

RWJBarnabas Health: The Jersey Shore's Companion For Care

With its ever-expanding footprint at the Jersey Shore, RWJBarnabas Health has become a leader in wellness and health care throughout the region.

by Jill Ocone

RWJBarnabas Health is the largest, most comprehensive academic health care system in New Jersey, with a service area covering nine counties. With over 9,000 physicians and 1,000 residents and interns on staff, RWJBarnabas Health routinely captures national awards for outstanding quality, safety, and patient experience.



Courtesy of RWJBarnabas Health

Monmouth Medical Center has pioneered the latest techniques in minimally invasive surgery, including robotic surgical procedures. Shown here with one of the hospital's robotic surgical platforms is Robert Graebe, M.D., chair of Obstetrics and Gynecology.

The system includes eleven acute care hospitals with three in Ocean and Monmouth counties: **Community Medical Center** in Toms River; **Monmouth Medical Center Southern Campus** in Lakewood; and **Monmouth Medical Center** in Long Branch.

Among their many services, these three hospitals offer a network of primary and specialty care providers, comprehensive home care and hospice programs, a leading pediatric rehabilitation hospital with a network of outpatient centers, the state's largest behavioral health network, a freestanding, one hundred bed behavioral health center in Toms River, and more.

In addition, RWJBarnabas Health and Rutgers University have partnered to create New Jersey's largest academic health care system. The collaboration aligns RWJBarnabas Health with Rutgers' education,



Courtesy of RWJBarnabas Health

With a large population of seniors in Ocean County, over 2,000 cardiac procedures are performed annually in Community Medical Center's four cardiac catheterization labs, including lifesaving angioplasty and elective procedures.

research, and clinical activities, including those at the **Rutgers Cancer Institute of New Jersey**, the state's only **Comprehensive Cancer Center** as designated by the National Cancer Institute.

"As our focus continues to shift to maintaining the health of the people of New Jersey, training the next generation of health care providers, and integrating care across the continuum, we are exploring new structures to optimize our ability to achieve these aspirational goals," said Bill Arnold, President, RWJBarnabas Health Southern Region. "To that end, I believe our facilities and programs in Monmouth and Ocean counties [referred to as the "Southern Region"] are optimally positioned to achieve our goals."

"The primary focus of our Southern Region leadership team is integrating our services to achieve

high quality/cost effective care and expand our academic programs," said Arnold. "We have previously seen success in the consolidation of Monmouth Medical Center and the former Kimball Medical Center now known as Monmouth Medical Center Southern Campus, and we are poised for even greater success with this single team focused on all aspects of care for the communities we serve."

RWJBarnabas Health provides patients with convenient access to the largest, most comprehensive health care system in New Jersey, and in Ocean and Monmouth counties, it offers many options for high quality health care services, both within and outside hospital walls.

"We are proud of the expansive and growing **Southern Region Primary Care Physician Network** and new **ambulatory center** loca-

tions, as well as our new, comprehensive **Southern Region Digestive Disorders Program** launched in partnership with physician leadership at Rutgers Health. Also, Community Medical Center has begun the process to become a teaching hospital and looks forward to welcoming medical residents in 2021," Arnold added.

"Still," he continued, "even with this growth in ambulatory venues and our physician organization, our hospitals continue to be the foundation of our delivery system. RWJBarnabas Health is really focused on ensuring modern and effective health care delivery in the Southern Region. By leveraging our best and vast health care resources and rooting services in our strong primary care network, we're providing the high-quality and convenient care that our community members deserve."

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Courtesy of RWJBarnabas Health

Community Medical Center in Toms River.

Community Medical Center, Toms River

On September 15, 1961, Community Memorial Hospital (now Community Medical Center) opened its doors with fifty beds, fifteen physicians, and nearly ninety health care and support staff. Within five days, the maternity unit was filled to capacity. The demand was so great, the hospital converted treatment rooms, solariums, and corridors into patient rooms, expanding the initial fifty-beds to sixty-four. Today, the hospital is the largest and most active health care provider in the region with 592 beds, over 700 physicians on staff, and 2,500 employees.

Community Medical Center (CMC) is dedicated to advancing the quality of life and health of the greater Ocean County region by providing safe, high quality care. CMC is a fully accredited acute care hospital and maintains national accreditations in multiple specialty areas. Highly sophisticated services, not typically found in a community hospital, include advanced cancer, cardiac, emergency, maternity, and neurology care as well as cutting edge surgical care. Patients have access to advanced technology including the da Vinci Xi robotic surgical platform, the Mako Robotic-Arm Assisted Surgery System for joint replacement procedures, and state-of-the-art

imaging technology.

