



Ocean Mental Health Services

Building Better Tomorrows, One Life at a Time



2015
ANNUAL
REPORT



Ocean Mental Health Services

Building Better Tomorrows, One Life at a Time

160 Atlantic City Boulevard, Bayville, NJ 08721 • www.OceanMHS.org

Dear Friends:

Fiscal Year 2015 has been another successful year for OceanMHS. Despite a multitude of challenges and difficulties our community mental health centers continue to face year after year in New Jersey and around the country, OceanMHS finished strong. *We exceeded service expectations across the board and providing a record 1.1 million service encounters over 33 programs.*

We know when any service organization delivers as many units of service as OceanMHS, providing quality services consistently is a real challenge. As service excellence remains one of our most important goals, I am happy to share that throughout 2015, OceanMHS continued to score significantly above the national averages in all domains in the National Consumer Satisfaction Survey conducted annually by the Mental Health Corporations of America (MHCA).

During 2015, OceanMHS embarked on a sophisticated Data Analytics program to assist our executive and program management staff in measuring, analyzing, and improving the quality of our clinical interventions and outcomes. We look forward to advancing this effort in FY 2016 and to continuously improving all our service programs for every consumer.

Many parts of the American economy have recovered from the recession of 2007-2009. However, despite the need for their services being even more dramatic than before the recession, most non-profit agencies have struggled financially. Ever aware of the financial pressures, the executive management team at OceanMHS has continued to explore opportunities for cost savings and smart spending. More than 80% of all costs are directed to Staffing and Direct Assistance to Clients. Insurance billing and managed care fees have increased to 53% of revenues, while state contract funds and County funding remain at 43% and 4% respectively. FY 2015 has ended with OceanMHS in our strongest financial position in 10 years.

Additionally, OceanMHS continues as an innovator and leader in Ocean County not just as a provider of clinical care, but as a leader in the design of creative service systems, as a consumer advocate, and as a leader in community education. For Example:

- Our Early Intervention and Support Program (EISS), has continued as a State-Wide leader providing essential crises intervention services throughout Ocean County, reducing the burden of our overburdened Screening Centers.
- The members of our Executive Management Team volunteer as Board or committee members, or participate, on more than a dozen Adult and Children's Ocean County Educational, Mental Health, Substance Abuse, and Disabilities commissions/committees.
- With the support of the Community Foundation of NJ, we wrote, produced and unveiled an educational video titled "Trauma and Recovery." In the wake of Superstorm Sandy, this innovative video is designed to help school children and community groups know that overcoming the debilitating effects of trauma is achievable, and has already been presented more than 40 times throughout Ocean County.

As a result, community support for OceanMHS and our foundation, OceanCares, continues to grow. As testimony to our creative collaboration with our Ocean County community, we are proud to have been named the winner of the 2015 WAVE Award as the Non-Profit Business of the year by the Greater Toms River Chamber of Commerce.

In closing, I would like to thank our entire Family of Board Members, staff, volunteers, and funders for your continued dedication to our mission. I am confident that OceanMHS is acting as a strong steward of your time, money and support. And I know 2016 will bring about even more success and innovation.

