

Contact / Referral Information:

Essex Office

33 South Fullerton Ave
Montclair, NJ 07042
973-509-9777

F.ER.S.T. Cell #: 973-342-8793

Or email us at
IFSS@mhainspire.org.

Family members who have utilized Project F.ER.S.T. services will receive a follow-up call to assess further concerns and questions. When necessary, family members will be referred to Intensive Family Support Services (IFSS) and/or local hospital or community groups to receive continuing support.

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.



www.MHAinspire.org

Project F.ER.S.T.

Family Emergency Room Support Team

SERVICES

SURVEY

E.R. SUPPORT



Project F.ER.S.T.

Families in the Emergency Support Team (Project F.ER.S.T.) is a program designed to ease the anxiety and stress that families feel when they accompany a loved one to the emergency room.

How it works:

Family accompanies loved one for psychiatric evaluation **or** family needs extra support following psychiatric admission.

Call Project F.ER.S.T. at 973-342-8793.

Mental health professional arrives for family education and support.

On-Site support available, Monday through Friday, from 8:30 am - 4:30 pm. Telephone support available off hours.



PROJECT F.ER.S.T. SERVICES

The team provides on-site professional support to families with a loved one in need of hospital-based mental health services.

Project F.ER.S.T. has a broad definition of family and loved ones, understanding that any family or friend present is concerned and may benefit from support, guidance and information.

Interventions may include:

- Explanation of hospital procedures, including medical clearance and the legalities of involuntary commitment.
- Listening to and addressing family fears and concerns.
- Supportive counseling during and after the emergency room evaluation.
- Education on mental health through discussion and reading material.
- Linking families to additional resources for support and education



SURVEY

The Mental Health Association strives to supply the community with the best possible support for individuals with mental illness and their loved ones.

Friends and families served by Project F.ER.S.T. will receive a confidential satisfaction survey to assess how we impacted their hospital experience and how to improve our performance in the future.