RWJBarnabas Health is focused on ensuring modern and effective health care delivery in Ocean and Monmouth counties, providing close-to-home access to the latest treatment and clinical trials. This includes the **J. Phillip Citta Regional Cancer Center** at CMC, which offers one of the most sophisticated linear accelerators used for radiation therapy, a CyberKnife for treating inoperable tumors, and holistic therapies to care for the whole person. CMC also provides a broad array of health and wellness programs designed to help people achieve and maintain healthy lifestyles and optimal health.

A recognized leader in **cardiac care**, CMC is dedicated to reducing the impact of heart disease and improving quality of life by offering a continuum of care that includes cardiovascular disease prevention, diagnosis, treatment, and rehabilitation. Utilizing the most advanced treatment options available, CMC's highly skilled interventional and medical cardiologists, cardiac nurses, and specially trained cardiac technicians provide exceptional patient-centered care. The introduction of a fourth state-of-the-art cardiac catheterization lab provides access to life saving emergency angioplasty as well as elective cardiac procedures.

The First Moments Maternity Unit at CMC offers a newborn nursery, a Level 2 Special Care Unit for infants requiring special attention, a fully equipped operating suite, neonatologists and anesthesiologists onsite 24/7, private labor-delivery-recovery rooms complete with Jacuzzis, board-certified obstetricians and certified nurse midwives, and dedicated lactation specialists available to new mothers both during their hospital stay and by telephone upon discharge.

The multidisciplinary team at the **Total Joint Replacement and Spine Institute** at CMC includes highly skilled and experienced orthopedic surgeons, anesthesiologists, physical and occupational therapists, trained registered nurses specializing in orthopedic care, pharmacists, case managers, social workers, and volunteers. In addition, the onsite transitional care unit, a short-term rehabilitation program, helps patients prepare to return home with confidence to continue rehabilitation in the comfort of their own home.

Outpatient services at CMC include women's imaging, laboratory services, and comprehensive rehabilitation (physical and occupational therapy) among others.

Monmouth Medical Center Southern Campus, Lakewood

In the 1930s, Monmouth Medical Center Southern Campus (then Paul Kimball Hospital) played a pivotal role in caring for the victims of two international disasters—the SS Morro Castle in 1935 and the Hindenburg Disaster in 1937—setting the precedent for a philosophy of caring in the region that still holds true today.

Monmouth Medical Center Southern Campus (MMSC) is a fully accredited acute care hospital dedicated to providing the finest medical and health care services to the residents of northern Ocean and southern Monmouth counties.

MMSC is a sister hospital to Monmouth Medical Center in Long Branch and is the only hospital in the region to provide private rooms on all of its inpatient units, providing

an environment more conducive to healing. Several other enhancements have been made to provide superior services to Lakewood and the surrounding region including the **Better Health Senior Membership Program**, a state-of-the-art **Geriatrics Institute**, and an expansion of **cancer services**.

MMCSC is the first hospital in the region to offer **HeartFlow® Fractional Flow Reserve Computed Tomography**, an advanced, non-invasive technology that uses artificial intelligence to provide information about the significance of any blockage and the blood flow through the arteries to the heart. Cardiologists then use this information to develop a treatment plan. MMCSC also successfully implanted the first Bluetooth-enabled, MRI compatible pacemaker in Ocean County, which allows patients to remotely monitor their heart rhythms with their smartphone and alerts their physician should abnormalities arise.

MMCSC now offers the new robot-controlled water jet treatment, **Aquablation® therapy**, for patients suffering from enlarged prostate symptoms. The treatment is performed using a robot-controlled water jet to remove the enlarged prostate tissue.

The Jacqueline M. Wilentz Comprehensive Breast Center at MMCSC offers the latest in screening and diagnostic imaging technologies including digital mammography, tomosynthesis (utilizing advanced 3D breast imaging), ultrasound, breast

MRI, bone density testing, genetic counseling, breast surgery consultations, and stereotactic breast biopsy.

The James and Sharon Maida Geriatrics Institute offers integrated inpatient and outpatient geriatric services, as well as consultative services and primary care for patients 65 and older in one convenient location. In addition, the Institute's geriatricians have a full understanding of the wide range of physical, mental, medical, social, and spiritual issues that older adults can face. The Institute also provides: a Geriatric Emergency Medicine Unit for a separate, specialized, healing environment in the Emergency Department, an Acute Care for Elders Unit (with non-skid floors, bedside recliners, single rooms and private bathrooms for patients over 65), and the free Better Health Senior Membership Program, which offers social programs, health education, preventative screenings, and health and wellness events for individuals over the age of 55.

