



HOPE



HELP



HEALING



A Place of Hope, Help and Healing Since 1910

For more than a
century, **Carrier Clinic**
has opened its hearts
and its doors as a
trusted, sought-after
place of hope, help
and **healing** for patients
and their families.

- 2 Our Mission
- 3 Inpatient Services
- 5 Blake Recovery Center
- 6 East Mountain Lodge
- 7 East Mountain School
- 8 Events and Programs
- 9 Frequently Asked Questions
- 10 Give a Gift



Set on a beautiful 100+ acre campus in the Sourland Mountain foothills, centrally-located Carrier Clinic in Belle Mead is one of New Jersey's largest private not-for-profit behavioral healthcare systems specializing in psychiatric and addiction **treatment.**

Patients struggling with emotional and behavioral distress as well as addictive and psychiatric disorders are assured a safe, **compassionate and respectful** environment at our campus, where the path to hope, help and healing begins.

Carrier's **healthcare system** includes an inpatient psychiatric hospital, a detoxification and rehabilitation center, an adolescent residential facility, plus a fully-accredited middle and high school for students classified as emotionally disturbed.



Inpatient Services

- Adolescent Psychiatric & Dual Diagnosis
- General Adult Psychiatric & Dual Diagnosis
- Psychiatric Acute Care
- Older Adult Psychiatric & Dual Diagnosis
- Electro-Convulsive Therapy (ECT)

Psychiatric and addictive illnesses impact not just the individual, but the entire family. Carrier Clinic treats every patient admitted to our hospital—whether an adolescent (*age 13-18*), adult or older adult (*age 60+*)—with utmost respect, compassion and sensitivity.

24/7 Access Center

1(800)933-3579

www.CarrierClinic.org



Adolescent Psychiatric & Dual Diagnosis

Carrier Clinic offers short-term inpatient hospitalization services and crisis stabilization to adolescents age 13-18 with acute psychiatric and/or dual diagnosis disorders. Our treatment focuses on self-esteem building along with firm and consistent behavioral guidelines geared toward self-improvement.

General Adult Psychiatric & Dual Diagnosis

Our Adult Inpatient Psychiatric program supports people having psychiatric or emotional difficulties with short-term crisis stabilization. Ours is an integrative, multi-disciplinary treatment approach for adults suffering from: *Mood, Anxiety and/or Thought Disorders; Post-Traumatic Stress Disorder; and/or Psychiatric Manifestations of Medical Conditions*. For those with co-occurring disorders, Carrier's Dual Diagnosis Program provides psychiatric counseling coupled with particular attention on addictive and compulsive behaviors.

Psychiatric Acute Care

Our Psychiatric Acute Care Unit for voluntary and involuntary patients specializes in bio-psycho-social treatment and stabilization of acute psychiatric conditions.



Older Adult Psychiatric & Dual Diagnosis

Carrier Clinic's Older Adult Program is a source of help, treatment and comfort for older adults age 60 and over. Our focus is on the short-term evaluation and treatment of their unique psychiatric disorders, and on renewing quality of life. Specialized treatment with family education and support, as well as a definitive discharge plan for follow-up services, are equally vital components in our older adult patients' path to success.

Electro-Convulsive Therapy (ECT)

ECT can be a life-changing treatment for patients who have not had success with psychiatric medications. It may be considered for psychiatric illnesses, such as depression with psychosis, bipolar disorder, treatment-resistant schizophrenia or catatonia. Carrier's staff is among the most experienced in the field, and uses the most modern technology for treatment services.



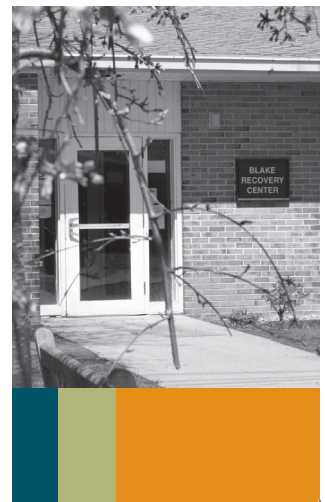
Blake Recovery Center

Specialized treatment to detoxify and rehabilitate those suffering from drug or alcohol addiction.