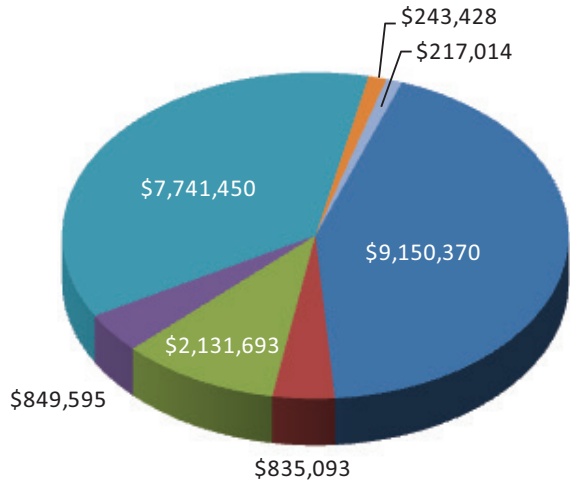
Sincerely,



James M. Cooney, LCSW
Chief Executive Officer



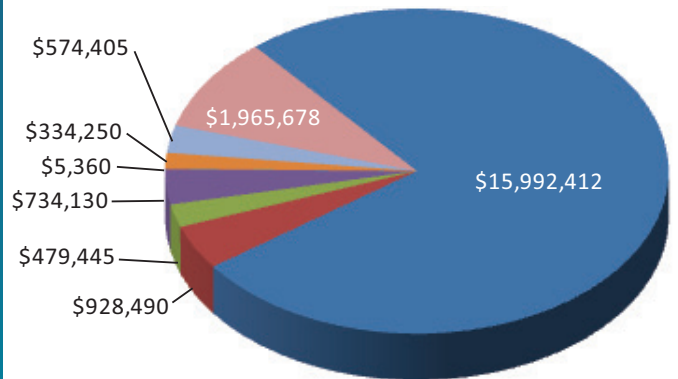
2015 Revenues



- State of NJ
- County of Ocean
- Ocean Academy Tuition
- Individual Service Payments (Including Rent)
- Medical Insurance
- Contributions
- Miscellaneous

Total Revenue \$21,168,643

2015 Expenses



- Staffing
- Assistance to Clients
- Operating Supplies
- Program Expenses
- Misc
- Insurance
- Professional Fees
- Occupancy Equipment Costs

Total Expenses \$21,014,170

Our Vision

Our vision is that the community we serve understands the coordination of behavioral healthcare, substance abuse recovery, and physical healthcare is essential to overall health, and that our quality, consumer-driven services will assist them in achieving wellness and recovery.

Our Mission

The Ocean Mental Health Services mission is to offer a comprehensive continuum of behavioral health, substance abuse, and integrated healthcare services, which promotes full participation in community life.



Notable in FY 2015

- ✓ OceanMHS was named the winners of the 2015 WAVE Award as the Non-Profit Business of the year by the Greater Toms River Chamber of Commerce.
- ✓ Youth Recovery Services (YRS) is a program that is funded by the Ocean County Youth Services Commission in conjunction with the New Jersey Juvenile Justice Commission. The program staff work with youth referred by probation to perform a comprehensive substance abuse assessment to determine what substance abuse services may be helpful to them. In addition to assessment, we offer several groups. Once weekly, staff meets with youth in the Ocean County Juvenile Detention Center to do a substance use education group, and once a week staff meets with youth in the RAISE program for an education group as well. Additionally, there is a relapse prevention and education group that meets in Brick once a week and in Bayville once a week for those youth who are serving a juvenile probation sentence and require the service.
- ✓ In 2015 Yoga Therapy was added to the services available to the students at Ocean Academy.
- ✓ The Bayside Program hosted 10 interns this past year and 2 volunteers this past summer. The Master and Bachelor level interns were from Rutgers University, Monmouth University, Pace University, Wilkes University and Kansas State University.



Clients by Service Category FY 2015

Adult Group Homes/Supportive Housing/PACT	411
Crisis Services	1,883
Adult Partial Care	616
Children's Community Services	517
Children's Residential Services	25
Ocean Academy	66
Outpatient Services	4,293
Intensive Family Services	267
Total	8,078

Child/Adolescent Services

Bayside & Turnaround

The Adolescent Day Treatment Program provides a treatment milieu consisting of community awareness, in vivo learning, socialization, therapeutic outings, counseling, group therapy, and daily living skills. There is also an option for family therapy. The Turnaround program is a concentrated service to effectively combat substance abuse in the target population of adolescents twelve through seventeen years old. It is a unique treatment concept that involves group dynamics and skills training for both the adolescent and his/her family.

This past year, Bayside and Turnaround Programs have expanded their services in several areas.