Opened in August 2017, **The Vascular Institute** at MMCSC provides patients with comprehensive, state-of-the-art, non-invasive diagnostic testing as well as minimally invasive, percutaneous diagnostic and interventional treatments for a vast scope of vascular conditions.

MMCSC has also enhanced its **neurology offerings** this past year by adding teleneurology services, providing patients with remote neurological consultations from one of twenty-five neurologists within the RWJBarnabas Health system. These

highly qualified neurologists are available 24/7 to remotely examine patients who come through the emergency room with any type of neurological emergency, including stroke.

MMCSC is also **the state-designated Psychiatric Emergency Screening Service for Ocean County**. Crisis intervention, stabilization, mobile outreach, crisis hotline, and family crisis services are provided.

MMCSC continues to offer a variety of **educational, screening, and support programs** that include diabetes management/support, nutritional counseling, fall prevention, and balance testing. Approximately 17,643 individuals participated in medical screenings, support groups, and educational programs at MMCSC in 2018.

Monmouth Medical Center, Long Branch

As one of New Jersey's largest teaching hospitals, Monmouth Medical Center (MMC), founded in 1887, serves as a regional medical campus of Rutgers Robert Wood Johnson Medical School to teach third- and fourth-year medical students. It is a member of the Council of Teaching Hospitals of the Association of American Medical Colleges and trains residents and fellows in Dental Medicine, Internal Medicine, Obstetrics and Gynecology, Orthopedic Surgery, Pathology, Pediatrics, Pharmacy, Diagnostic Radiology, and General Surgery.

MMC holds Magnet® recognition from the American Nurses Credentialing Center in acknowledgement of its nursing professionalism, teamwork, and superiority in patient care. It is the only hospital in Monmouth and Ocean counties to consistently receive an "A" Hospital Safety Score by The Leapfrog Group, an independent, national nonprofit organization. It is also the only hospital in New Jersey named one of the nation's one hundred Top Hospitals by IBM Watson Health, which uses independent research to analyze hospital and health system perfor-



Monmouth Medical Center Southern Campus in Lakewood.

Courtesy of RWJBarnabas Health

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Courtesy of RWJBarnabas Health

Monmouth Medical Center in Long Branch.

mance. MMC was among just twenty-five recognized in the teaching hospital category.

MMC offers access to the region's top cardiologists and the award-winning, **nationally recognized RWJBarnabas heart centers.**

For nearly eighty years, MMC's **Orthopedics program** has been a leader of its time—from providing innovative treatment of polio during the 1940s to establishing New Jersey's first orthopedic surgery residency program.

MMC has also pioneered the latest techniques in **minimally invasive surgery**, including robotic surgical procedures in both general and orthopedic surgery. In 2019, MMC became the first hospital in the region, and the second in New Jersey, to introduce da Vinci SP—providing surgeons with robotic-assisted technology designed for deep and narrow access through a single, small incision. MMC also is the first hospital in the region to offer Mako robotic-assisted joint replacement surgery.

MMC partners with **Rutgers Cancer Institute of New Jersey**, the state's only National Cancer Institute-Designated Comprehensive Cancer Center, bringing the newest

and most promising treatments to MMC patients.

The Leon Hess Cancer Center at MMC stands at the forefront of providing the most extensive array of highly advanced cancer services, delivered by a multidisciplinary team of specialists in a caring and supportive environment.

The Jacqueline M. Wilentz Comprehensive Breast Center at MMC utilizes state-of-the-art digital mammography, ultrasound, breast MRI, and breast-specific gamma imaging to provide patients with the highest quality screening and diagnostic technology available.

The Eisenberg Family Center delivers nearly 6,000 babies annually—the most in Monmouth and Ocean counties. Bruce Springsteen was born here seventy years ago. The hospital's **Center for Perinatal Mood and Anxiety Disorders** at is the first and only dedicated center in New Jersey to treat these disorders, which affect one in five women during pregnancy or the first year after giving birth with symptoms that range from mild to severe.

From birth through adolescence, **The Unterberg Children's Hospital** at MMC provides comprehensive

care for children, which includes specialized care for sick or premature infants, as well as those requiring emergency surgery.

The Hirair and Anna Hovnanian Foundation Neonatal Intensive Care Unit (NICU) opened its doors in 1968, making MMC the first hospital in New Jersey and the first community hospital in the country to establish a Level III NICU. The unit provides specialized care for sick or premature infants, as well as those requiring emergency surgery. Today, it remains among the best-rated NICUs nationally, thanks to a combination of the most sophisticated technology and the expertise of highly trained caregivers.

