

BERGEN COUNTY PROUD TO BE STIGMA-FREE

THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

**SFZ MARCHES IN RIDGEWOOD JULY 4 PARADE - NJAMHAA
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GRIEF**

SFZ MARCHES IN JULY 4 PARADE IN RIDGEWOOD

**This year, Village of
Ridgewood and the Paramus
Stigma Free Zones will march
together in Ridgewood's July 4
Parade.**

**Please come wearing your lime
green or SFZ tees and bring
SFZ signs down to the parade
route to cheer on your fellow
advocates!**

**Flag- raising begins Tuesday,
July 4, at 9 a.m. at Wilsey
Square in Ridgewood and the
parade begins at 10 at
intersection of South Monroe
Street and Godwin Avenue.
Come early, crowds are large
& parking limited. The**



Ridgewood parade is known for being epic !

Why not plan to march in your town's parades going forward? 51 of 70 Bergen Municipalities are now Stigma Free Zones and the movement is spreading across NJ; and that's surely something to celebrate!

[Link to Parade Information.](#)

[More on famed Ridgewood Parade.](#)



LETTER TO THE EDITOR

Dear SFZ News of NJ,

Please support single payer. The A.C.A. is unaffordable for most.

Christine Lozier,
Social Justice Committee



**STATEMENT FROM PAUL GIONFRIDDO,
PRESIDENT, MENTAL HEALTH AMERICA**

I greatly appreciate the work done to push back against the leadership proposals in Congress that would harm access to and coverage for mental health and substance use benefits. I'm asking you to do a little more now.

When Senate leadership delayed the vote on the Better Care Reconciliation Act (BCRA) until after the July 4th recess, we got one more opportunity to make our voices heard before what might be the final vote.

Inside the Capitol, Senate and House leaders can be very persuasive in convincing members to sign on by offering "goodies." Counter this by communicating with your representatives when they are back home next week.

Call their local offices, talk to them directly at picnics or parades, attend town halls, send an email, tweet at them – whatever you can do to make your voice count. You can use whatever reasons you want, but here are some – all fact-checked – that might resonate. If the BCRA should pass:

1. The Congressional Budget Office (CBO) has estimated that, on average, insurance premiums in the individual market will increase by 20 percent in 2018.
2. The CBO has also concluded on average, deductibles for a benchmark plan will increase by \$2,400 per year.
3. **Unless states act, no insurance plans will be obligated to cover mental health conditions, cancer, or offer any other essential health benefits.**
4. In benchmark plans, insurers will be required to cover only 58% of the cost of an average individual's health care, and can charge as much for this as the market will bear. The individual will be responsible for the remaining 42%.
5. **15 million people – many of whom have mental health conditions – will be removed from the Medicaid roles.**
6. Despite the extension of tax credit subsidies to low income people, 7 million fewer people will have private insurance – because the CBO concluded that cost of private insurance will be so high that "few low-income people would purchase any plan."
7. People over 60 will be forced to pay 5 times what young people pay for the same coverage. A 64-year-old with an annual income of \$56,800 would have to pay, on average \$20,500 for health insurance in 2026.
8. People who lose health insurance for more than 2 months will be denied any health care coverage for 6 months when they sign up for it again, no matter what the circumstances.

9. Cutsto Medicaid will be so deep – 26 percent lower than under the current law by 2026, and lower after that – that **this will make it very difficult for safety net community behavioral health centers – which rely heavily on Medicare and Medicaid – to survive.**

Tell them not to roll back the progress we've made in promoting behavioral health. And if they resist, tell them there's an alternative: work together in a bipartisan way on health care reforms that make it easier, not harder, for Americans to get and stay healthy Before Stage 4.

Sincerely,

Paul Gionfriddo
President and CEO, Mental Health America

[LINK TO MHA WEBSITE](#)

SFZ FOUNDER EDUCATES STUDENTS AT HOLY NAME HOSPITAL

Last month Paramus SFZ Founder, Mary Ann Uzzi, addressed a crowd of 50 nursing students at Holy Name Hospital in Teaneck, NJ. in order to educate them about the mission of the Stigma Free Zone and its volunteers. " [I'm] hoping they were inspired enough to bring Stigma Free to their home towns and maybe get Holy Name Hospital to become the second Stigma Free hospital in Bergen County", she said.

Holy Name has been quite involved in attending Stigma Free Zone events in the past year. According to hospital spokesman, Paul Ostrow, the hospital supported the town of Teaneck's efforts to become an official stigma free municipality. The hospital also sent over 30 nursing students and instructors to an interfaith event on preventing stigma at Central Unitarian Church in Paramus in October, 2016.