- We have increased Counselors now providing 5 Master level counselors. This has resulted in intakes being completed within 2 days. Bayside transportation has expanded from 2 to 5 vans as needed.
- Bayside has redesigned Therapy and Wellness Groups, running 2 to 3 groups continuously through the partial care programming day. We have created a grief, loss group and a body image group. We redesigned several groups focusing on cognitive behavioral groups, adding CBT

techniques to existing coping skills groups. We have expanded life skills groups and added job and employment groups and coaching from the BA counselors. Talent Show is another medium that the counselors promote. The arts and drama, psycho-drama have been incorporated into the curriculum. This allows clients to use drama, music and different art forms to work through issues and help with self-esteem. There continues to be a focus on abuse and bullying during group work.

- The United Way grant renewed a grant that allows our students to complete homework,

work on study skills, mentor or be mentored. The United Way grant allows for provision of resources, school supplies for school projects, homework and reports. Clients have the use of laptops, Kindles-pads books, arts and craft supplies purchased with United Way funds.

- Turnaround holds Substance Awareness dinners and provides education for the parents on a quarterly basis. Turnaround has held art shows promoting T-Shirt contests exhibiting "Public service announcements." Some of the slogans client's designed were "Don't use dope to cope," "Drug free is the way to be" and "If you use drugs, you will lose more than just money." The most recent substance awareness dinner was themed "What keeps me Drug Free." Teens presented different activities/talents in front of their parents. They created art and poetry themed with how addiction has affected themselves or their family members. Participants also sang, played instruments, created informative slide shows and danced. Turnaround also was able to apply for and receive a free extensive curriculum through "Drug Free World," which provided DVD's, workbooks, and pamphlets on the negative effects of drugs and alcohol.
- July 2015, the Turnaround Counselor also received her ACT certificate, a master's level Co-occurring program, through Rutgers University.
- The Department of Health has provided several speakers this past summer that allowed for provision of 3 consecutive weeks of groups focusing on the negative effects of drugs and alcohol.
- We have increased our outside speakers and topics presented. Assistant Prosecutor Anthony Pierre, Ocean County Prosecutor Office, spoke on social media influences, sexting and bullying. St. Francis Center, Brant Beach, implemented an 8-week program that focused on Violence in the Media and how it influences teens and the family.
- The Music Academy sent 2 guitarists to Bayside. The musicians' goals were to spark interest in music, teach children how to play certain instruments as well as initiating dialogue and thought regarding a career in music.
- Mental Health Awareness Month is something that our youth become involved in annually at Bayside. The youth create posters, facts sheets and are educated on the stigma of mental health and how it has affected children and adults differently and over time.
- This Halloween, the Bayside youth went pumpkin picking and had a Halloween Door Contest.

SUCCESS STORY

"Jennifer first came to Bayside at the age of 17 as she struggled with serious trauma, self-esteem and family issues. Jennifer had issues with cutting, self-harm, suicidal thoughts and attempts, and was also treated for substance abuse. She was in the program for over a year

and turned 18 during that time. Jennifer was eventually able to move from no family sessions to participating in family sessions and being able to work on a tremendous amount of past trauma and abuse, as well as pertinent every day issues. An ability developed to work on self-esteem, getting a job, attending school, reducing anxiety, and self-confidence. Jennifer was free from suicidal thoughts and, most importantly, started working on communication with her mother. This young woman transitioned into a transitional living program and is starting Ocean County College in the fall and has a part-time job. This is a true success story for this girl and her parent. Jennifer's mother is now very active in the community and helps other parents deal with similar issues."

Child, Adolescent, and Family Services (CAFS)

Intensive individual and family therapy is provided within the client's home or at other locations as needed for youth referred by the New Jersey Division of Child Protection and Permanency. Janice and Tom are just two examples of the CAFS program in action and how it can help restore the family dynamic.

SUCCESS STORIES

"Janice, a mother of four children, has a long psychiatric history with non-compliance. After CAFS established a therapeutic relationship and trust was established (which took several months), she is now stable and was linked successfully with Project Anchor and is now on a consistent medication schedule. Her family functioning improved significantly, and the DCPP will be closing out with the family."

"Tom was jobless due to his anxiety which negatively impacted his family. Due to CAFS interventions and teaching, he has learned how to apply for jobs and present appropriately at interviews. Tom is now being considered at one of the places he applied to. His anxiety has decreased, his motivation has increased, and his family functioning has improved."

