

## Contact / Referral Information:

### Sussex Office

83 Spring Street, Suite 303  
Newton, NJ 07860  
973-840-1850  
Fax: 973-383-0256

Or email us at  
wellnessHUB@mhainspire.org

### Hours of Operation

Monday through Sunday  
9 AM to 9 PM

Walk-ins are welcome!

The mission of the Mental Health Association is to promote mental health, including the integration of physical healthcare, 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, early intervention, treatment, and service.



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[www.MHAinspire.org](http://www.MHAinspire.org)

# Wellness HUB

Early Intervention Support Services,  
a Mental Health Urgent Care  
and Drop-in Support Center

SUPPORT GROUPS

THERAPY

MEDICATION  
MANAGEMENT

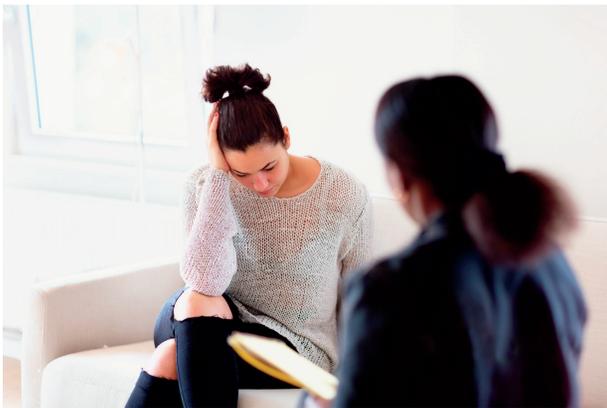


## Wellness HUB

The Wellness HUB, or Early Intervention Support Services (EISS), provides rapid access to treatment for those 18 and older, experiencing exacerbated symptoms of mental illness.

The HUB provides drop in assessment, psychiatric evaluation, medication monitoring, therapy, group counseling, case management and support.

As a walk in at the HUB, you will be immediately linked to the HUB treatment team to support you including a Nurse Practitioner, Registered Nurse, Licensed Therapist, Substance Abuse Counselor and Case Manager.



## GOALS

The goal is to provide immediate support to avoid the need for psychiatric hospitalization.

## ADMISSION

The Wellness HUB is open to anyone 18 and older regardless of insurance coverage on a walk in basis or via phone assessment.

## SERVICES OFFERED

- Crisis Prevention
- Psychiatric Assessment and Evaluation
- Medication Evaluation and Management
- Therapy/Counseling
- Linkage and Referral to Community Resources
- Nursing Assessment
- Co-Occurring Substance Abuse Counseling
- Support and Therapeutic Groups
- Recovery Planning
- Family Counseling
- Peer Support
- Transportation to treatment provided, as needed

## How We Help

Finding your way to wellness and recovery during times of crisis is not easy. The HUB is here to lighten the load. Through our extended office hours, we welcome new consumers to drop in or call our office.

The HUB is designed as a therapeutic “living room” to help our visitors feel comfortable while they access care. We welcome family and other supports that will help you connect with the team.

Wellness HUB Case Managers are available to provide transportation to and from our offices whenever needed. Our wraparound care includes assessment with a psychiatric nurse practitioner and a plan for recovery. These treatment plans are developed collaboratively with the consumer and are individualized.

The team will work with you to quickly lessen your symptoms and link you to the next step in your recovery. The HUB team will meet with you for a period of 30 days, or until you can be linked to the most appropriate follow up treatment.