

# **BERGEN COUNTY PROUD TO BE STIGMA-FREE**

## **THE STIGMA FREE ZONE NEWS OF NJ**

**Bringing the Mental Health Conversation to New Jersey**

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**TODD OUIDA FOUNDATION -WHAT IS 262 HELP-BERGEN'S PROMISE OPEN HOUSE-WEST BERGEN FASHION SHOW-BERGEN CARE FAIR -MAYWOOD & MAHWAH NOW STIGMA FREE - HOSPITAL NOW STIGMA FREE- QUICKLINKS-MHFA TRAININGS**

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### **The Todd Ouida Foundation: "We work to tell his story"**

I don't know where to begin when it comes to telling you about Andrea and Herb Ouida of River Edge, and the foundation they built to honor the memory of their son, Todd. A very, very few people are powerful, just by virtue of their being, but this describes both husband and wife in a nutshell.

Herb caught my attention when I met him at Central Unitarian Church. The story of how they lost their son, Todd, on 9-11, while Herb was also trapped in the towers, is part of the folklore of our church. It also helps to explain the deep weariness often reflected in Herb's eyes.

But the Ouidas are not weary in person, Herb has been giving back to Bergen County for years, supporting the Bergen Volunteer Center, helping maintain the county's blood supply with an annual bloodmobile, while Andrea is part of the River Edge Stigma Free Zone and both do continuous work for the foundation and other local causes.

Todd was the youngest of 3 children, born in 1976 and raised in the public



school system. All was well until one day, he simply refused school. Panic attacks hit him out of nowhere in the 4th grade. Even getting him out of bed was a job.

Enter Andrea, the peppier half of the Ouida marriage; a strong woman with remarkable patience and compassion, who had to find the inner strength to pry her son from his post under the dining room table and keep some daily semblance of normalcy going for her family's sake.

They were at a loss on how to balance Todd's struggle with the other children's needs, and questions. "Herb called it *the problem*", said Andrea. They experienced the sorrow of giving a frail child strong medications, which failed, and weathered the ignorance of adults who thought Todd's problems were just "manipulation". Todd was tutored at home and Andrea accompanied him to 4 weekly therapy sessions, seemingly spending every day in the car. Herb worked at the Port Authority, and as expenses rose over the 2 1/2 years Todd stayed home, they ultimately took a second mortgage to fund his care, despite good insurance.

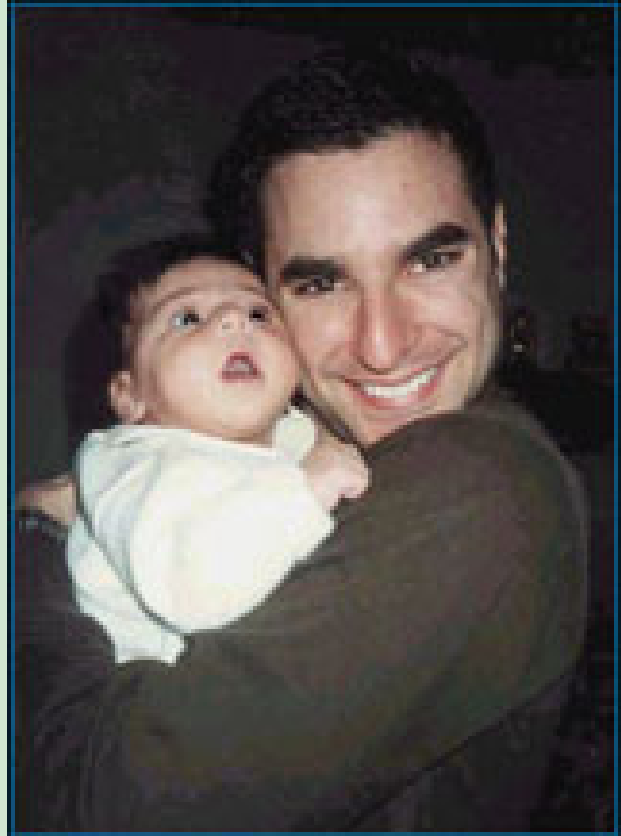
Todd did recover, returning to a normal life in 7th grade, reentering the same school district, welcomed back, no questions asked. He grew close with his siblings, played sports and entered the University of Michigan. When he perished on the 105th floor at Cantor Fitzgerald in the World Trade Center, he was only 25 years old.

After Todd's Memorial Service, donations poured in, so the family built the foundation from a wish to help others navigate the uncertain world of childhood mental illness. "When we dealt with Todd, children's mental illness wasn't recognized", said Herb. "Now we know mental health is part of overall health". "We realized we had to raise awareness of the issue of childhood mental illness and promote early intervention", he said.

