

Catholic Charities, Diocese of Trenton

Intensive Family Support Services (IFSS)

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INTENSIVE FAMILY SUPPORT SERVICES (IFSS)

FREE SERVICES FOR FAMILIES AND INDIVIDUALS
LIVING IN BURLINGTON COUNTY WHO
HAVE AN ADULT RELATIVE OR LOVED ONE
DIAGNOSED WITH A MENTAL ILLNESS.

WHAT IS IFSS?

Intensive Family Support Services (IFSS) offers a variety of services to assist families in Burlington County caring for an adult relative (18 years or older) diagnosed with or believed to have a mental illness. Catholic Charities, Diocese of Trenton's IFSS Family Support Specialists have extensive experience working with families. They understand the challenges that caregivers face as well as the impact that these challenges can have on family relationships. Family Support Specialists offer support, assist with advocacy and provide education that can help strengthen family relationships and improve quality of life.

THROUGH IFSS, CAREGIVERS HAVE ACCESS TO THESE SERVICES:

Advocacy

Family Support Specialists may advocate to mental health professionals, agencies and providers on behalf of family caregivers or they may help families develop the skills to become more effective advocates.

Consultation Services

Family Support Specialists provide individualized, confidential consultation services. Consultations can take place in the home, at the Catholic Charities Delaware House office or at an outside location. Consultations are also available by phone.

Education

Access to timely, reliable, information is extremely important for those caring for a relative with mental illness. Throughout the year, IFSS offers educational seminars on relevant topics and issues. The seminars cover a variety of subjects that can help families understand mental illness, develop knowledge about treatment and resources and cultivate skills to improve communication and reduce stress.



Referral Service/Linkage

For many caregivers, navigating the health system can be confusing, time consuming and overwhelming. Family Support Specialists are available to assist family caregivers, offering guidance and advice to help them understand the mental health system and gain access to available resources.

Respite Care

Even under the best of circumstances, caring for a loved one can be exhausting at times. Respite care is available to IFSS families when they need short-term time away from a loved one. IFSS also organizes family activities for socialization and relaxation.

Support Groups

It is not unusual for families to feel a sense of isolation in their experience of caring for a loved one with mental illness.

Support groups serve as a place to

meet with others who share the same challenges. They serve as a great network for families, providing interaction, encouragement and emotional and professional support. IFSS families have the opportunity to attend regular, professionally facilitated support group meetings that provide a safe, caring environment for learning and connection.



WHY CATHOLIC CHARITIES?

Catholic Charities, Diocese of Trenton, has a longstanding history—more than 100 years—of service to the community. Our behavioral health services have helped individuals and families for more than 40 years. As a trusted provider of behavioral health services, Catholic Charities has established a reputation of offering hope, support and treatment to those struggling with mental illness and addiction.