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Volume XVI | January 2018

# TOWNSHIP OF WASHINGTON PROUD TO BE STIGMA-FREE

# THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

STIGMA FREE SYMPOSIUM - NEW BRIDGE'S DEB VISCONI IN THE HUFFPOST -STONY POINT CONFERENCE CENTER LEADS WITH LOVE - SUSSEX COUNTY IS NOW STIGMA FREE - DOWNLOAD ON PEER SUPPORT - QUICKLINKS - 2018 MH PROGRAMS

# STONY POINT CONFERENCE **CENTER FIGHTS STIGMA WITH LOVE**

By Cynthia Chazen

Yes, this is the SFZ News of NJ but... Rockland County is just a stone's throw to the north and the story behind the good people at the Conference Center is just too good not to share.

I discovered this peaceful oasis as a Job Developer; one who finds employment for persons with disabilities (including mental illness). A colleague took me to meet their head of food service and directors because they employ many people with disabilities. I was seeking a job for a client who, due to years of intractable mental illness and addiction (and now solidly in recovery), was basically labeled "unemployable" in the eyes of other institutions/agencies I had tried to set him up with. I believed given the right atmosphere he could work - and he was just so sad, bored and lost without

the purpose of honest work.



www.stonypointcenter.org



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I remembered their sign. It was one about loving your neighbor unconditionally, and it sits proudly, right in front of the SPCC for all to see.

It made me wonder if there might be a small job there for someone who really, really, needed another chance. I remembered the warm feeling that kind of hit me when I walked in their door. The Center radiates a specific vibe that is just... unmistakable.

It feels like love there.

There are lot of reasons this conference center is successful and always busy, especially among many diverse religious communities; the great food, good value for money and the simple hospitality offered by all staff that is their hallmark. But behind the quiet and calm exterior this place runs on sweat and muscle, like a dedicated athlete. Running a large conference center takes hard work.

I asked Co-Director Kitty Ufford-Chase about the Center's experience with their mentally ill employees. "They are steadfast and willing", she replied, "If we take one step, the person takes ten steps towards us." She remarked what a gift it is that disabled people are willing to be completely themselves. "It's the most rational thing to offer everyone an opportunity," she added sincerely. I asked her if the Center's guests noticed their special employees. "Our guests do notice and take their cues from us", she replied, "We act naturally and they clue in quick". She remarked too, that they have never received a complaint about any of their hard-working, disabled employees.

My client is doing quite well here. If his ride doesn't show up, he even pays a half day's wage to get a cab to work!

You should just see his smile.







Visit The Conference Center Website

**CEO** Shows the Path to True Female Empowerment

By Dr. Munr Kazmir

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Click to read the entire November 3, 2017 **HuffPost article about the new President & CEO** of NJ's New Bridge Medical Center, the 4th largest NJ Hospital (formerly called Bergen Regional Medical Center) in Paramus).

# **3RD ANNUAL BERGEN** STIGMA FREE SYMPOSIUM

# **REGISTRATION IS NOW CLOSED**

**Watch For Our February Issue** 

for Synopsis of Conference

3rd annual Conference Features:

## **County Executive, James Tedesco III**

Rich LaBarbiera, Mayor of Paramus

Wendy Sefcik, NJ Youth Suicide **Prevention Advisory Council** 

**Dave Brimmer, US Department** of Veterans Affairs

Captain Emilio Gonzalez, **Port Authority Police Department** 

**Email Bergen County Division** of Mental Health with Questions

**Or Visit Their Website** 



advocates as we come together to learn how the Bergen County Stigma-Free Initiative... • Has come to life in Bergen County

- Has changed lives in Bergen County
- Is saving lives in Bergen County





BERGEN COUNTY
DIVISION OF ADDICTION SERVICES
GCADA ALCOHOLISM & DRUG ABUSE Register at www.bergenhealth.org

# COUNTY OF BERGEN JAMES J. TEDESCO III, COUNTY EXECUTIVE

AND THE 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. Tanell

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## Eligibility Criteria:

- 18 years of age or older.
- Experiencing a crisis or emotional distress.
- Identifying as living with a mental health or substance use disorder.
- Must have stable housing to return to.

Our Wellness Respite House is staffed 24 hours a day, 7 days a week by people who are trained and experienced in supporting others to transform a crisis into an opportunity for enhancing personal wellness and recovery.

All admissions must be voluntary.

Serving the following counties: Hunterdon, Somerset, Warren, Union, Essex, Hudson, Bergen, Morris, Sussex, Passaic

For more information about Wellness Respite Services: (862) 239-9896 PassaicCountyRespite.org www.cspnj.org

The mission of our
Wellness Respite Services
is to instill a sense of hope,
empowerment, and selfdetermination in people in
emotional distress fostering
recovery and wellness in
order to pursue valued life roles
and personal goals.





