

## Program for Assertive Community Treatment aka PACT



Featuring Suki Giraldo, MS, Director of PACT Training and Technical Assistance for the State of NJ, and Director of Bridgeway PACT teams 3, 5 & 9

Eighteen years ago, Suki Giraldo began her career at Bridgeway in the role of Career Counselor. She quickly moved into roles with Bridgeway's Homeless Outreach, Supported Education, and then on Bridgeway's first PACT team, located in Elizabeth, NJ. Suki eventually moved to PACT team 8 in Passaic County, and into a Team Leader position, along the journey becoming a leading expert on the delivery of PACT services in NJ. Today, Bridgeway holds the distinction of being the mental health organization that operates the most PACT teams, now totalling nine: Union County (3 teams), Hudson, Bergen, Passaic (2 teams), Warren/Hunterdon, and Somerset Counties. As Suki was being recognized internally, Bridgeway was being recognized by the State of NJ as PACT experts which led to the State of NJ designating Bridgeway as the statewide Training and Technical Assistance provider for the PACT program.

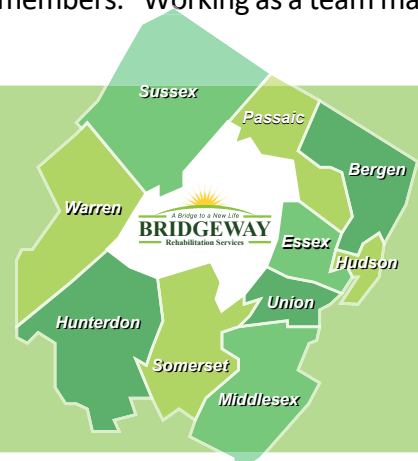
### The Principles Behind PACT

PACT teams provide comprehensive, integrated rehabilitation, treatment and support services to individuals with serious mental illness who have experienced repeated involuntary hospitalizations. PACT, provided in vivo by a multi-disciplinary service delivery team, offers highly individualized services, and conducts the majority of their contacts in natural community settings. Service intensity is flexible, regularly adjusted according to consumer needs, and services are offered for an unlimited time period.

Among PACT's highest priorities are preventing unnecessary hospitalization, improving family relations, and living alcohol and drug-free.

Suki believes that Bridgeway's Housing First philosophy is the basis for much of the success experienced by persons served by Bridgeway's 9 PACT teams. She says that "people's basic needs must be met in order for them to have the best chance for a successful recovery." Suki's most cherished success stories center around individuals who have been adjudicated to have committed a crime, but are found to be not-guilty by reason of insanity. Thanks to, in some instances, daily interactions with one of the several team members; wellness specialists, psychiatric nurses, and peer specialists on the PACT team; individuals have avoided incarceration and hospitalization for years, and have re-gained their lives. Along with peer specialists on every PACT team, having a family specialist on the team is proving to be a profound asset. One person in particular went from being hospitalized to becoming an employed MRI technician due to the dedication of PACT team members. "Working as a team makes success like this possible," says Suki, "everybody belongs to everybody."

**Go to [www.bridgewayrehab.org](http://www.bridgewayrehab.org)**  
**Click the map**  
**Find a PACT team near you**



## Celebrating 5 Years of Crisis Intervention in Hudson County

Bridgeway Crisis Intervention Services (BCIS) is an urgent care center where adults in Hudson County can receive care delivered by 7 licensed staff, 7 days a week, in the state's first living room model based in an early intervention center for adults. A team of Licensed Clinicians, Psychiatric Advance Practice Nurses, a Wellness Specialist and a Psychiatrist are available to assist individuals immediately. Psychiatric evaluations and medication are available when determined to be appropriate. The time period for services varies based on the individual. For some, one or two visits are sufficient, while for others, a month of follow-up care is available. No person is ever turned away for inability to pay. Since opening its doors in February 2014, Bridgeway Crisis Intervention Services has served 3,991 people.



