



THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

We report on a volunteer initiative of organizations, nonprofits, First Responders, schools, hospitals and houses of worship working independently or with local government to make NJ free from the stigma of mental illness. Anyone can form a SFZ Task Force to educate. Just pledge to "do something about mental illness."





Stigma Free Zone Included in Report to UK Parliament on "Best Practices in Mental Health"

By Cynthia Chazen

Health Educators, Librarians, School Superintendents, Judges, Field Chaplains, EMTs, Police Officers, Port Authority Police, State Crisis Intervention Team Trainers and Bergen County Executive Jim Tedesco and Freeholder Tracy Zur all joined SFZ organizers on Aug. 31, 2018, to meet UK EMS Hero, Dan Farnworth, and hear his recommendations on improving mental health in First Responder Communities. New Bridge Medical Center and CarePlus NJ hosted the event.

Clinical psychologist and trauma expert, Maria Masciandaro, educated on trauma's connection to mental illness and discussed promising new treatments. A Bergen case worker, who works with children and had lived through the in-office suicide of a co-worker last month, also listened intently and pledged to bring better mental health practices and awareness into every workplace where witnessing and intervening in constant trauma is part of the job.

County Executive Jim Tedesco, who is an experienced firefighter, connected with the material on a deep level and spoke with concern for the mental health of all who live and work in Bergen County. Two TV stations covered the event on their evening broadcasts. [Watch NJTV News 12 here](#) and [WMBC News here](#).

A Roundtable was conducted by SFZ Founder, Mary Ann Uzzi to share "best practices" in community mental health education. SFZ Editor and Twitter's "Mental Health Editor", Cynthia Chazen, weighed in on social media's potential and growing impact on sharing ideas around the globe. Julia Orlando spoke on ending veteran homelessness in the county, and health educator Judy Migliaccio and SFZ advocates Caitlyn Yerves, Joanne Green and Tammy Smith rounded out the speakers who explained their work in creating the SFZ initiative to Dan. Dan will submit his notes on the SFZ after a six week trip underwritten by The Winston Churchill Memorial Trust, and will include ideas from this exchange and the day's events in a report to Parliament. The report will be reviewed and a decision made on whether or not The Stigma Free Zones can be replicated in the UK. We have our fingers crossed!



MATTERS OF THE MIND: A
CONFERENCE FOR BUILDING
MENTAL HEALTH LITERACY



-Latrice Mason-



-Al Hardy-



-Navella George-



-Salema Daniels-



-Preston Lindsay-



-Lisa Knowles-



-Monique Edwards-

---- Our Speakers ----

OCTOBER 13, 2018
10AM-3PM
LINK COMMUNITY CHARTER SCHOOL
NEWARK, NJ

For ticket and other information visit: bit.ly/MattersOfTheMind

Sponsored by WellCare Health Plans of New Jersey





Chilton Medical Center and Atlantic Behavioral Health Raising Awareness on Mental Health

Chilton Medical Center and Atlantic Behavioral Health hosted The Festival of Hope on the hospital's campus at **97 West Parkway, Pompton Plains**. The free event promoted education on mental health, depression, and suicide prevention. Funded by the Reiser Family Foundation, the Festival was part of Atlantic Health's "No More Whispers" campaign focused on encouraging people to talk openly about mental health. "At Chilton Medical Center, we've hosted a variety of community-focused events ... to support the No More Whispers campaign," said Stephanie Schwartz, President of Chilton Medical Center.

There is a growing trend towards providing more community mental health education sponsored by NJ hospitals, which is a most welcome and needed change.

The festival featured a variety of activities and information including:

- Displays and educational materials from mental health organizations
- Butterfly Release to honor friends & family members lost
- In Their Shoes Exhibit, representing 269 NJ youth, who died, 2013-2015
- Pet therapy dogs

"The stigma surrounding mental health has gone on for far too long and many people don't want to admit they are struggling"... said Lori Ann Rizzuto, LCSW, Director of Atlantic Behavioral Health. "Our message is clear. We need to address this challenge together by encouraging those in need to ask for help."

**The Waldwick Stigma-Free
Committee presents
"Talk Saves Lives"
Monday, October 1, 7:00 pm,
at the Waldwick Public Library.**

This free program from AFSP, The American Foundation for Suicide Prevention covers health, environmental, and historical factors that collectively contribute to compromising an individual's coping skills.

"Talk Saves Lives" helps "gatekeepers" in communities assess the warning signs of suicide in families, friends, co-workers, and acquaintances.

The course covers suicide as a major cause of death. Attendees will gain a better understanding of suicide risk, and the importance of getting individuals to life-assisting help when needed.

[Click this link to AFSP's website describing the program.](#)

For questions call the Waldwick Stigma-Free Initiative, or contact NW Bergen Regional Health Commission at 201-445-7217, x 201 or [email here](#).



A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Date
Monday, October 1, 2018

Time
7:00PM - 8:00PM

Location
Waldwick Public Library - Meeting Rm.
19 W. Prospect St.
Waldwick, NJ 07463

RSVP
NW Bergen Health Commission
talk.saves.lives@nwbergen.com
201-445-7217, x201

Brought to you by funds raised by
through the Saddle Brook Out of the
Darkness Run.