Addiction not only causes suffering, but can produce serious biological and psychological symptoms that **dramatically** affect one's life.

Those with drug or alcohol addiction can get help and regain control of their lives at the **Blake Recovery Center (BRC)** at Carrier Clinic. A freestanding New Jersey Department of Addiction Services–licensed residential alcohol and substance abuse treatment program, BRC has served as a caring, supportive environment for addiction recovery since 1981. Our facility incorporates leading-edge advances in the effective treatment of addiction, and provides medically-monitored detoxification and residential rehabilitation care.

Carrier's **Outpatient Addiction Treatment Services** offer comprehensive addiction treatment to patients and their families when the severity of addictive disease does not require residential treatment. The treatment approach is based on the 12-Step philosophy in tandem with an individualized evaluation and treatment plan that focuses on understanding the disease concept of addiction, and the need for relapse prevention skills.



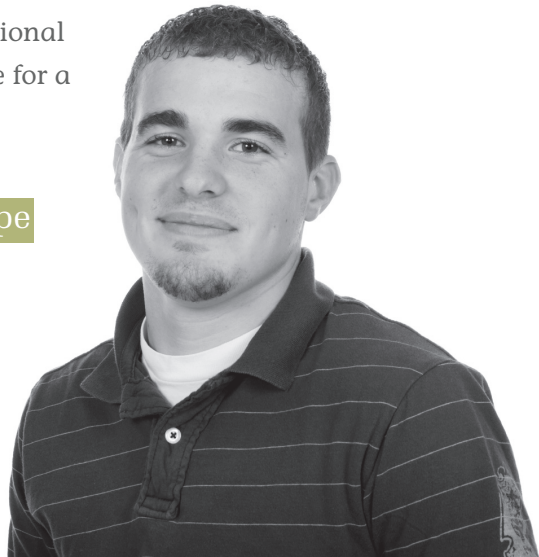
East Mountain Lodge

A comprehensive clinical, therapeutic and educational treatment program for patients age 13-18 with psychiatric and/or emotional difficulties.

The East Mountain Youth Lodge *(EMYL)* on the Carrier Clinic campus is a **residential** treatment program providing comprehensive **24-hour** clinical, therapeutic and educational treatment.

EMYL is for 13- to 18-year-old adolescents with psychiatric, emotional and/or behavioral disorders. Many of our residents are survivors not only of psychiatric, learning and emotional difficulties, but abuse, neglect and violence. We arm teens who come to us with new survival and coping skills via individual and group therapy, family education, therapeutic recreation and day-to-day interactions with highly-trained staff to nurture emotional healing—all designed to set the stage for a future in a less restrictive setting.

Carrier Clinic. Restoring **Hope** for a Brighter Tomorrow



East Mountain School

A state-approved private special education school for 7 through 12th-grade students classified as emotionally or behaviorally disturbed.

The East Mountain School at Carrier Clinic provides a safe, **challenging** and **enriching** educational environment for day school and residential students.

Established in 1980, East Mountain School educates students in grades 7 through 12 who have been affected by a variety of psychiatric disorders and learning problems. Many have had previous difficulty interacting with others in and out of school. As a state-approved private special education school for students classified as emotionally disturbed or behaviorally disordered, we offer specialized instructional programs and counseling services. We address students' individual needs, support their personal growth and development, and encourage them to seek out and take advantage of opportunities to learn and change.



Events & Programs

Mental health and addiction groups and services offered throughout the year for patients, family, the community and professionals.

Free Programs & Groups

Carrier Clinic continually serves our communities' needs not only with evolving services and new advancements in clinical practices and expertise, but with a host of free mental health and addiction groups and services given throughout the year for patients, family and the general public. These offerings include ongoing group meetings, special screening events, plus educational seminars.



