

About Robert Wood Johnson University Hospital Somerset

Located in Somerville, Robert Wood Johnson University Hospital (RWJUH) Somerset, an RWJBarnabas Health facility, is a nationally accredited, 339-bed regional hospital providing comprehensive emergency, medical/surgical, behavioral health and rehabilitative services to central New Jersey residents. As a designated teaching hospital of Rutgers Robert Wood Johnson Medical School, the hospital maintains a family medicine residency program with 21 residents.

RWJBarnabas Health (RWJBH) Behavioral Health, together with Rutgers University Behavioral Health Care (UBHC), is a leading provider of integrated mental health and substance abuse treatment services, serving over half a million individuals each year. With both hospital and community-based care programs, RWJBH and UBHC offer the broadest range of services in New Jersey.

Insurance

Robert Wood Johnson University Hospital Somerset is in-network with most major insurance plans.

Contact us

To schedule an evaluation, call our access center at **800-300-0268**. For more information, visit rwjbh.org/somerset



Robert Wood Johnson University Hospital Somerset

Behavioral Health Services

RWJBarnabas
HEALTH

Robert Wood Johnson University Hospital Somerset

R | RUTGERS HEALTH
University Behavioral Health Care

110 Rehill Avenue
Somerville, NJ 08876
800-300-0268

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RWJBarnabas
HEALTH

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R | RUTGERS HEALTH
University Behavioral Health Care

Behavioral Health Services

Robert Wood Johnson University Hospital Somerset's Behavioral Health Services provide comprehensive treatment for individuals aged 18 and older with all types of mental health conditions. Following a psychological assessment or a crisis evaluation, you will receive an individualized treatment plan and we will determine the most appropriate level of care for you.

We offer four levels of care:

- **Inpatient Treatment:** Twenty-four hour care in a secure hospital setting for patients in acute stages of psychiatric illness. Aspects of this program include diagnostic evaluation, crisis stabilization and intensive treatment, with the goal of transfer to a lower level of care as soon as clinically appropriate.
- **Partial hospitalization care:** Offers comprehensive psychiatric therapy services on a graduated outpatient basis. Patients attend four hours of programming per day, five days per week. Patients will build upon skills learned in inpatient treatment. With the support of a treatment team, patients will work to understand their illness, build on existing strengths and develop new coping skills.
- **Intensive outpatient care:** Patients participate in individual and group therapy on an outpatient basis two hours per day for a minimum of three days per week. The program focuses on increased independence as patients prepare for full reintegration into their daily life and transitioning from the program to their outpatient team.
- **Traditional outpatient services:** Offered in conjunction with Robert Wood Johnson University Hospital's Somerset's Babs Siperstein PROUD Center, which provides primary medical care for members of the LGBTQIA community.

Eating Disorders Program

Our Behavioral Health Services also include a nationally recognized Eating Disorders Program, which is one of only two programs in New Jersey with a dedicated inpatient unit providing comprehensive treatment for individuals age 14 and older who suffer from all types of eating disorders, including anorexia and bulimia. In addition to inpatient care, we offer partial hospitalization and intensive outpatient services as well as weekly support groups for patients and their families.



An experienced team

Our multi-disciplinary team includes clinicians who are specially trained in the unique needs of individuals with general mental health issues:

- Psychiatrists/Advanced Practice Nurses (APN) who have extensive knowledge and training in the field of general mental health. The psychiatrists/APNs are responsible for the oversight of the entire care team and coordinate patient care, provide psychotherapy and monitor medication.
- A registered nurse, who carries out the plan of care and provides support. Nurses also lead support groups focusing on topics such as medication education, stress management and coping skills.
- A therapist, who provides individual, group and family therapy and arranges for follow-up care after discharge. Therapy groups cover a range of topics such as DBT, self-compassion, life choices, stress management, conflict resolution, assertiveness, social skills and spirituality.
- An occupational therapist, who performs an evaluation of patients' ability to perform daily activities and develops a program to get them back on track.
- Adjunct therapists, including music, drama, dance and movement art therapists.
- Case managers/therapists who work with the care team to coordinate services and prepare patients for discharge. The case manager/therapist is also the liaison between patients and insurance and/or managed care companies.