Continued, right...

[Ouida Clinical Scholar Awards, U Michigan](#)

[Ouida Foundation Website](#)



How can you not admire such perseverance, and unselfishness? The will to go on after the fight has been won, and then lost, is a blow most could not endure. But the Ouidas go on together, optimistically, thoughtfully and with great love in all they do.

Their foundation supports an endowed lecture position at Todd's U Michigan alma mater, and a yearly conference on children's mental health as well as funding many local mental health projects.

REGISTER FOR OUIDA  
CONFERENCE

The Center for Autism and Early Childhood Mental Health



College of Education and Human Services • 1 Normal Avenue, Montclair, NJ 07043 • 973-655-4000

**Sixth Annual  
Todd Ouida Children's Foundation Conference**

*Ensuring Social Justice for Children in Infant  
and Early Childhood Centers and Schools*

**Thursday, May 11, 2017**

**8:30 am – 3:30 pm**

**Montclair State University - University Hall Conference Center**

*Honoring Dr. Anne Armstrong-Coben and Kathy Courain with the  
Todd Ouida Children's Hero Award*

**Walter Gilliam, PhD**

Professor in the Child Study Center and  
Psychology, Yale University;  
Director, The Edward Zigler Center in  
Child Development and Social Policy



*Preschool Expulsion and Suspension: What  
We Now Know about Disproportionality,  
Implicit Bias, and Possible Ways to  
Address These*

**Polly Gipson, PhD**

Clinical Assistant Professor  
Trauma and Grief Clinic Director  
Department of Psychiatry  
Michigan Medicine  
University of Michigan  
*Promoting Social Justice Through  
School-based, Trauma-Informed  
Emotional and Educational Supports  
for Children*



**Matthew Cruger, PhD**

Clinical Neuropsychologist  
Senior Director, Learning and  
Development Center  
Child Mind Institute  
*Wondering about the Influences  
Behind Behavior: Insights from  
Development and  
Neuropsychology that Promote  
Just Interventions*



**Self-Care/Experiential Activity led by Kaitlin Mulcahy, MA, LPC, Associate Director CAECMH**

**General registration fee - \$45.00 (\$50 at the door)**

includes breakfast, lunch, parking and a resource flash drive.

**Fee for Conference and CAECMH 5<sup>th</sup> Anniversary Reception at 5:30 pm: \$100.00**

For more information, please call 973-655-6685 or email [caecmh@montclair.edu](mailto:caecmh@montclair.edu)

Attendees eligible for Social Work CEUs in accordance with #N.J.A.C. 13:44G-6.4(b)4 & professional development hours for NJ teachers

**To register, click on:** <https://registrationfor6thtocfconferenceatmsu.eventbrite.com>

**Co-sponsored by:**

**Children's Aid and Family Services - Interdisciplinary Council on Development and Learning  
New Jersey Association for Infant Mental Health - West Bergen Mental Healthcare - Youth Consultation Service**

**LETTER TO THE EDITOR**

**Thank You!!  
Loved this newsletter.  
And, I get quite a few.  
Well done.**

**Gwenn Hauck**

**SHARE House of Ridgewood**



*Please join us as we celebrate*

## **Bergen Regional Medical Center**

First Hospital in Bergen County to be Declared

# **STIGMA-FREE**



**Flag Raising Ceremony • April 18, 2017 • 9:30am**

BRMC Main Entrance Flagpole  
230 East Ridgewood Ave. Paramus, NJ 07652

**Reception and Stigma-Free Networking Breakfast**

Following in the BRMC Auditorium

**Register @**

<http://conta.cc/2o4Crdz>

or

[www.bergenregional.com](http://www.bergenregional.com)

**#stigmafree**

**Facebook:** [facebook.com/BergenRegionalMedCt](https://www.facebook.com/BergenRegionalMedCt)

**Twitter:** @BergenRegMedCt

**YouTube:** Bergen Regional Medical Center

**Google+:** [google.com/+BergenRegionalMedicalCenter](https://plus.google.com/+BergenRegionalMedicalCenter)

**Instagram:** [bergenregionalmedicalcenter](https://www.instagram.com/bergenregionalmedicalcenter)

REGISTER FOR BRMC SFZ EVENT

**Bergen's Promise  
Participating in Crisis  
Intervention Team (CIT)  
Training**

## **(Reprinted from Website)**

In collaboration with our county Children's System of Care (CSOC) partners, Bergen's Promise has the honor to be an integral partner in delivering a segment of training for the Bergen County Crisis Intervention Team (CIT) Training. CIT is a 40-hour training targeting law enforcement officers and mental health providers by bringing stakeholders together to improve access to mental health services on the front line of our communities. Mental health providers participate in the training alongside local and county law enforcement officers to learn how both systems manage mental health emergencies and what challenges they face in their respective professions. It also explores how mental health providers and law enforcement officers can work together to increase positive outcomes during a mental health crisis.

