

PARAMUS NEW JERSEY PROUD TO BE STIGMA-FREE

THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey
ONE YEAR ANNIVERSARY EDITION

ADI HONORS CODEYS - ASSEMBLYWOMAN VALERIE HUTTLE - CAREPLUS FEDERAL PROJECT ON INTEGRATING CARE - UNION COUNTY TRAINS LAW ENFORCEMENT - USR CHURCH OF THE PRESENTATION PARTNERS WITH DOMINICAN COLLEGE

THE SFZ NEWS OF NJ CELEBRATES ANNIVERSARY !

We've been bringing you the latest, in-depth news on mental health, addiction, homelessness, advocacy, treatment and funding, plus all the doings from our huge NJ volunteer base for a year now!

Just a reminder, **we need your news** on SFZ related events and we want to publish what you send us, no charge !

It's lonely in the Editor's Office without you, so, please, take a moment to email us by the first Friday of the month. We make every effort to publish every submission we receive.

Here's to another great year of fighting stigma!



EMAIL THE EDITOR

DON'T FORGET TO USE/SHARE

ADVOCATE WITH EVERY EMAIL !

Michele Hart-Loughlin, Division Director of the Bergen County Department of Health Services Division of Mental Health has created 3 great email signatures that anyone can use to fight stigma.

Taking a moment to implement things like this is just another way we can *all* eliminate the stigma of mental illness.

To receive these in an email contact The Stigma Free Zone News Here

Visit the Bergen County SFZ Website

**1 in 4
people
suffer from a
mental illness**

**Why are we still
scared to talk
about it?**

WE NEED TO TALK ABOUT MENTAL HEALTH

Start a conversation about mental illness. Learn how!

**Gather 20 people or more and
HOST A MENTAL HEALTH FIRST AID TRAINING.**

The training, just like basic first aid training, teaches participants skills they can use to help a fellow human being who is in need of assistance.

The training will de-mystify mental illness and help eliminate the stigma associated with the disease.

Watch our Stigma-Free Stories then click on the Mental Health First Aid logo on the right of your screen to register to participate as an individual in an upcoming course OR to host a course in your community.



HELP US TO HONOR MARY JO & RICHARD CODEY

At the Second Annual Anxiety & Depression
Gala Fundraising Dinner



Get Your Gala Tickets Today!!

Do not miss out on this wonderful evening, filled with great food, silent auction items, dancing and a great mission.

Mary Jo and Richard have been staunch advocates for the mental health community in New Jersey and beyond. Come out to help celebrate them and all that they do for our community.

7pm on Friday, **October 20, 2017**

At the Bethwood in Totowa, NJ

Tickets Starting at \$75

Go to: www.TheADI.org/Gala

Thank You to our Wonderful Event Sponsors



Otsuka



PSEG

The Gellman Family
Foundation



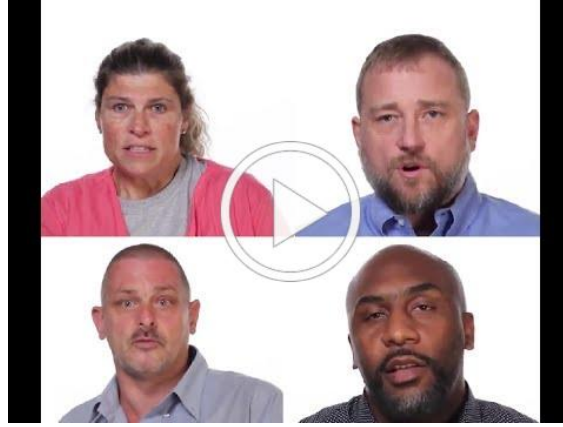
PureBalance
WELLNESS CENTER



Fundraiser Benefiting
THE ANXIETY & DEPRESSION INITIATIVE
P.O. Box 126, Little Falls, New Jersey 07424
973-531-7234 | Info@TheADI.org | www.TheADI.org



