

GROUP THERAPY

Group therapy focuses on developing skills, understanding illness, coping, re-developing a connection to friends and family, utilizing resources in the community in order to live a full and productive life. A multitude of groups with varied focus are offered weekly and tailored by our counselors to suit the individual and meet their needs.

Inroads offers mental health recovery, medication education, illness management, safety, independent living skills, coping skills, money management, problem solving and recreation. AA support including the 12 step program is available to individuals with co-occurring disabilities.

Throughout the year, we host a talent show and other creative venues that allow our participants to demonstrate their many talents.

MEDICATION MANAGEMENT

Inroads has a competent team of professionals, which includes a board eligible psychiatrist and an on-site nurse who can address specific psychiatric medication needs.



MENTAL HEALTH SERVICES



CONTACT:

Director of Mental Health Services

LETTY ESQUIVEL

908 241 7200 ext. 3028

Lesquivel@inroadsto.com

Inroads To Opportunities

301 Cox Street

Roselle NJ 07203

A 501 (C) 3 Non Profit Organization
www.inroadsto.org



INROADS
TO
OPPORTUNITIES

THE ROAD TO RECOVERY STARTS WITH A PLAN

Inroads helps people to reconnect with what is important to them. The combination of mental health services and vocational experiences creates a balanced approach to wellness. When a person chooses to receive mental health services, it is a huge step in their recovery.

Our Approach

- ✓ Counseling
- ✓ Pre-Vocational Training
- ✓ Group Therapy
- ✓ Exercise + Music
- ✓ Field Trips
- ✓ Illness Management & Recovery
- ✓ Medication Management

COUNSELING

An experienced mental health counselor works closely with every participant in developing a plan to address needs, overcome obstacles and achieve goals.

Inroads counselors work as liaisons between participants, caregivers, residential staff, medical professionals and other Inroads departments creating a holistic approach to care.

Utilizing the best practices in treatment. Inroads licensed professionals are certified in mental health first aid, pre-vocational preparation, illness management and recovery, motivation interviewing techniques and DBT.

Inroads to Opportunities provides vocational preparation, transition from school to work, job placement and mental health services to individuals with a variety of disabilities from ages 16 through retirement.

Inroads to Opportunities is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an approved provider of the NJ Department of Labor, Division of Vocational Rehabilitation Services and Commission of the Blind and Visually Impaired. Inroads is licensed by the State of New Jersey Department of Human Services, NJ Division of Mental Health and Addiction Services to provide partial care and the NJ Department of Developmental Disabilities to provide Day Habilitation Services. Inroads is an approved Medicaid provider, an approved Employment Network under the Ticket to Work Social Security initiative and an approved Benefits Planning and Counseling Service through the Division of Vocational Rehabilitation Services.