Bergen's Promise recently sent one of the Health and Wellness Educators of their Behavioral Health Home, Ellen Indoe, through the 40-hour training. She subsequently represented the agency in the two most recent CIT trainings highlighting the Wraparound Approach to a Child and Family Team and the role of Care Management Organizations in the New Jersey Children's System of Care.

Along with representatives from other CSOC partners, Children's Mobile Response (Care PlusNJ) and Family Support Organization of Bergen County, the law enforcement and other mental health providers were provided an inside look at the services and benefits youth and families experience after PerformCare is called. Trainees were shown how the Children's System of Care could benefit their own family and friends.

For more information about how you can get involved with CIT training, click here:

**[Crisis Intervention Team, Haddon Heights NJ](#)**

**[Bergen Resource Net Website](#)**



# MAYWOOD MUNICIPAL ALLIANCE

## **MAYWOOD DECLARES MUNICIPALITY A STIGMA FREE ZONE**

One in four adults experiences a diagnosable mental illness every year and many of these individuals do not seek help because of fear of shame or judgment from friends, family and coworkers. Maywood has made the first steps toward eliminating the stigma associated with mental illness. The elimination of mental health stigma will allow residents to get the resources they need without judgment.

Mayor Adrian Febre along with members of the council passed a resolution designating the municipality a Stigma-Free Zone in order to create an environment in which residents will feel free to seek treatment for the disease of mental illness without the fear of being stigmatized. Maywood joins the County of Bergen in declaring a Stigma-Free Zone.

Maywood's Municipal Alliance hopes to raise awareness of the disease of mental illness, provide an effective way to reduce the stigma associated with the disease and encourage those who are affected to seek services and feel supported. The establishment of this Stigma-Free Zone will raise awareness of local mental health resources so no one resident needs to feel hopeless or alone. The elimination of stigma will enable residents to ask for help when needed so recovery can begin, hope is inspired and tragedies are avoided.

Maywood's Municipal Alliance urges anyone who would like more information on the Stigma-Free Campaign to contact Lisa Schieli. Help us to eliminate stigma and promote wellness for all Maywood and Bergen County residents.

[LSchieli@maywoodboro.org](mailto:LSchieli@maywoodboro.org)

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### **Quicklinks to News**

[Garfield Daily Voice: Tedesco Fights for Mental Health at Lodi Hearing](#)

[NYTimes; Glen Close and Patrick Kennedy on the Weight of Mental Illness](#)

[Madison Eagle: Madison Paints Town Yellow for Mental Health Awareness](#)

[NorthJersey.Com: Teen Advocates in East Rutherford](#)

[E. Hanover Patch: 7 Stigma Free Morris Municipalities](#)

[BRMC May Wellness Fair](#)

[NJ SpotLight: 1500 Mental Health Beds Added to Community Programs](#)

[NJ SpotLight: Early Intervention Means Fewer ER Visits](#)

[SFZ News Available Online at ResourceNet Industry News Section](#)

[CBH Care 5/18 Culinary Adventure & Wine Tasting](#)

[MIT Improves Cognitive Testing For Alzheimer's Using Artificial Intelligence](#)

[Free Narcan Training 4/18 in Hackensack](#)

[The M Blog: Englewood Community Chest Gala May 3](#)

[Allergan Foundation Supports Mental Health](#)

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The Allergan Foundation is proud to support the Stigma-Free Initiative by sponsoring two free trainings on Tuesday, **May 2<sup>nd</sup>** or Monday, **May 8<sup>th</sup>**, 2017

# Youth Mental Health First

## Aid

Parents, teachers, and other adults working with youth in the community:

Learn more through a **nationally certified program** about **anxiety, depression,** and other mental health symptoms common in youth

### What You Will Learn:

- How to recognize the signs of mental illness in our youth and how to respond and take action as a non-professional.
- Risk factors, facts and figures behind mental health disorders in the US.
- What stigma is, the harm that it causes, and what can be done to reduce it.
- How and where you can find resources.