Stigma-Free
STORIES 
REAL PEOPLE. REAL STORIES. >>>



Stigma Free Stories is a video production dedicated to raising awareness of mental illness created by the Bergen County Department of Health and Bergen Community College (A Stigma Free Campus). They are striving to create a culture wherein residents (and students) with mental illness feel supported by their community and neighbors feel free to seek treatment for the disease without fear of stigma, thus reducing the stigma associated with mental illness. Participants in the video above are Bergen residents and BCC students who were asked how they have lived their lives with a mental illness *or* how they love/loved someone who lives/lived a life with the disease and how stigma impacted them. The idea is to use the Share Our Stories email signature with a link to these videos to spread awareness with every email.

According to Michele Hart Loughlin of the Bergen County Division of Mental Health, "BCC has been the leading campus in our area fighting stigma." Videos were created by Brian Hemstreet and Jordan Hidalgo of the Information & Technology Department. BCC Wellness Center Director, Kathy Pignatelli, is also active in the Stigma Free and leads all the Mental Health First Aid Trainings for her community.

PRESENTS

MEET THE PROFESSIONAL

Donald C. Goff, MD



Dr. Donald Goff is Director of Nathan Kline Institute in Rockland County where he conducts pioneering research on new and better ways to treat psychiatric illnesses. Dr. Goff has been principal investigator on many studies relating to the treatment and management of schizophrenia. He is also professor and Vice Chair for Research in the Dept. of Psychiatry at NY University Langone Medical Center. Dr. Goff has published over 200 articles concerning schizophrenia and related topics and is the recipient of many awards for his groundbreaking research.

Dr. Goff's presentation will focus on communication strategies when someone refuses treatment and denies having a mental illness or mental health issue.

Thursday, October 12, 7:00 to 9:00 PM

**Bergen Regional Medical Center
230 E. Ridgewood Avenue, Paramus, NJ**

Enter at Main Entrance, and proceed RIGHT to the Auditorium at the end of the corridor.

- **A topic of continued interest and concern to families.**
- **An opportunity to learn from an expert in the field.**
 - **Bring your questions.**

A not-to-be-missed presentation!

This program is open to the public and is free of charge.

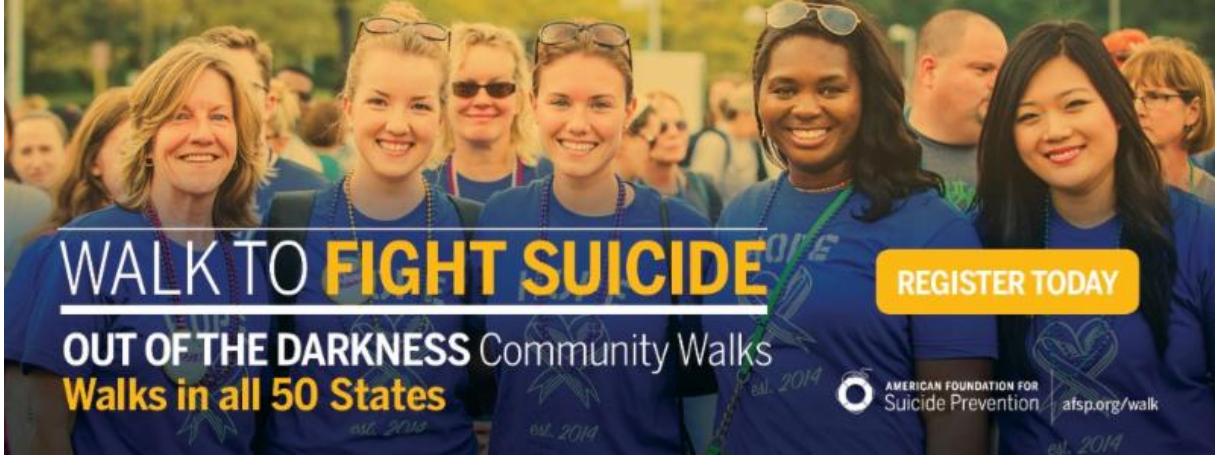
Light refreshments



304 Valley Boulevard, Wood Ridge, NJ 07075

201-935-NAMI (6264)