152 Central Avenue  
Jersey City, NJ 07306  
(201) 885-2539



## 2019 Chairperson's Dinner

Wednesday, May 1, 2019 6:00 PM

KEAN University STEM Building

*Celebrating Peers!*

Do you know an extraordinary Peer Provider?

Nominate a Peer Provider for the

### **Distinguished Peer Provider Award**

Send an email to [feedback@bridgewayrehab.org](mailto:feedback@bridgewayrehab.org)

We'll send you a nominating form.

Call 908-469-6517 ext.1004 for more information.



# HOST

## *Homeless Outreach Support Team*

### Bridgeway Launches a New Union County Program

HOST, located at 70 West Grand Street in Elizabeth, serves all individuals who are experiencing homelessness and living with a mental health condition, including those with co-occurring addictions and medical problems. Priority placement in the HOST program will be given to young people between the ages of 16 and 24 years old.

HOST services include hands-on assistance with finding both temporary and permanent housing; and linkages to mental health, medical, legal, education, career development, transportation and social services. HOST staff offer coaching and assistance with daily living skills. Primary medical care provided by an Advanced Practice Nurse is also available.

Automated alerts will notify HOST staff when a person who is not stably housed is identified in local hospital emergency rooms, homeless shelters, and local police departments. These alerts will allow HOST staff to intervene on behalf of a person needing assistance to provide rapid assessments and immediate linkages to an array of community-based services.

Bridgeway is also launching the HOST HUB at 70 West Grand Street. The HOST HUB is a living room style space where people who have enrolled in the program can access a TV, computers, and most importantly, counseling. The HOST HUB will be open during regular business hours Monday through Friday, and by appointment with HOST staff.

If you or someone you know in Union County is living with a mental health condition and does not have stable housing, please contact the HOST program by calling 908-289-7330 press 2.

**Living with mental health challenges?**

**At risk of homelessness?**

**CALL 908-289-7330 press 2**



### **We're Hiring!**

**Current open positions are listed on [www.bridgewayrehab.org](http://www.bridgewayrehab.org) | Careers**

For more information email: [human.resources@bridgewayrehab.org](mailto:human.resources@bridgewayrehab.org)

or call 908-355-7886 | Fax 908-355-6668

**NEW! Upload your Application Packet on our website: [www.bridgewayrehab.org](http://www.bridgewayrehab.org) | click on **Careers****

# 20 DAY MENTAL WELLNESS CHALLENGE

You'll never change your life until you change something you do daily.  
The secret of your success is found in your daily routine.

Go to bed 1  
hour earlier  
than usual.

DAY  
1

Journal 10  
things you're  
grateful for.

DAY  
2

Take  
a walk  
outdoors.

DAY  
3

Call  
someone  
you love.

DAY  
4

De-clutter  
your room  
or desk.

DAY  
5

Take a  
social media  
sabbatical.

DAY  
6

Make a list of  
short term  
goals.

DAY  
7

Make the most  
epic, creative  
salad you can  
think of.

DAY  
8

Slow down.  
Sit and watch  
the sunset.

DAY  
9

Get rid of 5  
things you  
never use.

DAY  
10

Enjoy the sun.  
Eat lunch  
outside.

DAY  
11

Unsubscribe  
from  
unnecessary  
emails.

DAY  
12

Send an  
encouraging  
text to 5  
people.

DAY  
13

Wake up 30  
minutes  
earlier to  
meditate.

DAY  
14

Plan a  
tea/smoothie  
date with a  
friend.

DAY  
15

Go the entire  
day without  
complaining.

DAY  
16

Buy  
yourself  
flowers.

DAY  
17

Make time for  
a wholesome  
breakfast.

DAY  
18

Do one thing  
you've been  
putting off.

DAY  
19

Don't  
overthink.  
Practice being  
present.

DAY  
20

If you do not want to receive newsletters from Bridgeway in the mail,  
please contact us. Call: 908-469-6517 ext.1004 or email: [feedback@bridgewayrehab.org](mailto:feedback@bridgewayrehab.org)



Join our online community!