



409 Main Street, Toms River, NJ 08753

HOURS

Monday-Friday: 8 a.m.-8 p.m.
Saturday-Sunday: 9 a.m.-5 p.m.

Phone Referrals

24 Hours a day 7 days a week

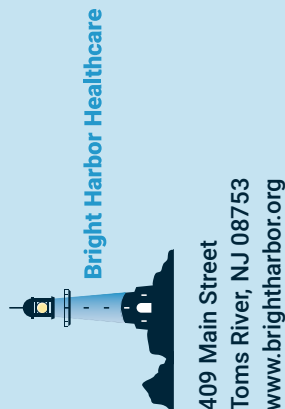
Walk in Referrals

Monday-Friday: 8 a.m.-7:30 p.m.
Saturday-Sunday: 9 a.m.-4:30 p.m.

Benefits Specialist available

Monday-Friday: 9 a.m.-5 p.m.

Bright Harbor Healthcare accepts many third party insurance companies, Medicare, and Medicaid. We also provide assistance for those who have financial difficulties.



Building better tomorrows, one life at a time

Photos are for illustrative purposes only.



Bright Harbor Healthcare

CREST

**Community Resource for
Emergency Support & Treatment**



**409 Main Street
Toms River, NJ 08753**

**732-240-3760
www.brightharbor.org**



"Our mission is to offer a comprehensive continuum of mental health, drug and alcohol services, and integrated healthcare services to promote full participation in community life."



Bright Harbor Healthcare
Building Better Tomorrows, One Life at a Time

holistic relationships purpose PLAN
RELAXATION NUTRITION education INTERESTS
balance trust hope diagnosis understanding
STABILITY. allow friends awareness
safety VOICE RESEARCH mental health
therapy. yoga EMOTIONS self-esteem
running empower respect empathy
healing recovery family
fitness exercise EMPLOYMENT.
SLEEP perseverance community



The CREST program provides rapid access to crisis intervention services for community residents experiencing a mental health crisis. Services are recovery-oriented and time limited. CREST assists community residents in access long term supportive care and treatment.

Services include:

- ❖ Community based crisis stabilization
- ❖ Assessment with a medication prescriber
- ❖ Supportive counseling
- ❖ Support Groups
- ❖ Assistance with linkage to and enrollment in other community services, supports and benefits

The CREST Program is a partnership between Bright Harbor Healthcare and the Mental Health Association. Bright Harbor Healthcare is the leading agency.

Support Services will provide:

- Crisis assessment and treatment planning
- Evidenced-based crisis intervention strategies
- Crisis prevention planning
- Strengths-based treatment approaches
- Medication prescribing and management
- Psychiatric Assessments
- Linkage to community resources
- MHA-NJ Consumer Connection Training Program for Peer Staff

Connection to:

- Medication evaluation and prescribing
- Initial assessments and program intakes
- Identification of strengths and goals
- Treatment plan development and Wellness and Recovery Action Plan (WRAP)

Program Eligibility:

- 18 years of age or older
- Mental health distress or disorder currently interfering with life/ability to function
- Can safely be treated in an outpatient setting and not require inpatient treatment

Services Cannot be Provided to:

- Anyone under the age of 18
- Community residents currently under the influence of alcohol or drugs
- Community residents in need of medical detoxification
- Community residents in need of more intensive services than CREST provides
- Community residents enrolled in PACT or RIST