



# Hackensack Meridian *Health* Carrier Clinic



Building on a century of compassionate care,  
shaping the future of behavioral health.

- [2 Our Mission](#)
- [4 Inpatient Services](#)
- [6 Blake Recovery Center](#)
- [8 East Mountain Youth Lodge](#)
- [9 East Mountain School](#)
- [10 Events and Programs](#)
- [11 Frequently Asked Questions](#)
- [12 Give a Gift](#)



Hackensack  
Meridian *Health*  
Carrier Clinic

An established leader in behavioral healthcare, Hackensack *Health* Carrier Clinic provides a place to begin to heal, transforming the lives of patients and their families by applying the most advanced solutions in a supportive environment.

Our beautiful, sprawling campus is centrally located in Belle Mead in the Sourland Mountain foothills. Set on 100+ acres of tranquil countryside, Hackensack Meridian *Health* Carrier Clinic is one of New Jersey's largest independent not-for-profit behavioral healthcare systems, and a trusted authority in psychiatric and addiction treatment.

Deep-rooted in more than a century of healing, Hackensack Meridian *Health* Carrier Clinic has been a consistent trailblazer in embracing the latest therapeutic advances for treating psychiatric and addictive disorders. Continuing that heritage, we recently added state-of-the-art modern facilities to our campus, all designed to enhance and enable the most current evidence-based treatment strategies for better patient outcomes.



A safe, comfortable environment assures patients struggling with the emotional and behavioral distress of mental illness and addiction that the path to healing is within reach.

Carrier's leadership in the behavioral healthcare field is evident in each component of our comprehensive healthcare system, including our inpatient psychiatric hospital, detoxification and rehabilitation center, adolescent residential facility, and fully accredited middle and high school for students classified as emotionally disturbed.

# Inpatient Services



- Adolescent Psychiatric & Dual Diagnosis (Ages 12-18)
- General Adult Psychiatric & Dual Diagnosis (Ages 18-64)
- Psychiatric Acute Care
- Older Adult Psychiatric & Dual Diagnosis (Ages 60+)
- Electro-Convulsive Therapy (ECT)

In our ongoing dedication to treat every patient with the utmost respect, compassion and sensitivity, Hackensack Meridian Health Carrier Clinic is the first in the nation to utilize a *Compassionate Care Index*—measuring levels of care and comfort with real data in our mission of providing the highest level of patient care possible. Supported by this innovative application, our patients benefit from the latest scientific breakthroughs in the treatment of psychiatric and addictive illnesses, as well as an array of complementary treatment modalities, for optimal outcomes.

## Adolescent Psychiatric & Dual Diagnosis

Hackensack Meridian Health Carrier Clinic offers short-term inpatient hospitalization services and crisis stabilization to adolescents ages 12-18 with acute psychiatric and/or dual diagnosis disorders. Our treatment focuses on building self-esteem along with firm and consistent behavioral guidelines geared toward self-improvement.

## General Adult Psychiatric & Dual Diagnosis; Psychiatric Acute Care

Our Adult Inpatient Psychiatric program supports people having psychiatric or emotional difficulties with short-term crisis stabilization. Ours is an integrative, multidisciplinary treatment approach for adults suffering from: Mood, Anxiety and/or Thought Disorders; Post-Traumatic Stress Disorder; and/or Psychiatric Complications from conditions such as Parkinson's and Dementia. For those with co-occurring disorders, Carrier's Dual Diagnosis Program provides psychiatric counseling coupled with particular attention to addictive and compulsive behaviors.

## Older Adult Psychiatric & Dual Diagnosis

Hackensack Meridian Health Carrier Clinic's Older Adult Program is a source of help, treatment and comfort for older adults age 60 and over. The Older Adult program focuses 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. For those older adults with co-occurring disorders, Carrier provides psychiatric counseling for addictive behaviors.

## 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.



*"Doctors and nurses connected and communicated with us every step of the way."*

# Blake Recovery Center



Hackensack  
Meridian Health  
Blake Recovery Center



Evidence-based, specialized treatment to detoxify and rehabilitate those suffering from drug or alcohol addiction.

At the newly constructed Blake Recovery Center (BRC) at Hackensack Meridian Health Carrier Clinic, patients with drug or alcohol addiction find a caring, supportive environment to begin healing and regain control of their lives.

Licensed by the New Jersey Division of Mental Health and Addiction Services and accredited with the Joint Commission's Gold Seal of Approval®, BRC's inpatient facility has provided substance abuse and addiction recovery services since 1981.