MMC has the largest and most comprehensive **behavioral health program** in Monmouth County. Treatment is provided to children, adolescents, and adults diagnosed with psychiatric and dual disorders. Its Emergency Department offered the region's first **Geriatric Emergency Medicine unit**, and it has a dedicated **Pediatric Emergency Department** as well. MMC also has the first **peer-to-peer opioid overdose recovery program** in the state.

In addition, MMC provides numerous **medical screening programs** to the community, serving approximately 60,000 individuals in 2018 via health fairs, screenings, workshops, education, and lectures.

Rutgers Cancer Institute of New Jersey and RWJBarnabas Health

As New Jersey's only National Cancer Institute-Designated Comprehensive Cancer Center, Rutgers Cancer Institute of New Jersey and RWJBarnabas Health provide patients access to the most advanced treatment options including complex surgical procedures, sophisticated radiation therapy techniques, innovative clinical trials, immunotherapy, and precision medicine close to home.

Their multidisciplinary team of oncologists, nurses, and oncology support professionals ensure a compassionate and comprehensive

approach to diagnosing and treating all types of cancer for both adults and children. Also, patients are provided with an oncology nurse navigator to coordinate care, answer questions, provide guidance, and serve as an important member of their care team during their cancer journey.

“We know cancer doesn’t travel well, and our aim is to keep New Jersey cancer patients as close to home as possible where they can receive the same exceptional care and clinical trial access that they would have if they went elsewhere. Together, RWJBarnabas Health and Rutgers Cancer Institute of New Jersey are committed to providing New Jersey cancer patients with the most advanced treatments available close to home at our facilities in Monmouth and Ocean Counties,” said Steven K. Libutti, MD, Rutgers Cancer Institute Director and Senior Vice President of Oncology Services for RWJBarnabas Health.

Aligning with a leading academic research center allows RWJBarnabas Health to participate in groundbreaking oncology research, transforming discoveries into clinical practice and providing an unparalleled level of patient-centered care. At Rutgers Cancer Institute, researchers have made outstanding scientific contributions towards the national goal of reducing the incidence of cancer and improving the outcomes of cancer patients.

“Our physicians are national leaders in the area of cancer care and clinical research and are major contributors and leaders on clinical trials from the National Cancer Institute and international cooperative groups providing their expertise to help develop advanced treatment options for patients,” added Dr. Libutti.

“With patients as the focal point for everything we do, we continue to expand our oncology nurse navigator program so that every cancer patient has a navigator to guide them through their journey,” noted Dr. Libutti. New patients calling into the oncology access center (844-CANCERNJ) are connected to a nurse navigator from the first

call. This access center also allows doctors and patients to have a single point-of-contact to reach specialists throughout the state.

As a leading provider of cancer services in the Ocean County region, the **J. Phillip Citta Regional Cancer Center at Community Medical Center** is focused on combating this disease through a broadening arsenal of world-class technologies and innovative programs in all areas of cancer prevention, detection and treatment.

Their cancer program has been nationally recognized by the Commission on Cancer of the American College of Surgeons since 1986 and is a National Accreditation Program Breast Center since 2017.

Services include Radiation, Medical and Surgical Oncology, Clinical Navigation Program, Cyberknife, Survivorship Program, Cancer Risk Evaluation Program/Genetic Counseling, Clinical Trials/Oncology Research, Social Worker, Support Groups, and Holistic/Complementary Therapies.

Monmouth Medical Center Southern Campus offers compassionate cancer infusion services in private treatment rooms and a certified nurse navigator. It also offers support and rehabilitation services to those affected by any stage of cancer in Monmouth and Ocean Counties and helps patients cope with and recover from their diagnosis.

The Leon Hess Cancer Center at MMC is the only facility in the two counties to be designated as an Academic Comprehensive Cancer Program by the American College of Surgeons Commission on Cancer, a designation that provides assurance to patients that they are receiving the highest level of comprehensive care.

The Jacqueline M. Wilentz Comprehensive Breast Center is the first center in Monmouth and Ocean Counties to be granted a three-year full accreditation designation by The National Accreditation Program for Breast Centers for “providing the highest quality evaluation and management of patients with breast disease.”

Cardiology and Cardiovascular

The Cardiac Rehabilitation outpatient programs at Community Medical Center and Monmouth Medical Center Southern Campus combine the latest concepts of cardiovascular rehabilitation, optimizing the patient’s physical, mental, and social abilities.

CMC’s dedicated cardiac imaging services provide exceptional diagnostic radiology tests and procedures to help find the best treatment for an array of heart conditions, including heart disease. CMC’s Cardiac Imaging Center is staffed by trained medical professionals and offers the outpatient services including nuclear and exercise stress tests, echocardiograms, and laboratory services.



