



State of New Jersey

DEPARTMENT OF HEALTH
DIVISION OF BEHAVIORAL HEALTH SERVICES
ANCORA PSYCHIATRIC HOSPITAL
301 SPRING GARDEN ROAD
ANCORA, NEW JERSEY 08037-9699
(609) 561-1700

PHILIP D. MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

JUDITH PERSICILLI
Commissioner

DEBORAH HARTEL
Deputy Commissioner

CHRISTOPHER J. MORRISON
Assistant Commissioner

JOSEPH CANALE
Acting Chief Executive Officer

March 18, 2020

Dear Families and Friends of Our Patients:

While our facility continues to maintain a safe and healthy environment on behalf of our patients and staff, we also understand that it is important to ensure that you are able to communicate with your loved ones during this time. As such, in lieu of patient visits:

- Patients may continue to use the telephones in the common areas/on units until 11:00 p.m. each evening.
- Patients may communicate with their loved ones by mail. In the event that you wish to write your loved one, please forward the letter to:

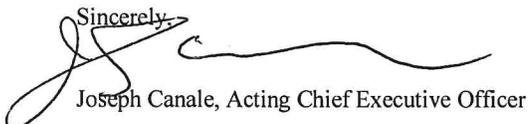
Ancora Psychiatric Hospital
Patient Name:
301 Spring Garden Road
Ancora, New Jersey, 08037

- Patients are still able to receive packages that meet the current facilities policy guidelines.
- A separate room and phone have been set up in each patient area for patients that would like to speak with their families and friends privately. Every effort will be made to accommodate these requests. These calls will be limited to 10 minutes.
- In the event of an emergency, families may continue to contact the hospital's operator at 609-561-1700, and they will be forwarded to the correct party as appropriate.

Please note that we understand that the outbreak of COVID-19 and the uncertainty that we are experiencing is stressful not only for NJ and the nation, but for you and your family. Fear and anxiety about a disease can be overwhelming and cause strong emotions in both adults and children. During this time, it is important to find healthy ways to cope with stress to ensure that we all remain strong, as we find a way to work through this together. We suggest that you practice selfcare in the form of:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, and exercise regularly.
- Get plenty of sleep and avoid alcohol and drugs.
- Try to do some other activities you enjoy.
- Talk with people you trust about how you are feeling.

Sincerely,



Joseph Canale, Acting Chief Executive Officer