**RESOURCE TABLES AVAILABLE AT SADDLE BROOK
SUICIDE PREVENTION WALK OCTOBER 22, 2017**



If you represent your town's **STIGMA-FREE** initiative OR your organization provides a service aimed at promoting mental health and emotional wellness and you would like to staff a resource table, please contact the organizer for AFSP's Saddle Brook NJ "Out of the Darkness Walk" directly at wendy@sefcikprod.com

Walk Date: 10/22/2017

Walk Location: SADDLE RIVER COUNTY PARK - OTTO C PEHLE - Saddle Brook, NJ

Check-in/Registration Time: 10/22/2017 at 9:00 am

Walk Begins: 10:00 am

Walk Ends: 12:30 pm

[Register to Walk Here](#)



***Breakfast with Assemblywoman
Valerie Vanieri-Huttle***

Wednesday, October 18th, 9:30AM

Coach House Diner , 55 Rt. 4 , Hackensack, NJ

[Register Today!](#)

Join NJPRA for breakfast and an informative morning with Assemblywoman Valerie Vanieri-Huttle, chairwoman of the NJ Assembly Human Services Committee and representing Assembly District #37. Assemblywoman Huttle has sponsored many bills

on behalf of persons living with mental illness, including: A-3303, the Mental Health Access Act, A-4866 a bill establishing Reimbursement Requirements for Mental Health and Substance Use Services, A-4827 Community Mental Health Safety Net and A-4146 the Fee For Service Monitoring Bill recently signed by the Governor.

CarePlus Federal Project: New Steps Toward Integrated Primary and Mental Healthcare

CarePlus is one of 7 agencies selected by the state to participate in the 2 year Certified Community Behavioral Health Clinic (CCBHC) demonstration program; a federal payment system that is being implemented in 8 states throughout the country.



The vision of the program is to increase access and quality of integrated primary and behavioral health care. This payment system will benefit adults with serious mental illness, children with serious emotional disturbance, individuals with chronic addiction, and others diagnosed with mental health or substance use disorders.

"Our staff is working tirelessly on the CCBHC implementation," explained Joseph Masciandaro, CEO at CarePlus. "The payment system is a breath of fresh air in the midst of an intense funding atmosphere, and we are grateful for this opportunity to continue to provide the most effective and comprehensive care for those that we serve."

Through this bulk funding, there is a unique coverage of activities that historically have not been included for reimbursement, including: services provided outside of the organization, telehealth, peer services, and many essential social services supports. "CarePlus has advanced experience in care coordination and health management solutions," Masciandaro stated. "Many of the key components can be addressed through programs and services that already exist within our agency, and we have solid connections with community partners that will help us to complete the continuum of care."

CarePlus leaders have affirmed that the national vision for the CCBHC project is in line with the agency's goal to offer affordable care to all individuals and families in need. They are optimistic that the implementation will be a step in the right direction for behavioral health care, and commend the NJ Division of Mental Health and Addiction Services for their role in bringing this to communities across NJ.

CHURCH OFFERING SOCIAL ACTIVITIES FOR PERSONS STRUGGLING WITH MENTAL HEALTH

The Mental Health Ministry at The Church of The Presentation in Upper Saddle River, NJ, has been an active Stigma Free Zone since before the movement began. They have hosted 12 week Bergen Nami Family to Family classes rent free for years, run various support groups related to recovery and mental illness, and just have acted as one of the most open and proactive mental wellness communities in the area.