Connections Treatment Care Home Program

This therapeutic foster care and intensive home-based service is for children between the ages of 8 and 17 who are potentially at risk of abuse, neglect, or psychiatric residential placement.

SUCCESS STORY

"At the end of July, Connections had a young lady successfully transition from our program after being placed with one of our treatment families for approximately 4 years. During placement, she and the family formed a lasting bond, and this young lady continues to reside there as a member of the family. This young lady also was accepted

to Monmouth University where she is currently a Freshman majoring in Business. She is adjusting to college life and doing very well!"

Directions

The Directions Program offers comprehensive mental health assessment and counseling services to court-involved males and female juveniles and their families who have been referred by the Multi-Disciplinary Team (MDT).

- This year, Directions has connected 100% of the youth they serve with either a GED or employment. One young person is in school for welding. These youth are all at risk for continued involvement with the criminal justice system.

Family Focus

This program provides intensive on-site outpatient therapy.

SUCCESS STORY

"Family Focus has been working with a couple that has multiple issues. Their small children had been removed from their care with guardianship being assigned to a family member residing in another state. Tina, their OceanMHS case manager, has been working with the couple to address their issues and behaviors. She has also been conducting conversations via phone with the out-of-state family member who is in charge of the couple's children.

Recently, the couple was allowed to have an extended visit at the out-of-state family member's home. They spent quality time with their children and demonstrated excellent parenting behaviors.

At the end of the extended visit, the family member gave the couple a small figure of a child to carry in their pockets as a reminder of the wonderful holiday visit and to continue working on their issues so they and the children can spend time together over the Christmas Holidays.

Success is relative, and for all in this family, the extended Thanksgiving weekend was a MAJOR success."



Family Preservation Services "Harmony"

The Harmony (FPS) program achieved 100% Level of Service for the last fiscal year, and welcomed its newest team member, Mary Glennon. The primary goal of Harmony is to prevent children and adolescents from being placed out of their homes. The program continues to receive positive feedback from the families we serve as well as from our referral source New Jersey Division of Child

Protection and Permanency (DCP&P). Notably, one family commented on their Participant Satisfaction Survey that her FPS Specialist was "very good at her job, helpful, and genuinely concerned for me and my kids to better our lives/situation." The family also commented when asked what they do differently as a result of the intervention, "how I react to my children's actions and in a stressful situation my feelings are valid but I can now try to handle my situation without being so easily aggravated and breathe." Further notable is a comment from a DCP&P worker on their Referring Worker

Satisfaction Survey that "Family has been doing well after FPS was involved; FPS helped the family in numerous ways and is a service I would recommend in the future to help families."

Ocean Academy

The Adolescent Day School is certified by the New Jersey Department of Education secondary school for adolescents who have been classified as Emotionally Disturbed. This past year had ten students graduate from Ocean Academy and with two going onto college.

Housing Services (Adult/Adolescent)

Anchor House

SUCCESS STORY

"Steven was admitted into Anchor House, a 10-bed group home for adult persons with serious and persistent mental illness, on 11/10/14 from Ancora State Psychiatric Hospital. He was referred to WAVE, but administration fought to have him placed in our level A+ group home due to his history of alcohol abuse. Upon entering Anchor House, Steven was able to verbalize that he felt more comfortable with 24/7 support as he began his sobriety. Steven's health was severely compromised due to his lifestyle. He was advised by doctors that if he drank again, the results would be detrimental. Steven began attending Project Recovery upon his admission into Anchor House. In April 2015, Steven was ready to be moved into our level C group home. He continues to remain sober and without hospitalizations."

and attending Project Anchor. She required much assistance for day-to-day tasks. Donna continued to attend Project Anchor after being admitted but graduated Project Anchor in December 2013. After graduating from Project Anchor, Donna attended Medicine Monitoring with Dr. Berger and is currently with Grant Myers APN. Donna has attained many of her personal goals and now works at the Center for Vocational Rehabilitation (CVR) four days a week. She is working towards earning a CVR job coach. Donna would like to earn a CVR job coach so she can get a job a few days a week near Chelsea House. Donna takes her meds as prescribed and independently holds onto her morning medication, and has shown and increases in her independent living skills. Donna last year visited her sister in North Carolina and independently traveled back from the train station to New Jersey. Donna shows strong team work skills in working with her Chelsea House peers."

