

Resource Directory

*Compiled by:
Chilton Neighbors for Better Health*



**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM

Table of Contents

Introduction	4
Hotlines	5
Chilton Medical Center Resources.....	6
Chilton Outpatient Services	7
General Psychological Services	7
Mental Health Services	10
Emergency Preparedness and Management	13
Services for Women:	
Postpartum Support & Child/Domestic Abuse Support....	14
Senior Services	16
Bereavement.....	17
Nutrition	18
Physical Illness – Self and Family.....	19
Addiction Support.....	21
Prevention.....	22
Help Lines.....	24
Health Department Numbers.....	26

This Resource Directory is provided for informational purpose only. Listing in this directory does not constitute an endorsement for the service by the Chilton Neighbors for Better Health Coalition nor by Chilton Medical Center.

Introduction

This resource directory was developed as an informative guide to services, which offers help and support for a wide variety of health needs within the community. The numbers listed reflect services located within the Chilton Medical Center service area.

In addition to these numbers, please consult your local telephone directories for an additional list of emergency numbers.

Chilton Neighbors for Better Health

Chilton Neighbors for Better Health is an advisory board comprised of health officers, business leaders, medical professionals, policy officers, guidance counselors, community agency representatives, educators, clergy, attorneys and residents. Building on the personal and professional experience of the advisory board members, innovative methods for improving community health have resulted from this collaborative.

Mission Statement:

Chilton Neighbors for Better Health is committed to working in partnership with the community to identify unmet health needs, establish health priorities and plan health initiatives. Optimizing community leadership and resources can address a spectrum of needs in order to improve health status and wellness.

Chilton Medical Center Service Area

Bloomingtondale	Pompton Plains
Butler	Ringwood
Haskell	Riverdale
Kinnelon	Towaco
Lincoln Park	Wanaque
Pequannock	Wayne
Pompton Lakes	West Milford

Hotlines

Feeling sad and blue? Overwhelmed by the stressors of life? Hotlines provide anonymous support and someone who will listen. Most are available 24 hours a day, seven days a week, and provide immediate assistance to the caller.

If you or someone you care about needs emergency medical help, call **911** or your local police department.

Hotline Numbers:

- › **NJ - Child Abuse: 877-652-2873**
- › **NJ - Sexual Assault: 800-601-7200**
- › **NJ - Elder Abuse: 800-792-8820**
- › **NJ - Suicide Prevention: 800-273-8255 or 800-784-2433**
- › **National # - Eating Disorders: 800-931-2237**
- › **NJ - Domestic Violence Hotline: 800-572-7233**
- › **NJ - Quitline (Smoking Cessation):
866-NJ-STOPS/866-(657-8677)**
- › **Chilton Medical Center Crisis Intervention: 973-831-5078**

Chilton Medical Center Resources

New Vitality/Gerontology Services Department

973-831-5367

chiltonhealth.org

Programs and services for people 65 and older on a variety of health topics, exercise classes and support groups. Office hours are Monday through Friday, from 8:30am to 4:30pm.

Community Outreach Department

973-831-5475

chiltonhealth.org/community-outreach

Our mission is to improve the health status of the community through our programs, screenings and classes.

Parent Education Department

973-831-5475

chiltonhealth.org/parent-education-classes

Parenting classes for before and after the birth of a child.

Care Continuum Department

973-831-5177/5102

The Care Continuum Department is comprised of nurse care managers, social workers and nurse case managers who specialize in all the aspects of managing a patient's stay and discharge. The services offered include, but are not limited to: discharge planning assistance; insurance issues, appeals and denials; advocacy; crisis intervention; grief, loss and bereavement counseling; reporting of and support to victims of violent or domestic crimes; clinical social work counseling and support; referrals to community resources; and ambulance transportation coordination.