Courtesy of RWJBarnabas Health

Monmouth Medical Center Southern Campus offers a coronary CT scan and artificial intelligence software that can determine whether a patient has significant blockages in heart arteries.

The Vascular Institute at MMCS provides a wide range of therapies to treat the vast scope of vascular conditions. The Institute, which opened in August 2017, provides patients with comprehensive, state-of-the-art, non-invasive diagnostic testing as well as minimally invasive, percutaneous diagnostic and interventional vascular treatments. MMCS’s health care professionals work collaboratively to determine individualized treatment plans for each patient.

The Vascular Program at Monmouth Medical Center provides a wide range of therapies to treat the vast scope of vascular conditions.

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The program’s multidisciplinary team works collaboratively to determine individualized treatment plans for each patient.

MMC’s **Cardiac Diagnostic Laboratory** offers state-of-the-art diagnostic services to monitor heart health and provide doctors with the information needed to determine if a problem exists. The Laboratory offers a full range of noninvasive cardiac testing including echocardiography, both transthoracic and transesophageal, tilt table testing, and stress testing. Both exercise and pharmacological stress testing is offered, with options for nuclear or stress echocardiography imaging. Twenty-four-hour monitors, ambulatory blood pressure monitors, event monitors, and signal-averaged electrocardiograms are also available for the diagnosis of cardiac problems.

The Joel Opatut Cardiopulmonary Rehabilitation Program at MMC is designed for individuals recovering from heart and lung disease, and is the first program in Monmouth County to be certified for both cardiac and pulmonary rehabilitation by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Orthopedics

The **Total Joint Replacement and Spine Institute** at Community Medical Center specializes in hip and knee replacement surgery using the most advanced surgical techniques available for high quality joint replacement options close to home while patients remain under continuous care of their primary care physicians. The CMC program includes outstanding orthopedic surgeons, specially trained orthopedic nurses and rehabilitation specialists, classes to help prepare for joint replacements, a dedicated inpatient unit, and a comprehensive range of inpatient and outpatient rehabilitation services to speed recovery. The program has received the Gold Seal of Approval from the Joint Commission, an international recognition for quality.

The Orthopedic Surgery Program at Monmouth Medical

Center Southern Campus is committed to getting patients on their feet and returning to what they love—pain free and as quickly as possible. MMCSC offers general orthopedic surgery as well as surgery for sports- and work-related knee, shoulder, elbow, and ankle injuries.

The Rehabilitation Department at MMCSC is dedicated to providing the best care for patients after surgery with extensive outpatient physical and occupational therapy in a comfortable, caring, and nurturing environment. The staff is comprised of highly skilled, experienced therapists with advanced training in their specialty.

For nearly eighty years, Monmouth Medical Center’s **Department of Orthopedics Surgery** has a long and celebrated history. The department handles nearly 2,000 annual admissions and 2,300 outpatient visits each year. A dedicated orthopedics unit and a state-of-the-art operating suite support the growing demand for its services, including treatment of spine trauma and spinal cord injuries, and joint reconstructive and replacement surgery.

Robotic Surgery

Community Medical Center’s robotic surgery team includes sixteen Board Certified surgeons and highly specialized nurses and operating room technicians.

CMC’s Robotic Surgery program is staffed by highly skilled surgeons with over a decade of experience in robotic surgery procedures including gynecology, gyn/oncology, urology, general, and colorectal surgical procedures. CMC features two da Vinci Robotic Surgical platforms, including the latest generation da Vinci Xi.

In 2018, CMC achieved accreditation as a Center of Excellence in Robotic Surgery by Surgical Review Corporation. This validation distinguishes CMC from other facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation. Status as an accredited organization means CMC has met nationally recognized standards.

Monmouth Medical Center has

the most experienced robotic surgeons and the busiest robotic surgery programs in the state. In fact, MMC created the region’s first robotic surgery program.

MMC took minimally invasive surgery to new levels of precision and control when it became the region’s first and only hospital to implement robotic surgery with the da Vinci S Surgical System—the next generation of minimally invasive surgery. The high definition visualization used by the da Vinci System offers patients better outcomes than conventional surgery.

MMC offers robotic surgery for the removal of a variety of cancerous tumors as well as for benign conditions.

Children’s Specialized Hospital

Children’s Specialized Hospital (CSH) is the nation’s leading provider of inpatient and outpatient care for children from birth to twenty-one years of age facing special health challenges—from chronic illnesses and complex physical disabilities like brain and spinal cord injuries to developmental and behavioral issues like autism and mental health. At thirteen different New Jersey locations, their pediatric specialists partner with families to make many innovative therapies and medical treatments more personalized and effective so each child can reach their full potential.



Courtesy of RWJBarnabas Health

Children’s Specialized Hospital has served the shore community for over thirty years.

