assertiveness and communication skill-building programs. The team also offers mental health education programs for the general community through our Mental Health First Aid presentations.

Referral Services

The IFSS team can connect families and caregivers to relevant services and assistance for mental health and non-mental health-related needs.

Our Location

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For more information, please call: (973) 625-7095