Beacon House

Beacon House is a 5-bed group home for adult persons with serious and persistent mental illness that were directly discharged from a state psychiatric hospital. Beacon House provides for case management supervision of the residents 24 hours per day, 7 days per week. Throughout fiscal year 2015, Beacon House, a level A+ group home, had a total of six consumers. During the year, one consumer was moved to a less supportive setting and we welcomed one consumer from a state hospital. Despite being our most needy group of consumers, there was only one psychiatric hospitalization for the entire year.

Chelsea House

SUCCESS STORY

"Donna was admitted into Chelsea House, a permanent housing for adults with mental illness that would benefit from support of up to 15 hours each day and 24 hour on call support, five years and four months ago. At the time, she was living in Ocean Mental Health's Anchor House

BEACH

SUCCESS STORY

"Lauren was admitted into Beach House, a supportive Housing program for people with a serious mental illness who are homeless or at risk for homelessness, almost two years ago. At that time, she was living temporarily with family, but was in need of stable and permanent housing. Client was already receiving services at Project Recovery day program, at the time of being admitted to Beach House. Client was later transferred to Project Recovery evening program and graduated August 2014. Lauren currently sees Dr. Tank for Outpatient Medicine Monitoring as scheduled and sees her Therapist, Romona, two times per month. Lauren currently has two years clean and attends Narcotics Anonymous (NA) two to three times a week. She meets with peers at her house every Wednesday to write and recite poetry and is attending Stockton working on her Master's Degree in counseling three days a week. Lauren works part time for her father, attends Ocean County Drug Court and is expecting to graduate in November 2016."

One goal within our Level C housing is to provide consumers with the education and support to prepare them to live independently within the community. During fiscal year 2015, our Level C housing had seven discharges into independent housing. This allowed for the opportunity to accept two consumers from Level A+ and four from within the community.

Homestead

The Homestead is a comprehensive adolescent residential treatment program. The adolescents are directly accepted after inpatient psychiatric hospitalization through Children's Crisis Intervention Services (CCIS). This year has provided several highlights for the Homestead program:

- There were many youth that entered the program this year who were very unstable at admission and at major risk for self-harm or further hospitalization. While residing at Homestead, they were able to stabilize and able to reside in a less restrictive environment or return home.
- The adolescents living at Homestead participated in budgeting groups and couponing as part of self-sufficiency. They even took trips to Shop Rite and used the budgeting skills they learned to purchase food for a local food pantry. They also made cards to send to the active military for the holiday season.
- They also learned about various charitable organizations and chose to donate to the Ronald McDonald House. They created crafts and sold them to staff members at school and the Bayside program and donated the proceeds to the Ronald McDonald House.
- Over the past year, the Homestead staff has also learned to deal with many complex medical issues as clients have increasingly presented with medical problems as well as their mental health concerns. The Homestead staff has been working on coordinating medical care and bringing the residents to more specialist appointments such as neurologists, endocrinologists and pulmonologists more now than in the past.

PATH

The PATH Program (Progressive Assistance to Transition from Homelessness) provides ongoing outreach to homeless individuals with mental illness. Despite reduced resources for housing, our PATH Program has successfully obtained Dept. of Human Services (DHS) housing subsidies through the Division of Mental Health and Addiction Services (DMHAS) for four individuals and three couples. The latest, a mother and daughter who have been living in the woods for almost three years, have recently moved into their new home. Other individuals have obtained housing through Board of Social Services Special Response, with PATH assistance, and one mother with three children have been successfully housed in an OMHS-owned HUD home.