It is our hope here at the Stigma Free Zone News of NJ that the hospital will take the big step and officially join our league of advocates and volunteers! How can we persuade you?





Quicklinks To News

[NJTV News: Senator Menendez Slams Senate Healthcare Bill](#)

[NJTV News: NJ Moves to Fee For Service Model in Mental Healthcare](#)

NJ SpotLight: Narcan Available Without Prescription at NJ Pharmacies

NJAMHAA STATEMENT ON SENATE BCRA

MERCERVILLE, NJ - New Jersey Association of Mental Health and Addiction Agencies President and CEO Debra L. Wentz, Ph.D. stated that "It is difficult to comment on the just released Senate health care repeal bill without expressing amazement at its inhumanity." She went on to say that, "As many have said before, it is clearly a tax cut for the wealthy and insurers disguised as a healthcare bill."

This bill, should it become law, would be devastating to Americans of many stripes - the elderly, the poor, children, and to hospitals and rural health services alike, but its impact on those in need of mental health and substance use treatment can only be described as catastrophic. Medicaid is the single largest payer of mental health and addiction treatment services in the country and the Senate's possible \$45 billion dollar fund for opioid treatment falls \$140 billion short in meeting the needs of the millions of Americans who will lose access to addiction and mental health treatment.

The "Better Care Reconciliation Act" is how the Senate refers to this bill which, beyond taking health care away from tens of millions of Americans, would cripple state budgets with its severe Medicaid cuts. According to USA Today, "enhanced federal funding for the low-income adults who became newly qualified under the Affordable Care Act would be phased out, ending after 2024. Federal support for traditional Medicaid would also be scaled back. States, which pay a portion of the cost of Medicaid, would have to find new funding or cut the program through restricting enrollment, curbing benefits, reducing payments to health care providers or finding efficiencies."

New Jersey would lose billions in federal funding and 54,000 New Jerseyans would lose their jobs under this bill. The latest estimate of New Jerseyans who would lose their health insurance stands at 540,000.

New Jersey is fortunate to have Senators Booker and Menendez fighting for its interests and against both the shameful process that produced this bill and the provisions within it. The bill has no heart, and is, amazingly, even meaner than what the House of Representatives produced. This does not represent American values or leadership. Congress needs to start over, in a bipartisan fashion, to fix our healthcare system, not destroy it.



JOSH GOTTHEIMER, 5TH DISTRICT NJ
213 Cannon House Office Building
Washington, DC 20515
(202) 225-4465

July 2017

Our country faces a mental health crisis, with an estimated one in five adults, including more than one million adults in New Jersey, diagnosed with a mental

illness. In addition, at least twenty-five percent of troops returning from overseas experience some type of mental health condition, like Post-Traumatic Stress Disorder (PTSD). Veterans account for eighteen percent of all suicides in the U.S., even though they make up less than nine percent of the population. We must support our veterans and families and eliminate the stigma surrounding treatment so they can get the quality mental healthcare they need and deserve.

As your Representative, I am committed to improving access to treatment for mental health and substance abuse. Congress took an important step by passing the 21st Century Cures Act, which included significant, bipartisan reforms to our nation's mental health system, including grants for treatment programs, increasing the mental health workforce, and resources for law enforcement to aid people with mental illness. I have urged the House Appropriations Committee to continue investments in the Cures grants for our communities and the National Institutes of Health, which conducts innovative research to understand, treat and prevent mental illnesses.

In Congress, I will continue working hard to address mental health, and will be sure to keep your thoughts in mind. Thank you again for contacting my office. Please keep in touch with any additional questions or comments.
Sincerely,

Josh Gottheimer
MEMBER OF CONGRESS

EDITOR'S NOTE:

Congressman Gottheimer is hosting Mobile Office Hours throughout the Fifth District to help you navigate federal agencies, receive earned benefits, or get assistance with any other federal issue.

His staff will be at the Demarest NJ Municipal Building (118 Serpentine Rd) on Wednesday, July 5th from 6 p.m. to 7 p.m. to answer any questions, and assist in cutting through red tape.

If you can't make it or would like additional information, you may always call his District Office at (201) 389-1100 or send an email [HERE](#).

FAMILY EDUCATION WORKSHOPS

Workshops for families with an adult relative with mental illness.

**Family Education meets 7 -9 pm
BERGEN REGIONAL MEDICAL CENTER
Behavioral Health Building, Room E218
230 East Ridgewood Avenue, Paramus, NJ 07652**

To register contact Intensive Family Support Services (201) 646-0333

NO WORKSHOP JULY 4, 2017

JULY 11, 2017

PENDING CRISIS?

Presented by Dawn Cerruto, LCSW of the Wellness and Support Center

Learn where your loved one can go to in order to avoid a crisis

situation. Various programs & resources discussed to familiarize you with the mental health system.