Chilton Outpatient Services

Breast Center

973-829-7935

Diabetes Education

973-829-7950

Chilton Imaging

973-829-7956

Heart and Vascular Care

973-831-5070

Chilton Lab

973-831-5045 (97 West Parkway, Pompton Plains-Access Center)

973-831-5436 (1900 Union Valley Road, Hewitt Plaza)

Chilton Occupational Health

Occupational Health and Travel Needs

973-831-5116

Atlantic Rehabilitation/Chilton Physical Therapy

973-831-0717

Sleep Health Institute

973-831-5351

Wound Healing Center

973-831-5303

General Psychological Services

New Bridge Services, Inc.

888-746-9333

newbridge.org

Each year, New Bridge serves nearly 10,000 people of all ages in Morris, Sussex and Passaic counties. Whether guiding people

as they cope with stress, grief or substance abuse or providing advice to those with parenting, relationship or caregiving challenges, New Bridge helps people bring balance to their lives through counseling, education and housing services.

Passaic County Information and Referral Hotline

973-881-4636

This is a 24-hour hotline for a variety of services including crisis intervention, homelessness and depression.

New Jersey Regional Crisis Hotline

In New Jersey, dial 2-1-1 or 877-652-1148
nj211.org

This is a statewide information and referral service that is staffed 24 hours a day, seven days a week. Specially trained staff will analyze what services are needed; access a robust database of community non-profit and government agencies, programs and services; and provide the appropriate referral.

Pathways Counseling Center, Inc.

973-835-6337

pathwayscounseling.org

Pathways Counseling Center offers a wide variety of mental health services to families, children, couples and individuals. Pathways is in most insurance programs as well as Medicaid, Medicare and Veteran’s plans. They offer a Fair Ability to Pay Program for those who do not have insurance.

Saint Clare’s Behavioral Health Access Center

888-626-2111

saintclares.org

Depression, substance abuse, family conflict and many other struggles can hurt you and your family. Saint Clare’s Behavioral Health Services Center is here to help. Health services for both individuals and families.

Sakowitz Counseling Center

973-696-5668

sakowitzcounseling.com

Psychologists and licensed social workers provide a variety of counseling services to all ages, including pre-surgical bariatric evaluations. Payments via Medicare, Medicaid, self-payment, private insurance or military insurance are accepted. Payment assistance is not offered for program costs.

Wayne Counseling and Family Services

973-694-1234

waynecounselingcenter.org

A not-for-profit corporation which helps individuals, families, businesses and other organizations in Northern New Jersey cope with many of the problems in today's society. Outpatient services include individual, family and group counseling, as well as counseling for drug and alcohol abuse, counseling involving divorce issues, couples' counseling and child and adolescent counseling. Additional counseling provides displaced homemakers with the vocational and social skills necessary to re-enter the workforce. Fees are based on income; major credit cards and insurances are also accepted.

Jewish Family Service of North Jersey

973-595-0111

jfsnorthjersey.org

Whatever your stress may be, your well being is affected. Professional counseling can make all the difference. Resources are available for family, children and seniors. Services are available to all those who live and work in Passaic and Northwest Bergen counties.

2ND FLOOR Youth Helpline

888-222-2228 (New Jersey Youth Helpline)

2ndfloor.org

2NDFLOOR provides anytime anywhere support to New Jersey

youth through our toll free, confidential and anonymous youth helpline. 2NDFLOOR provides information and support on any topic that today's youth are struggling with or are curious about.

Mental Health Services

If you or someone you know is thinking about committing suicide or is in need of immediate psychiatric care, call:

Atlantic Behavioral Health

Atlantic Behavioral Health offers a crisis intervention service that includes a 24-hour hotline, a psychiatric emergency services and screening center, connecting services, and assistance during community traumas.

24-Hour Crisis Hotline

Our professional crisis therapists provide round-the-clock, confidential support and treatment for those in a mental health or substance abuse emergency. Following an initial assessment and crisis stabilization session, patients are provided appropriate inpatient care or outpatient therapy.