WALDWICK
PROUD TO BE
STIGMA-FREE



Please Join Us

For the Ribbon Cutting Ceremony Celebrating the Grand Opening of
PARADIGM THERAPEUTIC DAY SCHOOL



Friday, September 28, 2018

11 AM CEREMONY, FOLLOWED BY A TOUR AND RECEPTION

323 Prospect St., Midland Park, NJ, 07432 | RSVP to Donna at D.Waters@ParadigmDaySchool.org

**CarePlus Foundation invites you
to celebrate a new chapter for local students!**

Northern NJ Schools have contracted with Care Plus NJ, Inc. to bring evidence-based curriculum and clinical support to address the needs of disabled students. After doubling their clinical presence throughout the region, leaders of their School-Based Program will open Paradigm Therapeutic Day School Sept. 28, 2018.

RSVP to D.Waters@ParadigmDaySchool.org or to learn more about these services.

The Board of Trustees for the CarePlus Foundation approved a loan to cover the start-up costs for Paradigm. The school will serve students, ages 14-21, who have been classified by their school districts as having behavioral and emotional disabilities.

“Many students seeking an alternative have struggled for years with academic, social, and emotional challenges, giving them a sense of hopelessness in school,” explained Tara Augustine, COO at CarePlus and CEO for Paradigm.

School administration is committed to transitioning students back to sending districts, with skills needed to be successful, by collaborating with district Child Study Teams. By taking an integrated approach, the program aims to generate sustainable behavioral growth based on each student’s intrinsic motivation to succeed. “As a subsidiary of CarePlus, Paradigm has the added advantage to go above and beyond typical counseling standards,” stated Jeffery Kahn, Executive Director and Principal at Paradigm. “What we are doing is different from anything that is out there.”

Kahn said that the local districts’ response to a state “needs assessment” has been overwhelming. NJ required a minimum enrollment of 24 students referred by districts for the school to open, but Paradigm has received 70. Kahn feels this indicates a significant need for, and support of, the school’s mission.

Paradigm is approved by the NJ Department of Ed as a private school for students with emotional disabilities. Paradigm is in full compliance with state regulations regarding transition planning. Most importantly, it is built to inspire and empower students to leverage their assets to develop and realize career and post-secondary education potential. The SFZ News wishes them all the best of luck!

QUICKLINKS TO NEWS

[Free Download: 2018 Back To School Toolkit From Mental Health America](#)

[Teens Speak Out: Free Advocacy Group for Bergen Teens](#)

[NJ.Com: Big changes coming to N.J.'s neglected public psychiatric hospitals](#)

[NJ.Com: NJ's New Gun Law Has Therapists Worried for Their Patients](#)

Mayor’s ‘Stigma-Free’ Resolution Fuels Backlash

By Deena Yellin, North Jersey Record

ENGLEWOOD CLIFFS – The mayor who fought against a stigma-free declaration ... has come up with his own version of “stigma-free” — one that actually shames mentally ill people, critics say.

[Read Entire Story in The Record](#)



Letter To The Editor

Dear SFZ News of NJ,

I suppose the fear of this [Englewood Cliffs] mayor and others is that a criminal with mental illness will be treated with some leniency/tolerance/respect due to the illness.

As a social worker, I see this type of fear often. We often go against the grain to support and advocate for criminals with or without mental illness. It is a tough fight with others and even our selves (e.g. social workers who have difficulty working with pedophiles).

Eun Joo You, LCSW Clinician

Comments from The SFZ News of NJ Facebook Page

"This mayor is going to hurt people if left unchecked."

Robin Anderson Ritchie

"What is with this guy?"

Rich Gelber

SAMHAJ Central Jersey Support Group

Workshop for Family Members

Able Accounts & what they really mean for you!

ABLE accounts are similar to 529 accounts for college savings and have the same tax advantages. However, ABLE accounts are designed to create "tax-free" savings for individuals with disabilities.

If you have questions about how to navigate and open an Able account for your loved one, please join us.

Kristina Tosti

Hinkle, Fingles, Prior & Fischer, P.C.

Attorneys at Law

On Thursday, October 4th, 2018

7:00 - 8:30 pm

NAMI NJ Office

North Brunswick, NJ

1562 Rt 13, N. Brunswick, NJ 08902

Limited seating

[REGISTER HERE.](#)

* Peers will meet upstairs



Bergen County Executive Jim Tedesco

Thursday at 1:12 PM · 🌐

I am so proud of the efforts throughout Bergen County's 70 municipalities to embrace our Stigma-Free initiative to eliminate the stigma that is too often associated with mental illness. This morning, Elmwood Park leaders celebrated their community's designation as a Stigma-Free Zone. We applaud their work to educate the public about mental illness and encourage those struggling to seek mental health treatment.

👍❤️😮 You, Paul D Nickels and 63 others 1 Comment 12 Shares

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ALL OF OUR LINKS ARE LIVE !

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