

# Wellness House

**Intensive Outpatient Treatment  
and Support Services**

*Brought to you by Family Connections and the  
NJ Division of Mental Health and Addiction Services*



**family  
connections**

**WHERE HOPE MEETS POSSIBILITY**

# Who We Are

**Welcome to Wellness House.** We are an Intensive Outpatient Treatment Program (IOP) for Essex County adults living with mental illness, including those with co-occurring substance use or developmental disabilities. Here you'll experience comfort, convenience and professionalism in an environment designed to help you maximize your independence. We believe in you and we will treat you with respect.

## **Wellness House promises:**

- People with serious and persistent mental illness will be treated as full partners in their care;
- Services will be customized to the individual and delivered with respect and hope;
- Services will include all necessary components for each consumer to achieve maximum independence and integration in his/her community. These principles and all program components are based on the Wellness and Recovery model of the New Jersey Division of Mental Health and Addiction Services.



# What We Do

**Wellness House participants receive 9 to 12 hours of services per week, including:**

- Individualized Treatment Planning
- Individual Therapy
- Family Therapy, if desired
- Psychiatric Services & Medication Management
- Therapeutic, Psycho-Educational and Skills-Building Groups
- Co-Occurring Substance Use Treatment, if needed
- Life Enhancement Activities
- Case Management and Assistance with Concrete Needs
- Transportation Assistance
- Healthy Meals



# Results

**Wellness House wants our consumers to be:**

- Healthy and stable in their communities
- Living with maximum independence and autonomy
- Empowered to take responsibility for their ongoing recovery
- Supported by their peers and their family members

According to Consumer Satisfaction Survey responses, the large majority of Wellness House participants are **satisfied with the services they**

Data also proves that most participants experience **symptom improvement**.





**Wellness House has an open referral policy.**

**We welcome all consumers who:**

- Have a diagnosis of severe and persistent mental illness, with or without substance use.
- Are 18 years of age or older
- Are willing and able to participate in their treatment and their Wellness/Recovery Action Plan
- Are not a danger to self or others or at imminent risk of a medical crisis
- Are assessed as able to be safely served in an outpatient setting
- Reside in Essex County

**Wellness House is located at:**

395 South Center Street (back entrance)  
Orange, NJ 07050

**For more information, please contact:**

Office: 973-380-0366

Cell phone: 973-666-1910

Fax: 973-674-0145

*Funding provided by the New Jersey Division of  
Mental Health and Addiction Services*

**Family Connections** is a leading New Jersey non-profit with over 30 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more. **Since 1879**, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

**Our vision:** We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

**Our mission:** Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

**Our Core Values:** We strive every day to be:  
Inclusive | Strengths-based | Relationship-driven  
Outcome-oriented | Collaborative

For more information about Family Connections' programs, please visit our website at **[familyconnectionsny.org](http://familyconnectionsny.org)**.

If you have questions or need assistance, please contact Family Connections at **973-675-3817** or **[hope@familyconnectionsny.org](mailto:hope@familyconnectionsny.org)**.



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