- **Paramus Stigma Free** is hosting from **9 AM- 5 PM** on **May 2<sup>nd</sup>**, 2017 at the Bergen Regional Medical Center located at 230 E. Ridgewood Ave., Paramus

OR

- **Park Ridge Stigma Free** is hosting from **9 AM-5 PM** on **May 8<sup>th</sup>**, 2017 in the Park Ridge Community Center Room located at Borough Hall: 53 Park Ave, Park Ridge, NJ 07656



**BERGEN COUNTY  
PROUD TO BE  
STIGMA-FREE**

This presentation is open and has been designed for all community members interested in learning more.

Space is limited, so please register to reserve your seat.

\*Park Ridge/Paramus residency **not required**.

To register please contact Shelby Klein at [Shelby@careplusnj.org](mailto:Shelby@careplusnj.org)

Like us on Facebook: [www.facebook.com/ParkRidgeStigmaFree](http://www.facebook.com/ParkRidgeStigmaFree)

Register With Shelby at CarePlus Here

## **CENTRAL UNITARIAN CHURCH HOSTS FREE MENTAL HEALTH FIRST AID CERTIFICATION**

**A free, interactive course taught by the Bergen County Division of Mental Health Services will be offered for FREE at Central Unitarian Church**



**156 Forest Avenue, Paramus NJ**

**Saturday, April 22, 2017**

**9 am - 5 pm**

**Bring your own lunch**

**Pre-Registration is required  
as space is limited.**

**Call Andrea Ouida at 201-265-7765  
or email below**

[Pre-Registration Here](#)



**Bergen's Promise Open House Looks to Build New  
Community, School, University, Pediatric & Hospital  
Collaborations**

**"A Fantastic Journey"**

Grab your Passport for April 26 and drop by from 2:30-6:00 at Bergen's Promise Hackensack office for a fun afternoon. Participants will learn about the services provided to children and families through the NJ Children's System of Care partner and help them celebrate their 15 year history.

Explore and discuss potential collaborative partnerships with us to improve the well-being of Bergen's families. Students, teachers professors, families, non-profits, health educators, pediatricians and nurses are encouraged to attend.

To obtain your Boarding Pass [click here to register.](#)

[Email for more information here](#) or call Kathy Werheim at 201-712-1170.

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## SFZ Member & Comedian Micheal Weitzman Featured in Chasing News TV Story

**Way to go, Micheal!**



**See Micheal at BRMC April 18**

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## What is 262 Help?

By Jayne Demsky, NAMI Bergen County  
with Cynthia Chazen, SFZ News of NJ

NAMI Bergen County's January 2017 "Meet the Professional" series hosted Lisa Montuore, Program Manager of Bergen's Psychiatric Emergency Screening Program, known as 262-HELP. This service is available 24/7 every day to Bergen residents to provide free, specialized outreach through an emergency mental health response service.

The certified Mental Health Screeners who answer 262 calls are highly trained to provide assistance, psycho-education, supportive listening, suicide risk assessment and to determine what intervention or hospitalization may be needed. "Our goal is to always divert from an ER visit if possible", said Lisa. "Screeners understand when people call, things are probably pretty bad. We'll respond with compassion without compromising safety."

262 HELP aims to prevent escalation during a mental health crisis. They work collaboratively when possible with callers/clients. If needed, a social



[More About 262 HELP](#)

worker will meet with individual and family within 15 minutes of a call, if staff is available.

Together they determine if outpatient or inpatient services would best suit the individual. 262 HELP staff have a lot of on-the-fly decisions to make; whether there is danger, self-harm, or if police need to be involved. "We don't want to scare people", said Lisa. The 262 staff have an ongoing partnership with Bergen police "Our relationship is good and CIT training [coming soon] is only going to make it better," she said. When police are needed, 262 HELP educates the police before entering a house about the mental health emergency and assures clients about police presence and what to expect as soon as they enter. This helps the team and client and keeps things calmer and easier for all involved.

If any *involuntary* hospitalization is required, clients will go to Bergen Regional Medical Center, the county's "Designated Screening Center". BRMC has extended crisis intervention beds with monitoring and ongoing evaluations. This may be the best option for clients if doctors and/or family feel they need more information before they admit to a hospital.

In voluntary situations if Screeners have ruled out the potential for suicide, self-harm or danger to property or other people, clients can request to go to another hospital. 262 HELP does not escort people to the ER, it educates them on their options instead. "Our goal is always to provide care in the least restrictive way and we respond in a helpful spirit", said Lisa. " But our motto remains, we don't know until we go".

262 HELP receives calls from all over; hospital ERs with people in crisis, parking lots, and from private homes. They service mostly adults 18+, but can evaluate minors if guardian or parental consent is given. Another county option just for minors is the Children's Mobile Crisis Unit also run by CarePlus. Families in potential need should understand both services so they can respond correctly if an emergency situation arises.