# WELLNESS RESPITE SERVICES SERVING NORTHERN NEW JERSEY

Services Provided:
Wellness Respite House
Intensive Outreach
Follow Up Support



## **QUICKLINKS TO NEWS**

NJ:Com Opinion: 10 Things Murphy Can Do To Make
NJ's Largest Psych Hospital Less Dangerous

Preserve Greystone: History of Greystone Psychiatric Hospital

MHA: Free Download of Peer Support Facilitator Guide

NJ Herald: Confronting The Stigma of Addiction, Mental Health

Covers Sussex County's Stigma Free Launch on Many Fronts

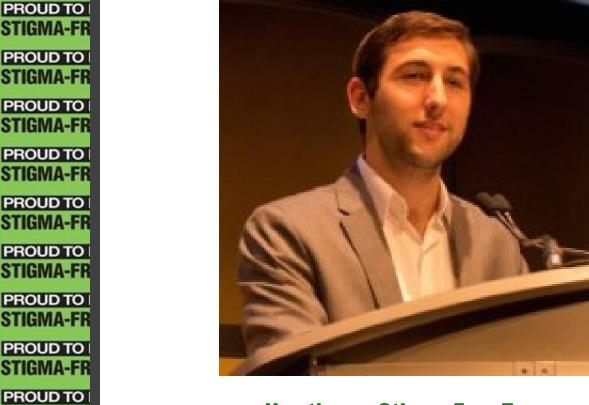
NJ Herald: Freeholders No Stigma for Mental Health in County

Township of Washington: Stigma Free Resolution Declared

NJ Patch: Paramus Mental Health Advocate Named a Hometown Hero

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Hawthorne Stigma-Free Zone Features Advocate Sean Campbell

Hawthorne held a public night last month to discuss mental health and wellness during the Holiday Season. The Stigma-free team, including local town officials and religious leaders, invited <u>Sean Campbell</u>, <u>award-winning NJ mental health advocate</u> and speaker, to lead the conversation at the local library. The presentation opened with basic education on mental health and wellness, briefly identifying the 8 spheres of wellness based on the SAMHSA model.

Sean further identified the role of trauma and its effects on people, as well as the impact of stress on youth. Sean was able to share his own personal experiences, and touched briefly on the significance of the spiritual or "purpose" in efforts to build up wellness in one's life. Lastly, tools were identified to help participants through the holiday season, a time which often brings increased stress and emotional pain.

Sean also brought other notable ideas to promote a stigma free community:

When seeking a therapist, do not think of it as "needing to go to somebody who will tell me what to do because I can't do that for myself," but rather "going to a healthy place where 'you' lead the conversation into areas you want to address".

Be aware of how often you assign people an identity associated with a mental health diagnosis. We do not do this with a physical diagnosis, yet people are often heard saying, "Oh, she is bi-polar," when they would never say, "Oh, she is heart disease."

If concerned about friends or family struggling through dark times, do not question them but rather identify observations you've made and listen non-judgmentally to discover if there is any accuracy - see what that person thinks of their situation.

Click our You Tube link at the bottom of this newsletter to watch video of Sean accepting the NJ Governor's Award for Fighting Stigma!

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Winter Options Code Blue Sit-up Shelter Hackensack Agreement State Law December 15-March 15 Anytime temp is: Not temperature 32 degrees with Precipitation dependent 25 degrees or below without Individuals Given Chairs and Blankets Families have different location Breakfast provided and triage Determined by OEM Undocumented individuals (201-753-7762) permitted to stay Enforced by Law enforcement Much more lenient in

admission criteria

take note of the new

## Code Blue State Law

If you work with or encounter someone who is homeless, please know the options available to them at the **Bergen County Housing Health & Human Services** Center [BCHHHC] (120 S. River Street, Hackensack).

If you have any questions, contact Julia Orlando at the BCHHHC 201-336-6476.

Feel free to share

this information with your colleagues!



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**Onami** Bergen County

**PRESENTS** 

## MEET THE PROFESSIONAL

## Pritesh Shah, MD

Dr. Shah graduated from Medical school in India and did his Residency at Bergen Regional Medical Center (now New Bridge Medical Center). He pursued Fellowship Training in Forensic Psychiatry and was Director of Forensic Psychiatry of Elmhurst Hospital Center, He has held faculty positions at NYU Medical Center and at Mt. Sinai Medical School as Clinical Assistant Professor. Dr. Shah has lectured extensively and has published in the field of psychiatry. Presently, Dr. Shah is Chief of Psychiatry at Holy Name Medical Center and in private practice in Westwood and Teaneck. He also consults in many nursing homes and in the forensic arena.