Chilton Medical Center Crisis Intervention

973-831-5078

Morris County and all others

973-540-0100

Connecting Services

973-971-5402

Community Crisis and Trauma Services

973-540-0100

Psychiatric Emergency Services and Screening Center

Newton Medical Center

175 High Street, Newton, NJ 07860

973-383-0973

Collaborative Support Programs of New Jersey

973-340-2346

cspnj.org

Collaborative Support Programs of New Jersey strives to provide individualized, flexible community based services that promote responsibility, recovery and wellness. This is done through the creation and administration of self-help centers, supportive housing, advocacy and entrepreneurial programs for adults with mental health issues and other special needs.

Mental Health America

800-969-6642

mentalhealthamerica.net

Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

Local Affiliates

New Jersey – Mental Health Association in New Jersey, Inc.

800-367-8850

mhanj.org

New Jersey – Mental Health Association of Morris County

973-334-3496

mhamorris.org

National Suicide Prevention Lifeline

800-273-TALK (8255)

suicidepreventionlifeline.org

Call if you or someone you know is in crisis.

New Jersey Suicide and Crisis Hotlines

800-SUICIDE (784-2433)

Crisis counselors are available 24 hours a day, 7 days a week, toll free.

Screening for Mental Health

781-239-0071

mentalhealthscreening.org

Screening for Mental Health offers several innovative year-round, anonymous online screening programs. This free service locates the nearest confidential depression screening site for you.

St. Joseph's Hospital Behavioral Health Crisis Hotline

973-754-2230 (Emergency Hotline)

stjosephshealth.org

Located within St. Joseph's Hospital in Paterson and Wayne, this 24-hour hotline is available for immediate relief or help with psychological and emotional distress and for appropriate referral to necessary services.

Ramapo Ridge Psychiatric Hospital

800-848-2422

christianhealthcare.org

This facility provides a full range of treatment programs for adult and geriatric patients 18 years of age and older who require inpatient care.

Morris County Division of Behavioral Health and Youth Services

973-285-6850

The Division plans, develops, and monitors a coordinated service delivery system for persons with mental illness, substance abuse disorders, behavioral health needs and services for youth at-risk of involvement with the Family Court and/or Juvenile Justice System.

Emergency Preparedness and Management

Federal Emergency Management Agency (FEMA)

800-621-FEMA (3362)

fema.gov

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain and improve our capability to prepare for, protect against, respond to, recover from and mitigate all hazards.

Morris County Office of Emergency Management

973-829-8600

morrisoem.org

The Morris County Office of Emergency Management (OEM) coordinates multi-agency responses to emergencies and disasters within Morris County. It is responsible for alerting and notifying appropriate agencies when disaster strikes; coordinating all agencies that respond; ensuring resources are available and mobilized in times of disaster; developing preparedness plans and procedures for response to and recovery from disasters; and developing and providing materials for the public.

Passaic County Office of Emergency Management

973-904-3621

passaiccountynj.org/Index.aspx?NID=141

The Office of Emergency Management acts as a coordinating agency among local, state and federal agencies. The Office of Emergency Management works in conjunction with county and municipal health agencies and health care providers, and emergency service personnel including police, fire, EMS and the Sheriff's Office to coordinate responses in the event of an emergency.

Services for Women: Postpartum Support and Child/Domestic Abuse Support

Parents Anonymous of New Jersey

800-843-5437

pa-of-nj.org

The mission of Parents Anonymous of New Jersey, Inc. is to protect children by strengthening families through mutual support, parent leadership and advocacy.

Jersey Battered Women's Service

973-267-4763

jbws.org

Jersey Battered Women's Service provides a full-service domestic violence and domestic abuse prevention agency. The services include a 24-hour hotline; counseling; safe house; transitional living; children's services; life skills education; vocational counseling; batterers' intervention; legal assistance; teen dating violence services; and professional training, education and youth prevention programs.

New Jersey Coalition for Battered Women

800-572-SAFE (7233)

njcbw.org

Both men and women can call for online counseling and referral to local resources in the area 24 hours a day, seven days a week.

New Jersey Coalition against Sexual Assault Hotline

800-601-7200

njcasa.org

The mission of the New Jersey Coalition Against Sexual Assault (NJCASA) is to promote the compassionate and just treatment of survivors and their loved ones, foster collaborative relationships between community systems and affect attitudinal and

behavioral changes in society as we work toward the elimination of sexual violence against all people.