CSH has served the shore community for over thirty years. This past year, over 6,000 patients were treated at their **Outpatient and Long Term Care Centers** in Toms River.



Courtesy of RWJBarnabas Health

Community Medical Center's Tele-Neurology program connects stroke patients in the Emergency Department with an expert neurologist for rapid evaluation when seconds count.

The two sites (Lakehurst Road and Stevens Road) offer Audiology, Speech and Language Therapy, Occupational and Physical Therapy, Psychology and Psychiatry, Developmental and Behavioral Pediatrics, and more.

And for patients in the area who need more complex care at an inpatient setting, they can be referred to CSH's inpatient rehabilitation hospital in New Brunswick.

Emergency Medicine and Trauma

Emergency medical care is critical for any community. RWJBarnabas Health is proud to offer reliable, efficient, cutting edge emergency services to individuals and families throughout Ocean and Monmouth counties as well as throughout the state.

The Emergency Department at Community Medical Center is one of the busiest emergency departments in New Jersey—caring for children, adults, and seniors for life's minor injuries and more serious illnesses and injuries. **CMC's Fast Track Program** is designed to get patients in and out quickly for less complicated concerns.

The Stroke Program at CMC, which has received the Joint Commission's Gold Seal of Approval, includes **TeleStroke**, which helps patients with a possible stroke be evaluated and treated quickly by stroke experts with cutting-edge technology.

The Pediatric Emergency Department at CMC is dedicated to caring for children and adolescents in a child-friendly environment.

CMC has also established an **Autism Friendly Emergency Department** to meet the needs of patients with autism and their families.

Monmouth Medical Center Southern Campus' Emergency Department ranks in the top one-percent in the nation for patient satisfaction, a distinction it has held for years. It is committed to providing the highest quality emergency care to patients with twenty-nine main beds and an additional eight beds in the **Fast Track** area and is equipped to treat any adult, pediatric, or geriatric emergency.

Monmouth Medical Center's Emergency Department handles a diverse mix of acute cases and about 49,000 annual visits, providing comprehensive care to the acutely ill. It has been designated by the American

Heart Association as an advanced cardiac life support-providing agency for both adults and children. The department also operates **Express Care**, a unit that is available for adults and children with minor emergencies.

Residents in Monmouth and Ocean Counties have immediate access to **RWJBarnabas Health's Trauma Centers** throughout the state thanks to the RWJBarnabas Health partnership with Med-Trans aviation and a state-of-the-art Airbus 135 helicopter. Known as **LifeFlight**, the service includes on-scene and in-air emergency treatment and transportation to the closest, appropriate, state-certified trauma center. The crew includes RWJBarnabas Health Emergency Medical Services flight nurses and paramedics who have had extensive training in emergency air medical and trauma protocols.

RWJBarnabas Health Behavioral Health Center, Toms River

The Behavioral Health Center (BHC) is located on twelve lovely, wooded acres in Toms River. Accredited by the Joint Commission, the BHC offers unparalleled access to a full continuum of behavioral health services for adult clients of all ages including acute care programs and services. The freestanding, one hundred bed facility also offers a specialized unit for older adults. In addition, the facility provides an intensive out-

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LifeFlight, a state-of-the-art Airbus 135 helicopter in partnership with RWJBarnabas Health and Med-Trans aviation.

Courtesy of RWJBarnabas Health

patient program known as Stepping Stones and outpatient services to complete the continuum.

The BHC offers a comprehensive approach to mental illness with tailored programs to treat a wide range of disorders including depression, anxiety, grief, post-traumatic stress disorder, and other mood disorders.

For those suffering from co-occurring substance abuse disorders, BHC provides addiction/recovery groups. The facility offers a multidisciplinary team including psychiatrists, psychiatric advanced nurse practitioners, clinical social workers, dietitians, and pharmacists. With a treatment team approach in place, these professionals partner with the patients to help with the struggles surrounding behavioral health issues. The BHC is a leader in patient experience and has received the Press Ganey Guardian of Excellence Award for three consecutive years.

RWJBarnabas Health Institute For Prevention And Recovery

The Institute for Prevention and Recovery (IFPR) is a leader in New Jersey for substance use disorder focused on prevention and recovery support services. IFPR has thirty years

of experience providing programs and services implemented by a team of highly skilled and incredibly passionate professionals. Through comprehensive programs offered across the state, IFPR perpetuates real change by facilitating effective, long-term impact, which creates prevention and recovery prepared communities.

IFPR is also recognized for its nicotine cessation services, as well as its Training Institute. In addition to providing services at the hospitals, IFPR has quite an extensive reach in the communities in the two counties.