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## Hidden in Plain Sight

Do you know  
where teens hide  
their stash?

Do you know  
about the current  
drug trends?



Do you know  
what is in this  
teen's bedroom?

Tuesday, April 25, 2017

7:00—9:15 pm

Doors Open at 6:15 pm

**Westwood Regional Jr./Sr. High School**

701 Ridgewood Road

Township of Washington, NJ 07676

**Interactive Awareness Program designed for Parents,  
Caretakers, Educators and Community Members \*\***

\*\* Due to the nature of this program no one under the age of 18 is permitted to attend

**Dynamic Presentation by Tim Shoemaker  
Q&A with Experts in the Field - Resource Tables**

*Prescription Drug Drop Box Onsite—Dispose of Your Unused Prescriptions*

This is a county-wide event. Space is limited and registration is required.

**To register** or if you have any questions, please contact Stephanie Hartman at [shartman@co.bergen.nj.us](mailto:shartman@co.bergen.nj.us) or (201) 634-2741 or [www.hips.eventbrite.com](http://www.hips.eventbrite.com) or visit [bergenhealth.org](http://bergenhealth.org)

Sponsored by: The Bergen County Division of Addiction Services's County Municipal Alliance Program, the Borough of Westwood and the Township of Washington

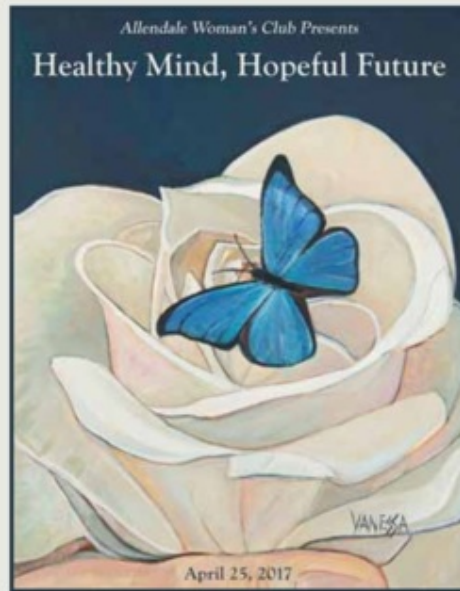
**Bergen County Executive**

James J. Tedesco III

**BOARD OF CHOSEN FREEHOLDERS**

Tracy Silna Zur, *Chairwoman* · Thomas J. Sullivan, *Vice Chairman* · Dr. Joan M. Voss, *Chair Pro Tempore*  
Mary J. Amoroso · David L. Ganz · Germaine M. Ortiz · Steven A. Tanelli

The 2017 Allendale Woman's Club Fashion Show



## Healthy Mind, Hopeful Future

A Benefit for West Bergen Mental Health and Other Charities

April 25, 2017 from 6:30 p.m. to 11:00 p.m.  
at Seasons of Washington Township, NJ

Cocktail Hour • Dinner • Open Bar • Basket and 50/50 Raffles  
• Fashion Show by Fig Leaf of Maywood

Tickets: \$80 per person

Reservations: Christine Martin, 201-694-6805

For more information, please visit the AWC website: [www.allendalewomansclub.org](http://www.allendalewomansclub.org)



Are Proud to sponsor The 2017 Allendale Woman's Club Fashion Show

Healthy Mind, Hopeful Future

*Congratulations!*

**Congratulations to our friends in Mahwah on becoming the latest Bergen County Stigma Free Zone. Watch future issues for**

SAVE THE DATE!

FIRST ANNUAL



## BERGEN COUNTY CARE FAIR

The Health Care Providers. The Social Service Resources. All in One Place.

**SUNDAY, APRIL 23, 2017 | 12:00 - 5:00 PM**

Hilton Hotel, 650 Terrace Avenue, Hasbrouck Heights, NJ | [www.bergencarefair.org](http://www.bergencarefair.org)

A **ONE STOP SOURCE** to help all Bergen residents cut through the health care and social service system maze, learn about their options, and connect with the right providers and services. **A FAIR FOR** seniors, children, families, veterans, the disabled, special needs, mental health, chronic disease, all income levels, *you and the people you love.*

Bergen County Executive James J. Tedesco III and the Board of Chosen Freeholders

Bergen County Care Fair | P.O. Box 422, Hackensack, NJ 07602 | 201.336.7425 | [info@bergencarefair.org](mailto:info@bergencarefair.org)

**The next meeting of the Paramus Stigma Free Zone is at Paramus Town Hall on May 3, at 12 noon. Reach us through our Facebook Page or website if you would like information on becoming a Stigma Free Zone.**