National Sexual Assault Hotline

Rape, Abuse and Incest National Network (RAINN)

800-656-HOPE (4673) (National #)

rainn.org

This program provides crisis intervention, information and referrals, advocacy, short-term crisis counseling, support groups and emergency client needs free of charge.

Passaic County Women's Center

973-881-1450

sites.google.com/a/njaconline.org/pcwcmain

This 24-hour hotline service provides referral, advocacy, shelter and counseling.

Postpartum Support International

800-944-4PPD (4773)

postpartum.net

Postpartum Support International is dedicated to helping women suffering from perinatal mood and anxiety disorders, including postpartum depression, the most common complication of childbirth. Click on "Get Help" for more information.

Women in Transition

973-694-9215

waynecounselingcenter.org

Women in Transition is a displaced homemaker program for women who need to return to the workforce after having lost their primary source of financial support due to separation, divorce, disability or death of a spouse, or an abusive relationship.

Senior Services

Passaic County Department of Senior Services, Disabilities and Veterans' Affairs

973-569-4060

passaiccountynj.org

All senior residents that are 60 years of age and older, may contact the office to see what is available.

Morris County Department of Aging, Disabilities and Veterans Services

800-564-4656

morrishumanservices.org/adv

If you are over the age of 60, disabled or a veteran of the United States Armed Forces, you may be eligible for a variety of services.

NewBridge Services

888-746-9333

newbridge.org

NewBridge Services Senior Assistance for Independent Living (S.A.I.L.) provides support, information, and referral services to older adults (over 60) who live independently in the communities of Northwest Morris County and UpCounty Passaic to assist them with safely aging in place and accessing their healthcare and community service entitlements.

Sussex County Department of Senior Services

973-579-0555

sussex.nj.us/seniorservices

Department of Senior Services develop and assure accessibility of services to older individuals and their families. Older citizens are provided with support, direct services, referral services and information needed to help them remain in their homes and in their community, and to lead independent lives as long as possible.

Elder Law, Medicaid & Estate Planning

Michael C. Rudolph, Esq., P.A.

154 Boonton Avenue, Kinnelon, NJ

973-838-3636

mcr@michaelrudolph.com

michaelrudolph.com

Bereavement

Chilton Bereavement Support Group

973-831-5367

chiltonhealth.org/support-groups

Compassionate Care Bereavement Support Group

Morris, Sussex and Warren Counties –

973-726-7510 or 973-537-5606

Passaic County – 973-916-1400

cchnet.net/services/bereavement

Provides mutual support for anyone bereaving from the loss of a loved one.

Rainbow for All Children

800-266-3206 (USA and Canada)

973-492-9406

rainbows.org

Rainbows is a support group curriculum for children who have suffered significant loss in their lives, either through death, divorce, or other painful transitions.

Pathways Counseling Center, Inc.

973-835-6337

pathwayscounseling.org

Pathways Counseling Center offers two bereavement groups twice a year – once in the fall and once in the spring. Recently Widowed is for surviving spouses; Lighted Path is a general bereavement group. To register, simply call Pathways and give

your name and address. A letter of invitation will be sent once the dates have been established for the upcoming groups.

Nutrition

ShopRite of Lincoln Park

Registered Dietitian - Allison L. Smith, MPH, RD
60 Beaver Brook Road, Lincoln Park, NJ
973-694-1038
shoprite.com/health-events

ShopRite offers free nutrition services including nutrition seminars, cooking demonstrations, menu planning, private and group nutrition counseling, store tours and shopping assistance. Visit our website to find a registered dietitian and healthy living events happening in a store near you.

Food Addicts in Recovery Anonymous

973-283-2057 | 201-444-0992
foodaddicts.org

This is a 12-step fellowship of those recovering from the disease of food addiction, obesity, anorexia and bulimia.

National Eating Disorders Association

800-931-2237 | 212-575-6200
nationaleatingdisorders.org

The purpose of this site is to help teens, parents, families and friends who may have a loved one struggling with any type of eating disorder.

