

help is just a phone call away

Crossroads to Wellness

An Intensive Outpatient Treatment and Support Services Program

Crossroads to Wellness is designed to meet the needs of adults residing in Bergen County with acute mental health issues. The program provides rapid access to comprehensive services in order to maintain an individual's stability in the community and avoid hospitalization. Services are provided on a short-term basis for a period of 2 to 3 months, while an individual is awaiting linkage to community providers.

Program Goals

- Provide short-term, intensive services for adults with a mental health diagnosis or co-occurring disorder
- Offer rapid access to comprehensive and intensive mental health services
- Establish and maintain stabilization and ongoing recovery

Specialized Services

- Individual, family and group therapy
- Medication evaluation, administration and counseling
- Peer support through psychoeducational counseling
- Service coordination and linkage to appropriate providers
- Outreach and case management

There is a fee for services, however it is often covered by health insurance plans.

*Services are available 24-hours a day,
7-days a week. Call 201-986-5037.*

