Why Integrated Care?

Five months in! As many of you know, on July 1, Twin Oaks Community Services merged with Greater Trenton Behavioral Healthcare to form Oaks Integrated Care. The most frequent question I receive is, “Why the new name?”.

By focusing on integrated care, we can begin to treat the whole person to achieve both mental and physical wellness. Individuals living with mental illness face an increased risk of having chronic medical conditions such as diabetes, cardiovascular disease and obesity. In fact, adults living with serious mental illness die on average 25 years earlier than the general population.

The deaths are largely due to treatable, preventable medical conditions caused by risk factors including smoking, poor nutrition, lack of exercise, substance abuse, metabolic syndrome and inadequate access to medical care. The general lack of coordination between mental health and primary healthcare providers also contributes to the problem.

So how do we begin to address these issues? A variety of programs throughout our organization currently offer integrated care including substance abuse services, smoking cessation groups, nutrition planning, onsite flu shots, exercise groups and linkage to primary, specialty and dental care. Many also perform routine monitoring of blood pressure, weight and other vitals.

This October we took a big step toward expanding integrated care services by opening a Behavioral Health Home in Mercer County. Adults with a mental health diagnosis and their families will learn to develop the skills needed to manage their own health and reach personalized wellness goals.

The program offers coaching on how to manage chronic health conditions and works to coordinate treatment between all healthcare providers. Consumers have access to healthy lifestyle activities including exercise coaching, a fitness center, walking groups, nutrition/cooking classes and more.

This innovative approach paves the way for the future as we continue to expand integrated care services throughout the organization in 2016 and beyond. Thank you for your continued support along the way.

Respectfully,

Bob Pekar
Chief Executive Officer
We invite YOU to make the holidays festive for over 4,000 children, teens and adults in need in our community.

For many of us, the festive holiday season is full of laughter, home cooked meals, gifts and memories with loved ones. Unfortunately, for families struggling to make ends meet, the holidays can be an especially challenging time of year.

Share YOUR holiday spirit:

1 Hold a Gift Drive!
   Invite friends, family and co-workers to help.

2 Sponsor a family or group home for the holidays!
   Contact the development office at 609-267-5928 or fill out a form online at www.oaksintcare.org.

3 No time to shop?
   Make a monetary contribution online or by mail.

Donation Ideas:
- Board Games, Puzzles
- Books
- Arts and Crafts
- Educational Toys
- Musical Toys
- Basketballs, Footballs, Soccer Balls
- Sleds
- Skateboards
- Warm Clothing, Pajamas
- Coats, Gloves, Hats, Scarves

Please keep in mind gifts for teens and adults!
- Journals
- Warm Blankets
- Jewelry
- Board Games, Puzzles
- Hand-held Electronics, MP3 Players
- Personal Care Items
- Warm Clothing, Sports Jerseys
- Pajamas
- Coats, Gloves
- Duffle Bags
- Scarves, Hats
- Purses
Thank you American Water for running a donation drive and volunteering at our Moorestown office!

Thank you Holman Automotive volunteers for beautifying an outdoor area at one of our group homes!

Thank you Girl Scout Troop 22106 for hosting a food drive for our Mt. Holly Food Pantry this summer!

Thank you to the ladies of Show You Care Ministry for knitting and donating 500 hats to keep our consumers warm this winter!

Thank you TJX Foundation for generously donating $5,000 to support arts and cultural opportunities for vulnerable youth in our programs!

Thank you Justin Dornisch, Anthony Guilardi, Jeffrey MacPhee and Tyler Pohl for holding a neighborhood food drive to support our Mt. Holly Food Pantry!
Getting to Know Mercer Services

On July 1, when Twin Oaks merged with Greater Trenton Behavioral Healthcare, we proudly welcomed 15 new programs from Mercer County to our family of services. Since 1981, Greater Trenton Behavioral HealthCare has helped tens of thousands of Mercer County residents find innovative, life-enhancing solutions to their mental health and substance abuse problems.

As we move forward together as Oaks Integrated Care, our roots are now stronger than ever. Mercer service areas include:

- Outpatient Counseling
- Adolescent Partial Care
- Supportive Housing
- Senior Well-Being
- Intensive Family Support Services
- Adult Partial Care
- Crisis Diversion
- Homeless Outreach
- Case Management

Last year, Mercer programs served over 3,000 children and adults in need of support in our community. Adults like Carlos…

Carlos was unemployed, living in a homeless shelter and trying his best to cope with his schizophrenia. Without a proper diagnosis or medication, Carlos was having trouble functioning day to day. A Mercer outreach coordinator met him at the shelter and over time, gained his trust. Carlos gained the courage to start attending Outpatient Services where he was evaluated, diagnosed and given the proper medication. He also began individual and group therapy. After just over a year in the program, Carlos is now employed full time, living in his own apartment and attending college part time. No dreams are too big- he hopes to one day graduate and become an engineer.

For more information about our services in Mercer County and throughout New Jersey, visit www.oaksintcare.org.

Welcome New Board Members!

Sonia Delgado, MA
Princeton Public Affairs Group

David Prensky, PhD
The College of New Jersey

David Salewski, MSW
The State of New Jersey (Retired)

This past summer, Dr. Karen Harkaway of the Harkaway Center for Skin Care Refinement in Delran approached Oaks Integrated Care with five simple words, “How can we help you?”. They were busy preparing for their 10th Annual Skin Care Fair at the Aloft in September and wanted to incorporate a way to give back.

It didn’t take long to decide on a toiletry drive to benefit individuals and families in our programs! The day of the event, they collected four big bins filled with hundreds of toiletries including soap, shampoo, lotion, deodorant, toothbrushes, toothpaste, sunscreen and more.

Thank you Dr. Harkaway and team for the generous donation and your commitment to our community!
Proceeds from both events benefit the Oaks Integrated Care Food Pantries which serve over 800 families every month. To view event photos, visit www.oaksintcare.org.

Thank you to our attendees, volunteers, and sponsors for making our 4th Annual Touch A Truck a BIG HONKING SUCCESS.

Thank you to our sponsors, hosts, chefs and guests for making our 11th Annual Progressive Dinner on October 16th a success.

THANK YOU
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UBS Investments

11TH ANNUAL
2015 Oaks
INTEGRATED CARE
MOORESTOWN
PROGRESSIVE DINNER

Thank you
sponsors, hosts, chefs and guests for making our 11th Annual Progressive Dinner on October 16th a success.
Oaks Integrated Care provides behavioral health and social services to vulnerable children, adults and families throughout New Jersey.

If you or someone you know needs our care, please call our confidential point of entry: Access Center 1-800-963-3377

Stay Connected with Oaks Integrated Care www.oaksintcare.org