Supported Community Living Program (Share)

F.A.B. (Fun Activities & Bonding) Days for SHARE Consumers: The Case Managers of SHARE have been holding F.A.B. Days for their consumers for a few years now. The recreational activities that our consumers would otherwise not be able to engage in become possible with self-support and encouragement. These activities promote socialization rather than isolation, an opportunity to meet new people and make new friends, decrease depressive symptoms, improve comfort, ability and confidence in new group dynamics and have a positive impact while creating positive memories that will last a lifetime. Our staff and F.A.B. Days provides our consumers with emotional strength, freedom of Social Stigma, companionship and an opportunity to share coping skills which are one of the most important factors in recovery and community integration. Our F.A.B. Days have included the Cape May Zoo, Jenkinson's Aquarium and our latest, the River Lady Cruise, which is a favorite of our consumers.

Consumer Success Story

"Mark was linked to Justice Involved Services late 2011. After his admission into OMHS, he was provided with housing at Anchor House for a brief time before being admitted into Sharon's house in 2012. Mark struggled with psychiatric symptoms and maintaining his living environment. He had a cancerous growth on his lip that caused him to isolate from peers. With consistent staff encouragement and support, Mark agreed to follow doctors' recommendations and was treated for cancer. As his health improved, he gained confidence and increased participation in treatment at Project Anchor. In July of 2014, Mark transitioned to Washington Street Apartments and currently resides there with a roommate. He continues to attend Project Anchor and has started to attend a self-help program twice a week."

Wave

Exciting news over at WAVE is the acquisition of the house next door to the apartments. This home will replace the apartments that were farther away from the staff office, bringing some much needed cohesiveness back to WAVE. All clients will be residing on the same property which hopefully will ultimately increase peer support and contacts with case managers.

WAVE is also in the process of preparing 2 clients for graduation. Both clients have made significant

progress on treatment plan goals and have expressed the desire to increase independence and move on from WAVE services. Both clients are working with their PCM's on specific skills that will be required once clients graduate from WAVE and both have transitioned to OPD for meds/therapy and have been managing appointments successfully. Both clients have also expressed the desire to seek part-time employment. The time that they have spent at WAVE has prepared them both to manage day-to-day responsibilities successfully as seen in their tremendous progress.

Adult Services

Crisis Diversion

Over the 2014 fiscal year, Crisis Diversion (CD) has opened and treated a total of 227 consumers. Of those 227 consumers, 22 were hospitalized while under CD's care resulting in a total of a 9.6% hospitalization rate for the entire 2014 fiscal year for consumers while in the program.

SUCCESS STORY

"One particular case that stands out for the Crisis Diversion team is a 62-year-old woman, Rose, who is diagnosed with schizophrenia. Prior to her screening, her husband had left her for another woman, leaving her responsible for all household bills she was unable to afford. Rose had no support outside of her husband, from family or friends, and due to the severity of her illness, had much difficulty planning and caring for herself. She was increasingly overwhelmed due to her husband selling the marital home, leaving her with no place to live. Her symptoms affected her ability to make future plans for herself to obtain stable housing. The staff at Crisis Diversion worked diligently on obtaining MLTSS type Medicaid for Rose to make her eligible for an assisted living facility. This was a particularly challenging task due to the documentation needed to prove her lack of assets including, but not limited to: five years of bank statements for both Rose and her estranged husband, inheritance from an uncle that resides in Portugal, and various funds spent over the years that were unaccounted for. This process took approximately five months, at which one point Rose was homeless for about three weeks. Thanks to the collaboration and assistance with Anchor House staff, she was able to reside temporarily in the respite bed while CD continued working on a permanent solution. The end result is that Rose now resides in an assisted living facility which provides stable housing, food, medications, medical care, and all of her basic needs under one roof at an affordable rate. In this setting, she has access to various activities and opportunities for socialization. Rose was incredibly grateful for Crisis Diversion's assistance and reported significant decrease in symptoms upon discharge."

Intensive Family Support Services (IFSS)

This program offers support and psycho-education training and is intended to assist families in coping with the stresses of living with someone who has a serious and persistent mental illness. IFSS had several successes during the 2015 contact year.

