

## INTRODUCING

### **INTENSIVE FAMILY SUPPORT SERVICES**

Created in 1997, Intensive Family Support Services (IFSS) is designed to provide a flexible range of services specific to families and caregivers who support a loved one over the age of 18 living with a mental illness. The goal of IFSS is to help provide stable, healthy environments for families and their loved ones. We know that families are not the cause of mental illness, but that supportive families contribute to the stabilization and wellness of a family member living with a mental illness.

With IFSS intervention, families are more able to:

- Increase their self determination and confidence;
- Gain a better understanding of diagnoses and treatment;
- Develop and implement concrete illness management plans;
- Enhance communication patterns and decrease stress and stimulation;
- Develop appropriate support systems;
- Reduce personal and social isolation;
- Access available services and resources; and
- Advance the rights and protections of the mentally ill.

IFSS staff see families in their homes or in other comfortable settings. Individual and group sessions are also held at the NAMI Mercer office in Lawrenceville.

## **IFSS SERVICES**

**Family Consultations**—Any family member may contact IFSS to schedule an individual, in-person or telephone meeting. Consultations are on-going, as needed, based on the family's requests.

**Psychoeducation Presentations**—These presentations increase the family's understanding of mental illness and the important role they play in their loved ones life. Anyone is welcome.

**Family Support Groups**—Weekly forums are held for families to connect with other families experiencing similar issues. Useful ways of coping with the impact of family members living with a mental illness are freely exchanged in a comforting atmosphere of empathy and caring. Any family member may attend a support group.

**Resource Library**—IFSS provides resource materials that families or agencies may borrow.

**Referral/Service Linkage**—IFSS assists families in accessing community resources.

**After Hours Emergency Service**—IFSS provides consultation 24 hours a day to those families in need.

**For more information about IFSS support groups, or to make a referral:  
Lori Trani, M.Ed., ICCDP Diplomate  
(609) 396-6788 ext. 262**

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IFSS maintains a working partnership with  
NAMI Mercer  
Lawrence Commons Building  
3371 Brunswick Pike (US Route 1)  
Suite 124  
Lawrenceville, NJ 08648  
(next to Mercer Mall)  
Phone: (609) 799-8994  
email: [home@namimercer.org](mailto:home@namimercer.org)

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## **Intensive Family Support Services**

IFSS offers services to any Mercer County family or family member with a mentally ill relative.

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There are no fees for our services.

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**IFSS provides support to Latino, African-American and other multi-cultural families who have a mentally ill member residing in Mercer County.**

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Greater Trenton Behavioral HealthCare (GTBHC) is a private, non-profit 501(c)(3) tax-exempt organization licensed by the State of New Jersey to provide mental health and substance abuse services. As a multi-service behavioral health organization, GTBHC has served the residents of Mercer County since 1981.

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Greater Trenton Behavioral HealthCare  
P.O. Box 1393, Trenton, NJ 06807  
(609) 396-6788

For more information about our services,  
visit us at  
[www.gtbhc.org](http://www.gtbhc.org)

## **Family Education and Support Groups**

### **Lawrence Family Support Group**

Monday 5:15 p.m. – 6:45 p.m.  
The Lawrence Road Presbyterian Church  
1039 Lawrence Road  
Lawrenceville, NJ 08648

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### **Family Support Group**

Every Other Tuesday 5:30 p.m. – 7:00 p.m.  
NAMI Mercer  
3371 Brunswick Pike, Suite 124  
Lawrenceville, NJ 08648

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### **Kingsbury Support Group**

Thursdays 11:30 a.m. – 1:00 p.m.  
Kingsbury—West Tower  
1 Kingsbury Square  
Trenton, NJ 08611

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### **Kingsbury Spanish Speakers Support Group**

First and Third Thursdays 1:30 p.m. – 3:00 p.m.  
Kingsbury—West Tower  
1 Kingsbury Square  
Trenton, NJ 08611

## **Greater Trenton Behavioral HealthCare**



## **Intensive Family Support Services**

*A program designed to improve the overall quality of life and functioning of family members supporting a loved one over 18 years of age living with a mental illness.*