They have partnered with the Occupational Therapy Program at Dominican College in Blauvelt, NY for the second year to welcome mental health consumers to spend mornings or afternoons with a Dominican College Occupational Therapy Professor and 6 graduate students to explore the

joy and health benefits of engaging in meaningful activities together. The activities are at the discretion of the individual, and can be as simple as taking a walk together. According to Sarah Adelson, a Mahwah resident who struggles with mental health and is active in the SFZ and participates in this group, "The activities give you structure...it's a happy thing". They have had fun creating tie-dyed shirts and stained glass so far. "I like the Stigma Free Zone message of hope and recovery," she added.

To sign up to be a part of the remaining morning (10am) or afternoon (12 pm) Groups on Friday, October 13, 2017 and Friday, October 20, 2017, or to inquire about next year's program, contact [Peg Whelahan](#) of the COTP.



CHURCH OF THE PRESENTATION



271 West Saddle River Road, Upper Saddle River, NJ 07453 Road 07353 (201) 327-1313

Living a Full Life

Join us for a unique and empowering journey to discover wellness through engagement in everyday and meaningful activities



Our promise to you is discovery, empowerment and fun!



Quicklinks to News

[Chasing News Video: Suicide Rate among Middle Schoolers in NJ](#)

[Mary Jo Codey Continues Statewide Advocacy](#)

[NAMI Monmouth: Free Booklet Keys to Mental/Emotional Wellness](#)

[NJ SpotLight: State Hosts Suicide Prevention Conference to Reduce Stigma](#)

[NJ Disaster Response: Free Crisis Counselor Training](#)



NJPRA 38th ANNUAL CONFERENCE STEER CLEAR OF THE HAZARDS: Adapt and Succeed

Thursday, November 16th

Friday, November 17th

Join colleagues at the Pines Manor in Edison for 2 days of education, networking & advocacy tailored to the needs of the psychiatric rehabilitation provider community.

How to Build a Stigma Free Zone will be a featured presentation on Friday!

Registration begins next week!
More Information on Sponsorship and Vendor Opportunities



Law Enforcement Response to Individuals with Special Needs/Mental Health Issues Train-the-Trainer Program



Thursday, October 19, 2017

At

The John H. Stamler Police Academy of Union County

Who Should Attend: All law enforcement officers and behavioral health professionals who will be instructing the "Law Enforcement Response to Individuals with Special Needs/Mental Health Issues" training course at the county level. Assistant prosecutors, mental health administrators and staff, and all other appropriate personnel are welcome to attend.

Description: Participants will attend a one-day training session designed to prepare them to teach the "Law Enforcement Response to Individuals with Special Needs/Mental Health Issues" training course. The course is designed to enhance the law enforcement officer's ability to identify citizens dealing with mental health disorders and/or various special needs. The course provides practical techniques to assist police officers in interacting and dealing with these citizens, with the goal of further professionalizing police responses, building relationships and minimizing the necessity to utilize force. The program includes de-escalation techniques often utilized to approach and handle people in crisis. Techniques learned during the training will help reduce the risk of injury or death to both the subject and police officer. The training will cover the proper steps to take when medical or professional assistance is required, including the statutorily prescribed procedure for transporting a mentally ill citizen in crisis to a screening center for evaluation by mental health professionals.

Registration: Please use the survey monkey link listed below.

Note: Participants should arrive on site 30 minutes prior to the start of the session.

October 19, 2017 (Thursday) **John H. Stamler Police Academy (of Union County)**
1776 Raritan Rd
Scotch Plains, New Jersey 07076

8:00 AM to 8:30 AM **Registration**

8:30 AM to 3:30 PM **Training Session**

Register: <https://www.surveymonkey.com/r/7C9G5R3>

Directions: <http://ucnj.org/prosecutor/ucpo-resources/john-h-stamler-police-academy/driving-directions/>

If you have any questions regarding this training, please contact Carmen Acevedo, DCJ Prosecutors Supervision & Training Bureau, via email at acevedoc@njdcj.org or 609 292-8508

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Visit SFZ News on FaceBook

ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED



Visit our website