- We were able to provide service to 90 families.
- We were also able to add a new location for a family support group in Toms River.
- We now run four family support groups during the month: one in Manahawkin, two in Bayville day and evening group, and now Toms River.
- We also were able to raise money through Race4Respect for respite activities which benefits the ill family members and, as a result, benefits the family as a whole.
- IFSS has also been successful in establishing contacts with Saint Barnabas Behavioral Health in Toms River so families involved in their loved one's care can obtain IFSS brochures.
- IFSS was able to develop a psycho-educational module on Relapse Prevention which was distributed to the IFSS state-wide programs as part of a need to provide ongoing education to our families.



IOC

IOC is a program for Ocean County adults who have a serious mental illness and are having difficulty following their treatment plan. This intensive outpatient program is an alternative to inpatient hospitalization.

- This year, the IOC case managers worked to get funding from the OceanCares Foundation to help a consumer in getting hearing aids. The hearing aids made an instant impact in the consumer's life for the better, and it has been truly rewarding to see the positive strides she has made in her wellness and life.
- IOC also created a team, C.O.A.S.T.ing from Chaos, to participate in the annual OceanCares Foundation 5K Race4Respect. This was a great team-building effort working with other programs while raising awareness and funds for OceanCares.
- Started using the IOC mascot/therapy dog, Smithwicks, for more therapeutic pet visits with consumers in the IOC program and other OceanMHS services.
- Started the ground work for the Equine Therapy sessions to begin in early 2016.

Justice Involved Services

In Justice Involved Services (JIS), pending criminal charges are not the only issue that JIS regularly has to address. More and more of our clients are finding themselves homeless or on the verge of homelessness. Although JIS is not a housing program, JIS has intervened in numerous cases of client crises involving housing. One particular case that was recently successfully discharged involved a woman who was being evicted from her residence by her senior co-op board for supposed infractions related to a neighbor dispute. JIS linked the client to legal services but was then asked to be the mediator between said client and neighbor. JIS successfully mediated the situation, was able to resolve the issue with an award of funding from the United Way Housing program, and was ultimately successful in preventing the client from being evicted.

Ocean-CREST

Ocean-CREST provides rapid access to short-term, recovery-oriented crisis intervention and stabilization services for adults with a mental health crisis. CREST continues to serve individuals within the community to divert hospitalization and maintaining stability.

- During the 2015 fiscal year, CREST had approximately 1,100 admissions into the program and CREST Sandy had 395 admissions. CREST Sandy program sadly was completed September 30, 2015.
- CREST was able to expand the CREST Closet through a grant from the OceanCares Foundation and external donations. This initiative was started

by the Crest staff when they recognized a need in the population they serve. The intent is to help consumers meet their basic needs of clothing and hygiene products.

Outpatient Department

SUCCESS STORY

"I began working with Bob after he began demonstrating symptoms of anxiety and refused to attend school. Bob was diagnosed with Generalized Anxiety Disorder and had been placed on Homebound instruction as it was impossible for him to attend school due to his anxiety. I began working with Bob teaching him various coping mechanisms including deep breathing and guided imagery, as well as changing his cognitions to help reduce his anxiety symptoms. Family sessions were helpful for Bob as they gave his parents helpful insight to what was happening for him as they were quite frustrated that he was refusing to attend school. Bob often felt that his parents did not "understand." Bob finished the school year off on Homebound instruction. After a full summer of continuing to work in and out of therapy sessions, Bob was able to return to high school in the fall. After a short few weeks, Bob began experiencing the same anxiety symptoms at school and stopped attending. At this time, I felt that Bob's parents and I needed to look outside of the box. After much discussion, Bob decided to drop out of high school and take his GED exam. In a short few months, Bob passed his GED and was registered for the following semester to start college courses at the local Community College. Bob found his place! Unfortunately, high school was not helpful for him, but that was okay after much brainstorming. Bob continued therapy for about 6 months after beginning his college classes, which also included starting two part-time jobs and acquiring his driver's license, which caused him much anxiety prior. At the time of discharge, Bob reported no anxiety and was successfully attending college classes and employment. I think this is an interesting success story due to the open-mindedness of both Bob and his parents. Bob was not fitting the cookie cutter mold of a typical high school student; he simply needed a different plan. Once that plan was figured out, he excelled!"