Dr. Shah will introduce us to a new personalized medical test that helps doctors find which medicines will genetically work best for an individual.

Thursday, January 11, 7:00 to 9:00 PM 230 E. Ridgewood Avenue, Paramus, NJ



Enter at the MAIN entrance and proceed RIGHT to the auditorium at the end of the corridor

A swab test to check for compatibility of a medication? Sound too good to be true? Well, it's not!

It's here! It's simple! It eliminates a lot of guess work.

A major breakthrough we need to learn about!

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)

# **FAMILY EDUCATION WORKSHOPS**

Presented By Comprehensive Behavioral Healthcare's **Intensive Family Support Services** 

For families with an adult relative with a mental illness. Workshops from 7 pm to 9 pm at: New Bridge Medical Center: Behavioral Health Building, Room E218, 230 East Ridgewood Ave., Paramus, NJ 07652

If interested in attending, please contact

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PROUD TO STIGMA-FR STIGMA-FR Intensive Family Support Services: (201) 646-0333 **1A-FREE ST** PROUD TO D TO BE PR **WEEK 1: January 16, 2018** STIGMA-FR **1A-FREE STI REVIEW OF MENTAL ILLNESS** PROUD TO D TO BE PR Suzanne Salamanca, APN STIGMA-FR **1A-FREE ST** Discussion of schizophrenia, major depressive disorder, bipolar disorder and other mental illnesses. D TO BE PR PROUD TO STIGMA-FR 1A-FREE ST **WEEK 2: January 23, 2018** PROUD TO D TO BE PR **PSYCHOTROPIC MEDICATIONS** 1A-FREE ST STIGMA-FR Dr. Jack Dang, Medical Director at CBHCare, Inc. Learn important facts about medications that treat mental illness. PROUD TO D TO BE PR STIGMA-FR 1A-FREE ST **WEEK 3: January 30, 2018** D TO BE PR PROUD TO **CO-OCCURRING DISORDERS:** STIGMA-FR 1A-FREE ST MENTAL ILLNESS AND SUBSTANCE ABUSE Regina McKenna, LCSW, LCADC, Substance Abuse Clinician PROUD TO D TO BE PR Discussion of widely abused substances and treatment options. STIGMA-FR 1A-FREE ST PROUD TO D TO BE PR **WEEK 4: February 6, 2018** STIGMA-FR **1A-FREE ST** WELLNESS RESPITE SERVICES of CSPNJ PROUD TO Aliyah Williams, Program Manager D TO BE PR Discussion of the Wellness Respite House, intensive outreach, follow-up support. STIGMA-FR 1A-FREE ST PROUD TO D TO BE PR **WEEK 5: February 13, 2018** STIGMA-FR **1A-FREE ST** PLANNING FOR THE FUTURE PROUD TO D TO BE PR Raymond Falcon, Attorney at Law 1A-FREE ST STIGMA-FR Discussion of psychiatric advance directives, trusts, power of attorney, medical proxy, and guardianship. PROUD TO D TO BE PR STIGMA-FR 1A-FREE ST **WEEK 6: February 20, 2018** PROUD TO **HEARING DISTRESSING VOICES** D TO BE PR STIGMA-FR 1A-FREE ST Laverne Williams of the Mental Health Association of NJ (MHANJ) This workshop provides a simulated experience of hearing voices that will enhance PROUD TO D TO BE PR empathy for and understanding of individuals with psychiatric disabilities. STIGMA-FR 1A-FREE ST **WEEK 7: February 27, 2018** PROUD TO D TO BE PR STIGMA-FR 1A-FREE ST **FAMILY ADVOCACY** Denise Cummings, family advocate and NAMI Bergen Board Member PROUD TO D TO BE PR Mrs. Cummings discusses the recovery journey and provides suggestions on how to best STIGMA-FR IA-FREE ST advocate for a loved one so they can access proper services and treatment. PROUD TO D TO BE PR **WEEK 8: March 6, 2018** STIGMA-FR 1A-FREE STI IN OUR OWN VOICE PRESENTATION PROUD TO D TO BE PR Speakers from NAMI's In Our Own Voice Program share personal stories to STIGMA-FR 1A-FREE ST illustrate the individual realities of living with a mental illness. PROUD TO D TO BE PR STIGMA-FR **1A-FREE STI** PROUD TO D TO BE PR **EMAIL US AT THE SFZ NEWS WITH** STIGMA-FR **1A-FREE ST QUESTIONS, STORIES, OPINIONS AND NEWS!** PROUD TO D TO BE PR STIGMA-FR IA-FREE ST STIGMA-FR

ALL OF OUR LINKS ARE LIVE!

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