

Introducing the Intensive Family Support Services (IFSS) Program

Created in 1997, IFSS was designed to provide a flexible range of services specific to families/caregivers who are involved with their adult mentally ill family members. IFSS' goal is to help provide stable, healthy environments for families and their mentally ill loved ones. We know that families are not the cause of mental illness, but that supportive families contribute to the stabilization and wellness of their ill members.

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;
- * Advance the rights and protections of the mentally ill.

IFSS staff sees families in their homes or in other comfortable settings. Individual and group sessions are also held at the Lawrenceville chapter of NAMI - Lawrence Commons at the Mercer Mall, Suite 124.

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.

Psycho Education Presentations - These presentations increase the families' understanding of mental illness and the important role they play in their loved ones life. Any one is welcome.

Family Support Groups - A forum to connect with other families experiencing similar issues. Useful ways of coping with the impact of mentally ill family members 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 which 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.

INTENSIVE FAMILY SUPPORT SERVICES (IFSS)

(609) 396-6788

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Ernest Mitchell III, M. Div, Ed.S. x 237

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For After Hours Emergencies

Call:

1-800-646-7575

Identify yourself as an IFSS family member

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

For information or referral call:

Amy Layng

(609) 396-6788 x 236

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

There is no fee for our services

**Greater Trenton Behavioral
HealthCare (GTBHC) is a private
non-profit corporation founded in
1981. During the past decade,
GTBHC has offered a continuum of
mental health services to residents of
Mercer County.**

**For additional information about
other GTBHC services call;
1-888-866-9565**

Family Education and Support Groups

Lawrence Family Support Group

Monday 5:30-7:00 P.M.
Lawrence Road Presbyterian Church
1039 Lawrence Rd
Lawrenceville, NJ
Amy Layng (609) 396-6788 ext. 236

Family Support Group

Tuesday 5:30 – 7:00 P.M.
NAMI Office
3371 Brunswick Pike
Suite 124
Lawrenceville, NJ
AmandaLynn Salzman
(609) 396-6788 x 206

Kingsbury Support Group

Thursdays 11:30-1:00
Ernest Mitchell, III
(609) 396-6788 x 237

*IFSS maintains a working partnership
with NAMI Mercer NJ*

*For further information about NAMI
Phone: (609) 799-8994
E-Mail: home@namimercer.org*

Greater Trenton Behavioral HealthCare



Intensive Family Support Services (IFSS)

*A program designed to improve
the overall quality of life and
functioning of family
members with a loved one over 18
years old, who has mental illness.*

**For more information,
Please call:**

(609) 396-6788 x 236