Professional Education Events/Series

Carrier is also committed to educating the professional community with various events and offerings, such as our annual Caring Solutions Conference Series featuring Carrier staff and nationally-known physicians on mental health topics. We also hold specific conferences focused on addiction, geriatric psychology and adolescent issues. And we provide free speakers to organizations covering a wide array of mental health and addiction subjects.



Frequently Asked Questions

Here is some basic information about Carrier Clinic procedures; however, please visit our website at www.CarrierClinic.org for more details.

How does someone get admitted to Carrier Clinic?

Prospective patients, family members and referring professionals can contact Carrier's Access Center for more information or to schedule an evaluation for a possible admission. Carrier's Access Center is open 24 hours a day, 7 days a week, and can be reached by calling: 1(800)933-3579

What insurances do you accept?

Carrier participates in most insurance plans, including Medicare and Medicaid (for patients under 18 and above 65).

It is suggested to first call a prospective patient's insurance company to see what their mental health or substance abuse benefit covers and if Carrier is on the list as an approved provider.

What happens during the Admission Process?

Information is collected during the first phone call when the appointment for assessment is scheduled. Upon arrival at Carrier Clinic, a thorough examination and psychiatric assessment is conducted to ensure that the patient meets inpatient criteria and is medically cleared. If inpatient admittance is determined, the patient will be admitted to the unit that best suits their needs.

What is the approximate length of stay?

This depends on a variety of factors. Length of stay in an acute psychiatric hospital is contingent on medical necessity and the individual treatment plan.

What are the Visiting Hours?

Visiting hours vary by day and by unit, as appropriate to the patient's clinical condition and treatment programs. Children under the age of 12 years may not visit on the unit. Visitation times by unit are found on the Carrier Clinic website—www.CarrierClinic.org.

Can family call to get updates on a patient's progress?

Families are encouraged to actively participate in their loved one's treatment, including getting progress reports. One family member should be designated to call for updates. A Release of Information form must be signed by the patient allowing clinical staff to disclose any information. During normal workday hours, the Clinical Case Manager assigned to the patient can assist with this; after 5 p.m. and on weekends, the Nursing Supervisor must be contacted at 908-281-1000.

Donations

Carrier Clinic needs your help so we can continue helping others.

100
Years
of Hope,
Help, and
Healing

Every gift can make a difference in changing the **lives** of our patients, their **families** and the community.

Your generous donation will help ensure that the important work we've done for the last 100 years will be possible for the next 100. There are various levels of giving, and many ways individuals, companies, schools and clubs can support Carrier Clinic. Please visit www.CarrierClinic.org for more information. *Your support can change a life!*



Addiction Detox & Rehab
Adolescent Residential
Adolescent Special Education
ECT
Free Programs & Groups

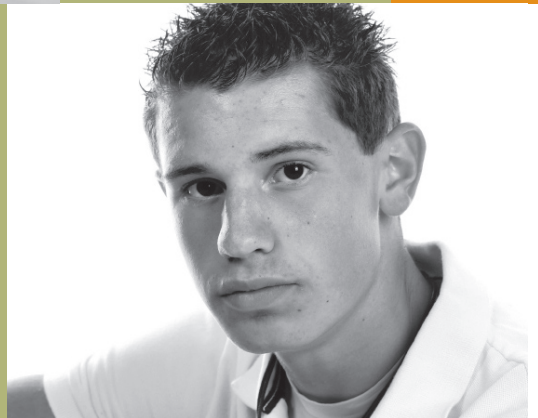


Depression
Anxiety
Bipolar Disorder
Schizophrenia
Addiction



Inpatient Care

Adolescent Psychiatric & Dual Diagnosis
General Adult Psychiatric & Dual Diagnosis
Psychiatric Acute Care
Older Adult Psychiatric & Dual Diagnosis



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