Peer Recovery Program - At all RWJBarnabas Health hospitals, in emergency departments and on in-patient floors, IFPR provides peer-to-peer recovery support for all patients who present with substance use disorder. Patients have 24/7 access to full-time, hospital-based peer recovery specialists and clinical patient navigators.

Deliberate Reduction Of Opioid Prescribing (DROP) - In collaboration with the RWJBarnabas Health Tackling Addiction Task Force, IFPR leads the DROP initiative to help reduce the rate of opioid prescriptions written at patient discharge. At all three Ocean and Monmouth

county hospitals, the program implements clinical protocols that focus on alternative prescriptions, therapies, and procedures to treat and manage acute or chronic pain.

Communities That Care (CTC) - IFPR is the first to run CTC programs in New Jersey, with three out of four total programs located in Ocean and Monmouth counties (Barnegat, Long Branch, and Toms River). CTC brings together all the different parts of the community—schools, law enforcement, business leaders, etc.—to minimize the risk factors and increase protective factors for youth.

DART Prevention Coalition in Ocean County - This coalition focuses on preventing underage drinking, prescription drug abuse, and the illegal use of marijuana and tobacco by working every day with youth prevention coalitions in schools and providing education and “train-the-trainer” programs for schools and community partners. In addition, a just launched county-wide vaping taskforce with the Ocean County Prosecutor and other partners will address education, policy change, and cessation to tackle this growing health epidemic.

Tobacco and Nicotine Cessation Services - IFPR’s Tobacco and Nicotine Cessation Services are available to anyone in Monmouth and Ocean counties free of charge. IFPR’s All Recovery meetings, held in the hospitals and in the community, offer an opportunity for social support and connection with others who are initiating and maintaining a recovery lifestyle. They are open to all who are in any stage of recovery, as well as anyone in need of support, including friends and family members.

With so much to offer for Monmouth and Ocean counties, it’s easy to understand why RWJBarnabas Health is a true partner in health and wellness for the Jersey Shore. ♦

To learn more, visit RWJBarnabas Health’s comprehensive website at www.rwjbh.org.



WABC-TV and WPVI-TV partnered with RWJBarnabas Health Institute for Prevention and Recovery and the state of New Jersey to host a town hall addressing opioid abuse and addiction.

THE HOSPITALS

OCEAN COUNTY

COMMUNITY MEDICAL CENTER
99 Route 37 West, Toms River
(732) 557-8000
www.rwjbh.org/community

Services:

Cancer Care
Cardiology and Cardiovascular, including outpatient Cardiac Rehabilitation Center for Bariatrics
Center for Diabetes Education
Center for Wound Healing and Hyperbaric Medicine
Emergency Medicine
Healthy Lives Program for Congestive Heart Failure
Jay and Linda Grunin Neuroscience Institute
Men's Health
Maternity
Nutrition Counseling
Outpatient Lab and Imaging
Orthopedics
Outpatient Infusion Center
Pediatrics
Rehabilitation Services, including physical, speech and language, occupational, cancer fatigue, lymphedema therapy
Robotics
Stroke
Wellness
Women's health
Wound Care & Hyperbaric Oxygen Therapy

COMMUNITY MEDICAL CENTER OUTPATIENT SERVICES

Center for Sleep Disorders

67 Riverwood Plaza, Building 1
Toms River
(732) 557-2798

Imaging Services

Whiting Imaging
65 Lacey Road, Whiting
(732) 716-9311

Laboratory Services

The Heart Building
731 Lacey Road, Forked River
(609) 242-0322

The Commons Professional Building
888 Commons Way, Building H
Toms River
(732) 240-1777

Holiday Plaza
730 Jamaica Blvd., (1 Mini Mall)
Toms River
(732) 914-8812

The Nexus Building
368 Lakehurst Road, Toms River
(732) 557-3310

Community Health Complex
65 Lacey Road, Whiting
(732) 849-1970

Whiting Lab
401 Lacey Road, Whiting
(732) 350-9374

Outpatient Infusion Center

Community Medical Center
99 Route 37 West, Toms River
(732) 557-3120

Rehabilitation Services

Nexus Building
368 Lakehurst Road, Suite 102
Toms River

Women's Imaging www.rwjbh.org/mammo

Women's Imaging Center
368 Lakehurst Road, 1st Floor
Toms River
(732) 557-8150

Whiting Imaging
65 Lacey Road, Whiting
(732) 716-9311

**MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS**
600 River Avenue, Lakewood
(732) 363-1900
www.rwjbh.org/monmouthsouth

Services:

Audiology
Cancer Care
Cardiac Rehabilitation
Cardiology and Cardiovascular
Emergency Medicine and Trauma
Geriatrics/Elder Care
Maternity
Men's Health
Orthopedics
Outpatient Infusion Services
Surgical Services
Women's Health
Wellness
Would Care and Hyperbaric Oxygen Therapy

Monmouth Medical Center Southern Campus Satellite Breast Center

Jacqueline M. Wilentz Breast Center
at Lakewood
600 River Avenue, Lakewood
(732) 923-7700

MONMOUTH COUNTY

MONMOUTH MEDICAL CENTER
300 Second Avenue, Long Branch
(732) 222-5200
www.rwjbh.org/monmouth

Services:

Behavioral Health Services
Breast Center
Cancer Services
Cardiac Services, including Cardiopulmonary Rehabilitation
Childbirth Preparation and Parenting Programs
Chinese, Indian, and Russian Medical Programs
Cleft Palate Center
Dental Medicine
Diabetes Education
Digestive Health Center
Emergency Services
Epilepsy Monitoring Program

Geriatric Services
HIV/AIDS Program
Joint Replacement and Spine Center
Lung Cancer Screening Program
Maternity Services, including high risk care
Neonatal Intensive Care Unit – Level III
Pain and Palliative Care Program
Pediatric Services, including state-licensed Unterberg Children's Hospital
Radiology and Diagnostic Imaging
Respiratory Services
Sleep Medicine Center
Surgical Services, including advanced Minimally Invasive and Robotic Surgery
Vascular Program
Weight Loss Surgery Program
Wound Treatment Center and Hyperbaric Oxygen Therapy

Monmouth Medical Center Outpatient Lab and Imaging

Monmouth Medical Center
Laboratory
and Diagnostic X-Ray Services
1910 Hwy. 35 South, Oakhurst
(732) 775-1024

Shrewsbury Diagnostic Imaging
1131 Broad Street, Shrewsbury
(732) 578-9640

Monmouth Medical Center Satellite Breast Centers

Jacqueline M. Wilentz Breast Center
at Colts Neck
310 Route 34 South, Second Floor
Colts Neck, (732) 923-7700

Jacqueline M. Wilentz Breast Center
at Howell
4013 Route 9 North, Suite 25
(Aldrich Plaza Shopping Center),
Howell, (732) 923-7700

OTHER FACILITIES

**CHILDREN'S SPECIALIZED
HOSPITAL**
368 Lakehurst Road, Toms River
(888) 244-5373
www.childrens-specialized.org

Outpatient Therapy:

Neuropsychology
Occupational Therapy
Physical Therapy
Psychology
Speech and Language Therapy

**CHILDREN'S SPECIALIZED
HOSPITAL**
94 Stevens Road, Toms River
(888) 244-5373
www.childrens-specialized.org

Outpatient Therapy & Medical and Long Term Care Services:

Audiology
Developmental and Behavioral Pediatrics
Long Term Care
Neurology
Nutrition
Occupational Therapy
Physical Medicine and Rehabilitation (Physiatry)
Psychiatry
Psychology
Physical Therapy
Rehabilitation Technology
Speech and Language Therapy

**RWJBARNABAS HEALTH
BEHAVIORAL HEALTH CENTER**
1691 Highway 9, Toms River
(800) 300-0628
www.rwjbh.org/behavioralhealth

Services:

24-hour crisis intervention services (the PESS units at MMCS and MMC)
Adult and specialized older adult inpatient units and intensive short-term care (voluntary and involuntary)
Case management and supportive services

Outpatient services including individual/group/family/couples counseling and medication management

**RWJBARNABAS HEALTH
AND RUTGERS CANCER INSTITUTE
OF NEW JERSEY
(844) CANCERNJ**
www.rwjbh.org/beatcancer

Locations at:

The J. Phillip Citta Regional Cancer Center at Community Medical Center, Toms River
Monmouth Medical Center, Long Branch
Monmouth Medical Center Southern Campus, Lakewood

Services:

New Jersey's only NCI-designated Comprehensive Cancer Center
Bone Marrow and Blood Transplant
Clinical Trials
Complex Surgical Procedures
Immunotherapy
Nationally Recognized Oncology Specialists
Precision Medicine
Sophisticated Radiation Therapy Techniques

**RWJBARNABAS HEALTH
INSTITUTE FOR PREVENTION
AND RECOVERY
(833) 233-IFPR (4377)**
www.rwjbh.org/preventionand-recovery

Services:

DART Prevention Coalition
Deliberate Reduction of Opioid Prescribing (DROP)
Nicotine and Tobacco Recovery Services
Peer Recovery Program
Strengthening Families
Substance Use Navigators (SUN)
Support Team for Addiction Recovery (STAR) Training Institute