USDA Choose My Plate

choosemyplate.gov

This site is designed to improve the nutrition and well-being of Americans.

Pequannock Food Pantry

973-835-1144

The First Reformed Church of Pompton Plains
529 Newark Pompton Turnpike, Pompton Plains, NJ

Interfaith Food Pantry serving Morris County

973-538-8049

mcifp.org

The Mission of the Interfaith Food Pantry is to improve the health and well-being of Morris County residents in need by providing access to food, nutrition education and related resources, to provide hands-on opportunities for neighbors to help neighbors and to educate the public about the issues of hunger in our area.

Wayne Interfaith Network Food Pantry

Wayne YMCA

1 Pike Drive, Wayne, NJ

973-595-1900

Physical Illness - Self and Family

American Cancer Society

800-227-2345

cancer.org

The American Cancer Society provides information, day-to-day help, and emotional support through a free hotline available 24 hours a day, seven days a week.

American Heart Association

800-242-8721

heart.org

Our mission is to build healthier lives, free of cardiovascular diseases and stroke.

American Diabetes Association

800-342-2383

New Jersey: 732-469-7979

diabetes.org/NJ

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes.

American Lung Association

800-586-4872

lung.org

Have questions about your lung health? Ask an expert.

American Stroke Association

888-478-7653

strokeassociation.org

Our mission is to build healthier lives, free of cardiovascular diseases and stroke.

Chilton Alzheimer's Disease Caregivers Support Group

973-831-5367

Chilton Arthritis Support Group

973-831-5367

Chilton Diabetes Education and Support Group

973-831-5229

Chilton Family Caregiver Workshops

973-970-9250

Chilton Well Spouse Support Group

973-831-5311 / 5306

Chilton Women to Women

973-831-5311 / 5306

A support group for women living with cancer.

Push to Walk

862-200-5848

pushtowalknj.org

Push to Walk is an organization that provides individualized workouts and resources to people with spinal cord injuries and other forms of paralysis to optimize current quality of life and to prepare for future medical advancements. As a non-profit organization, their rigorous one-on-one workout approach challenges clients to reach their personal goals and achieve maximum independence, leading to greater success and fulfillment in their personal and professional lives.

United Ostomates of North Jersey

(Affiliated with the United Ostomy Association of America)

973-831-5303 / 5168 | 800-826-0826

ostomy.org

A national organization to provide support, information and advocacy to ostomates and their caregivers.

Addiction Support

NJ 2-1-1 Addictions Hotline

800-238-2333 or dial 2-1-1 directly from any phone in state of NJ

This New Jersey Drug and Alcohol Prevention Hotline is available 24 hours a day, seven days a week.

QuitNet

quitnet.com

Help is what the QuitNet community is all about. Get support from smokers that are quitting and ex-smokers alike. From simple smoking cessation tips, to shared experience of Nicotine Replacement Therapy (NRT) and other quitting medication. The QuitNet community is designed to help members help each other quit smoking...for good.

Prevention

Project Medicine Drop,

Everyone must take responsibility to help stop the abuse and diversion of prescription drugs. Project Medicine Drop lets you dispose of your unused and expired household medications, safely and securely, at any time, 24 hours a day / 7 days a week.

NJConsumerAffairs.gov/meddrop

Drop Box locations:

Bloomington Police Department
101 Hamburg Turnpike, Bloomington, NJ

Hawthorne Police Department
445 Lafayette Avenue, Hawthorne, NJ

Kinnelon Borough Police Department
130 Kinnelon Road, Kinnelon, NJ

Little Falls Police Department
225 Main Street, Little Falls, NJ

Passaic County Sheriff's Office
435 Hamburg Turnpike, Wayne, NJ

Passaic County Sheriff's Office
401 Grand Street, Paterson, NJ

Passaic County Sheriff's Office
11 Sheriff's Plaza, Paterson, NJ

Pequannock Township Police Department
530 Newark Pompton Turnpike, Pompton Plains, NJ

Ringwood Police Department
60 Margaret King Avenue, Ringwood, NJ

United for Prevention in Passaic County

William Paterson University

Hunziker Wing, 147

300 Pompton Road, Wayne, NJ

Contact: Sherrine Schuldt, CP5, CHES, Prevention Specialist

schulds@wpunj.edu

Phone: 973-720-3146

Fax: 973-720-3147

United for Prevention in Passaic County seeks to create environmental change relating to substance abuse by promoting awareness, communication and support for all county residents. Our mission as a coalition is to prevent and reduce alcohol and drug abuse among the youth and adults of Passaic County by offering trainings, community education, sharing of resources and encouraging collaboration between communities.