PACT

Program for Assertive Community Treatment: PACT is a mobile program which provides intensive outreach services for referrals that are generated by the N.J. Division of Mental Health and Addiction Services. PACT I and II have successfully completed a rather large expansion of consumers on CEPP status at the State Hospitals through the NJ Olmstead Unit. This encompassed an influx of new staff and positions in order to adequately provide the myriad of services offered by PACT. New staff has complimented the team in providing additional co-occurring vocational and clinical knowledge and skills.

- PACT I and II had an exemplary annual Medicaid review, no corrections needed!
- PACT II has recently begun a monthly support group for the family members and caregivers of our PACT consumers. This group is not to talk about the consumers per se, but provide support, psycho-education and resources to families.

Path to Renewal

Developed in response to Hurricane Sandy, Path to Renewal offers four services: community education, support groups, therapeutic groups and individual therapy.

SUCCESS STORY

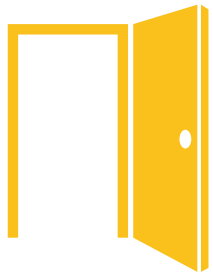
"Lori is a single woman in her mid-forties whose home was flooded badly during Superstorm Sandy. She reported she moved 4 times while displaced, she returned to her home a year and half after the storm. She entered treatment reporting trouble concentrating, irritability, feeling overwhelmed, increased crying, feeling very emotional, and trouble sleeping. Lori states she worked through the process of getting back in her home, thinking once she was back she would feel better. However, even after returning home, symptoms continued, especially trouble concentrating. Despite her symptoms, she continued to work a full-time job and a part-time job throughout the rebuilding process. She also served as contractor for her building, hiring and organizing all the contracted work. During the course of treatment, she worked to recognize and use her strengths, to give herself credit for the progress she had made, and to reassure herself of her ability to manage the stressor she faced. She learned to take time for self-care and made a practice of attending concerts with friends, taking walks by the water, going to festivals. She talked about an item on her 'bucket list,' to travel to Alaska to see the landscape and wildlife. By the end of treatment, her confidence and faith in herself were greatly improved. She found meaning and purpose in life and work, more connected to her friends, and had her determined spirit back. A few months after treatment had ended, I received a post card from Alaska. In it was written, "I made it here finally, just beautiful!"

Project Recovery

SUCCESS STORY

"Sue started in Project Recovery, an adult partial care program, in February 2014. When she first started in the program, Sue had multiple psychiatric hospitalizations and continued to use drugs and alcohol despite negative consequences, DCP&P involvement and family issues. Today, Sue has over one year clean and sober, actively participates in groups, and demonstrates insight into her mental illness as well as the need for medication compliance. Sue is a positive influence in the Project Recovery community and is working on regaining custody of her 12-year-old daughter."

FY 2015 BY THE NUMBERS



3,651
NUMBER OF
INTAKES

39,078
NUMBER OF
OUTPATIENT VISITS

267
**INTENSIVE
FAMILY
SERVICES**



8,078
NUMBER OF
**PEOPLE
SERVED**

(FAMILIES AND INDIVIDUALS SERVED)



3,651
NUMBER OF
**NEW
CLIENTS**



23,626
NUMBER OF
NIGHTS

Clients spent in
OceanMHS
Group Homes

37
**OCEAN
ACADEMY**

Average Daily
Enrollment



9,995

NUMBER OF
**OUTPATIENT
PSYCHIATRIC
VISITS**



46,500
NUMBER OF
CLIENT MEALS PROVIDED



OceanCares Foundation

Thank you to OceanCares Foundation for your ongoing support! You brought the community together to celebrate our successes at our Spring Gift Auction and again at our annual Race 4 Respect 5K run/walk! It was wonderful to see the community out to support us at both events. It was also great to have the support of our many sponsors!



Scenes from the 2015 Race 4 Respect 5k Run/Walk



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