Our programs incorporate leading-edge therapeutic advances and mind/body wellness, redefining addiction treatment to ensure a comfortable, constructive and engaging experience. Starting with 24/7 medically monitored detoxification and residential rehabilitation care, Blake Recovery Center transforms lives for patients and families suffering the physical, psychological and social effects of addiction.

35 Years of Service to the Community.



*"The staff is marvelous and loving, caring and respectful."*

All patients at BRC receive the highest level of trusted care in a program tailored to their specific issues, goals and interests. From state-of-the-art facilities to individualized treatment and discharge plans, we provide each of our patients and their families with the caring support and encouragement to make a healthy new start in recovery.

## *Outpatient Addiction Treatment*

When the severity of addictive disease does not require residential treatment, Blake Recovery Center (BRC) at Hackensack Meridian Health Carrier Clinic offers outpatient addiction treatment services. BRC's comprehensive treatment approach combines the 12-Step philosophy with an evaluation and treatment plan personalized for each patient to promote an understanding of the disease concept of addiction and strengthen relapse prevention skills.



## The East Mountain Youth Lodge

A residential facility that provides troubled adolescents aged 13-18 a safe place to heal, grow and learn.

This comprehensive clinical, therapeutic and educational treatment program enables teens with psychiatric, emotional and/or behavioral difficulties to reach for a productive and fulfilling life in a less restrictive setting.

We arm adolescents who come to us with new survival and coping skills through individual and group therapy, family education, therapeutic recreation and day-to-day interactions with highly trained staff to nurture emotional healing.

EMYL residents are often survivors of not only psychiatric, learning and emotional difficulties, but also abuse, neglect and violence. This most vulnerable adolescent population is provided the kindness and structure needed to resolve past trauma, overcome obstacles and move toward a more hopeful future.

Referrals to East Mountain Youth Lodge must be approved by the NJ Children's System of Care-Perform Care. Perform Care can be reached at 1-877-652-7624



*"You made a huge difference in the life of my daughter!"*

## East Mountain School



East Mountain School 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.

A NJ state-approved private special education school for 7-12th grade students classified with emotional or behavioral issues.

## Events and Programs

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



Hackensack Meridian Health Carrier Clinic continually serves our communities' needs not only with evolving services and new

advancements in clinical practices and expertise, but also with a host of free mental health and addiction groups and services given throughout the year for patients, families and the general public. These offerings include ongoing group meetings, special screening events, plus educational seminars.

- Weekend Codependency Group
- Parent's Support Group
- Al-Anon Family Group
- Blake Alumni Meetings



We are committed to educating the professional community with various events and offerings, such as our annual Conference Series on mental health topics featuring Carrier staff and key industry professionals. 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.

**For more information visit**  
[www.CarrierClinic.org](http://www.CarrierClinic.org)



## Frequently Asked Questions

### **How does someone get admitted?**

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. Our Access Center is open 24 hours a day, 7 days a week, and can be reached by calling: 1(800)933-3579.

### **What insurance do you accept?**

Hackensack Meridian Health Carrier Clinic participates in most insurance plans, including Medicare and Medicaid. 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 Hackensack Meridian Health 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.

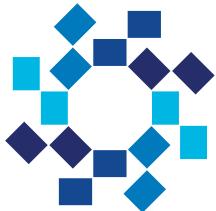
### **What are the visiting hours?**

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 any unit. Visitation times by unit are found on the Hackensack Meridian Health Carrier Clinic Carrier Clinic website—[www.CarrierClinic.org](http://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.



## Hackensack Meridian *Health* Carrier Clinic

252 County Road 601  
Belle Mead, NJ 08502

1(800)933-3579 or visit ***www.CarrierClinic.org***

## Give a Gift

It is our privilege to provide excellent, compassionate care to you or your loved one. As an independent non-profit specializing in psychiatric and addiction treatment for adolescents, adults, and older adults, Hackensack Meridian *Health* Carrier Clinic depends, in part, on financial gifts from within the community to continue this work. For more than a century, Hackensack Meridian *Health* Carrier Clinic Carrier Clinic has provided hope when it seemed there was none. Your support will help us to continue to provide hope.

There are many ways for individuals, companies, schools, and organizations to support Hackensack Meridian *Health* Carrier Clinic and the people we serve. For more information or to make a donation, please visit our website at [CarrierClinic.org](http://CarrierClinic.org).

Make a  
Difference!  
*CarrierClinic.org/donate*  
Donate Today