Wayne Alliance for the Prevention of Substance Abuse

475 Valley Road, Wayne, NJ

Contact: Robbin Gulino, Coordinator

alliance@waynetownship.com

Phone: 973-694-1800, x3244

Fax: 973-696-8186

Since 1990, the Wayne Alliance for the Prevention of Substance Abuse is a grassroots organization supported by a grant from the Governor [GCADA], Wayne Township and a host of dedicated volunteers. Our job is to distribute programming, resources and other useful information to the public regarding the dangers of substance abuse. With the help of organizations like Chilton Medical Center, our reach expands across the community from professionals and local businesses to children, young adults and senior citizens. Located in the Wayne Health Department, the organization meets monthly on the third Wednesday at Noon. Membership is free and volunteers are always welcome.

Morris County Prevention is Key

25 W. Main Street, Rockaway, NJ

Phone: 973-625-1998 x15

Fax: 973-625-8048

mcpik.org

Morris County Prevention is Key is a community-focused non-profit organization providing science-based prevention education programs, professional development training, advocacy, information and referral services, and maintains the county's most extensive resource center with up-to-date materials that address issues of substance abuse, violence, ATOD dependence and emerging issues of concern to the Morris County Community.

Pequannock Township Coalition

ptcmorris.org

Pequannock Twp Coalition is a Drug Free Communities Coalition working to prevent and reduce youth substance use and abuse in the Pequannock Township community through collaboration, education and community-wide change. It meets the third Thursday of every month in the Professional Development Room at Pequannock High School.

Help Lines

Help lines can provide information about available services, make referrals to appropriate programs and follow up as needed.

First Call for Help

Dial 2-1-1 or 800-HELP-555

Staff members provide active listening services, support, and referral 24 hours a day, seven days a week. This help line serves Morris, Passaic, Bergen, Essex, and Union counties.

New Jersey Self-Help Group Clearinghouse

800-367-6274

njgroups.org

The Clearinghouse provides information, referral services, and training to help people find and form self-help groups.

NJ and US Poison Control

800-222-1222

njpies.org

New Jersey poison information and education system provides information on medication, household products, food, animal and many others. You can call your poison control center for an emergency or just for questions.

ASPCA – Animal Poison Control Center

888-426-4435

aspca.org/pet-care/poison-control

Best resource for any animal poison-related emergency, 24 hours a day, 365 days a year. If you think that your pet may have ingested a potentially poisonous substance, call 888- 426-4435. A \$65 consultation fee may be applied to your credit card.

Health Department Numbers

Bloomington Health Department: 973-835-5700, ext. 127

Butler Health Department: 973-838-7200, ext. 237

Kinnelon Health Department: 973-835-5700, ext. 127

Lincoln Park Health Department: 973-270-2040

Pequannock Township Health Department:
973-835-5700, ext. 127

Pompton Lakes Health Department: 973-835-0143, ext. 235

Ringwood Health Department: 973-962-7079

Riverdale Health Department: 973-835-5700, ext. 127

Wanaque/Haskell Health Department:
973-839-3000, ext. 7122

Wayne Health Department: 973-694-1800, ext. 3241

West Milford Health Department: 973-728-2720

**Chilton Neighbors for Better Health
Community Outreach at
Chilton Medical Center**

97 West Parkway
Pompton Plains, NJ 07444
973-831-5475

atlanticealth.org/chilton

CMC-2326-14



**Chilton
Medical Center**
ATLANTIC HEALTH SYSTEM