July 18, 2017

DIALECTICAL BEHAVIOR THERAPY (DBT) FOR FAMILIES

Presented by Jacqueline Kim Szabo, LCSW

Enhance your understanding of personality disorders and learn DBT skills you can use in your daily life.

July 25, 2017

JOURNEY OF WELLNESS AND RECOVERY*

Presented by Valerie Fox

Valerie Fox is a person in recovery, an author and mental health advocate. She'll share her story of living with a severe mental illness and address how families and the mental health system can help those in need. *Consumers welcome

SUMMER BEACH PARTY FOR TEENS AND ADULTS WITH SPECIAL NEEDS

Friday, July 14, 2017

7:00 - 9:00 PM

The Fair Lawn

Community Center

10-10 20th Street

Fair Lawn, NJ

For more information, email ADACommittee@fairlawn.org or call Morrissa Schiffman at 201-654-5988.

There is a \$5.00 cover charge which covers refreshments.



EDITOR'S NOTE: Thanks to the anonymous author who sent this submission to the SFZ News. While summer is associated with light-hearted vacations and fun, let's take a moment to remember to reach out to those who may be struggling or grieving during the summer months.

Grief

By DidymusMcHugh

When was the lasttime that we thought about grieving?

People grieve many changes in their lives. We grieve losing a job,

a divorce, death, moving and many other changes. But how do we really understand what it is to grieve?

They say that there are five-to-nine stages of grief. The five that are most common are: Denial, Anger, Bargaining, Depression and Acceptance. Some people think that you go from step one through step five in that order, but grief is not that neat and clean, or that predictable. A person can spend a long or short time in any of these phases. They can revisit any phase many times. You can go from denial, to anger, to bargaining, back to anger again, to depression, to anger again, to acceptance and to depression again. It all depends on the individual.

Let's look at the death of someone who died from being sick or old. The family may have been taking care of the individual for years. Even though they understand that the person may be at peace now, it still does not remove the pain. Months may go by until they decide to deal with the person's belongings. People may want this or that to remember their loved one. People may not even touch any of the possessions because it may cause them too much pain.

Events that go by may trigger the grieving process again, such as the person's birthday, the holidays, special landmarks in time or place, a smell that reminds them of the person, or a song. Just like Critical Incident Stress has many triggers, so does grieving; after all, it is a critical incident. Some may just want to sit there and experience the grief because they are afraid that when they stop grieving, they may forget the person.

God says that we should love one another. Being there to be with someone as they grieve is a sign that you care, even just by helping someone figure out the paperwork, or what to do with the possessions. My friend told me that it was a great help as we cleaned out a relative's house. We sat there for hours and talked as we went through everything. We figured out where it was to go, who it would go to, and/or if we would throw it out. Once in a while we would start to laugh, seeing things from our childhood that they saved from years ago, and seeing what we had from years ago.

It is perfectly fine for someone to mourn. We all need time to process our losses. As I write this, I'm thinking of one of my clients that died, who I knew for about 30 years, and also one of my friend's relatives who died. I'm also thinking of someone who means a lot to me that was recently diagnosed with Leukemia. I, myself, am mourning losses with my friends, as well as preparing myself for things that are inevitable. I know that I may be devastated when the person passes, but I also plan to remember the person close to me and I plan on honoring the person with my service, thoughts and actions.

Children sometimes have a harder time dealing with grief, which people can assist with. There are counselors and also some camps that help, such as [Comfort Zone Camps](#). Comfort Zone is

a nation-wide camp [with branches in NJ] that assists children with challenges dealing with their own grief.

I ask that you be there to grieve with those who mourn, and be patient. It is okay to just be there and be silent when you do not know what to say. It is part of caring for people and being part of a family.

We will all grieve at one time or another.

Stay safe,

Didymus McHugh

**FSOBC Weekly
Parents/Caregivers
Support Group**

**Wednesday, July 5, 2017
7:00 PM - 8:30 PM
Meets Weekly in Fair Lawn**

**The Family Support
Organization of Bergen County
(FSOBC) provides support,
advocacy and education to
families and caregivers of
children with emotional and
behavioral challenges.**



Join us Wednesdays, 7:00 pm – 8:30 pm. We have adult supervision available for children/youth at least 5 yrs. old while parents/caregivers participate in support group meeting.

Through sharing experiences we can help you find options or discover approaches that may help in coping with your situation. Talking with and listening to others in similar circumstances can be just what you need to get through a tough time. Sometimes a few words from someone else can make a significant difference! We hope to see you at the support group!

FSO SUPPORT GROUPS

Visit SFZ News on FaceBook

ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED



