

MORRIS COUNTY PROUD TO BE STIGMA-FREE

THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

We report on a volunteer initiative of organizations, nonprofits, schools, libraries, hospitals, First Responders, 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."



The Morris County Mental Health and Addiction Coalition's 1st Annual Legislative Breakfast was held on Oct. 26, 2018, and attracted heavy-hitters from the world of mental health advocacy. Paul Gionfriddo, President and CEO of Mental Health America, joined Freeholder Kathryn DeFillippo and Assemblyman Anthony Bucco in compelling presentations. Sheriff James Gannon and Jeff Richardson, President of the National Council for Behavioral Health, were also featured speakers.

The Morris County SFZ website offers event links and community toolkits on developing stigma free zones (See Quicklinks, below). Sign their pledge today !

[VISIT MORRIS COUNTY SFZ WEBSITE](#)



Morris County Freeholders Proclaim September as “Mental Health and Drug Abuse Recovery Month”

[READ THE ENTIRE STORY ON MORRIS COUNTY WEBSITE](#)

Morris County Leaders Speak Out Against Stigma

“The goal is to bring our entire county community together in a united effort to help people seek recovery, without fear of stigma or reprisal.” [**Morris County Freeholder Director, Doug Cabana**](#)

“Mendham Township is pleased to join so many other towns in promoting mental health and encouraging a Stigma-Free community. Mental illness is a serious public health concern.” [**Mendham Township Mayor Rich Diegnan**](#)

Mendham Borough Mayor Neil Henry: “We have all been affected by mental illness in some way. Becoming Stigma-Free is the first step in fighting this disease as a community. Only by removing the perception of shame or embarrassment will we erase those feelings that prevent our neighbors, friends and family members from seeking help.”

Mt. Arlington Mayor Michael Stanzilis: “We want everyone to know help is available and no one should suffer alone.”

Chester Borough Mayor Janet Hoven: “Mental illness and drug abuse touch the lives of many ... in all of society. No one should feel less of a person regardless of an illness or addiction.”

Lincoln Park Mayor David Runfeldt: ““The issues of dependency and mental health affect all of us in our communities one way or another. This initiative gets assistance to those who need it and acceptance to those that deserve it.”

Mendham Township Committeewoman Amalia Duarte: “We want to be a welcoming



Why Asian-Americans And Pacific Islanders Don't Go To Therapy

By Ryann Tanap, From the NAMI NJ Website

I walked into my first group therapy session when I was in my early twenties. Not only was I the only Filipina-American in the room, I was the only person of color. I didn't realize it at the time, but this made me a bit more guarded than usual. I agonized over having to explain my upbringing, so I rarely participated. No one in the room could relate to my experience ... My peers in group would question my experience and try to give me advice—and while it was well-intentioned, I didn't find their advice as helpful as if it were coming from someone in my community.

[READ THE ENTIRE STORY](#)



New Bridge Medical Center Raises Stigma Free Zone Flag

“New Bridge Medical Center is committed to providing ... care in a stigma free environment. Today we rededicate ourselves to this mission and support of the Stigma-Free initiative,” said Deborah Visconi, President and CEO of New Bridge Medical Center, “ We recognize a major barrier in accessing the care that truly makes a difference is often the fear of judgement ... Mental illness is no different than any other illness and we are dedicated to creating a safe environment where consumers can comfortably receive the quality care they need.”

“I have been a strong advocate for the Stigma-Free initiative because there is no shame in having mental illness or seeking mental health treatment,” said Bergen County Executive Jim Tedesco. “I applaud the ongoing commitment by the team at New Bridge Medical to the Stigma-Free Initiative.”

QUICKLINKS TO NEWS & RESOURCES

[MORRIS COUNTY OFFERS FREE FAITH COMMUNITY SFZ TOOLKIT](#)

[MORRIS COUNTY OFFERS FREE COLLEGE SFZ TOOLKIT](#)

[NJ.COM: INSURANCE INEQUALITIES MUST END FOR MENTAL ILLNESS](#)

[NJ SPOTLIGHT: IT JUST BECAME EASIER TO CLEAN A
CRIMINAL RECORD IN THE GARDEN STATE](#)

[BRIDGEWAY CEO BLOG: RECIPE FOR SUCCESS
IN PSYCHIATRIC EMERGENCY SCREENING](#)



Mental Health Editor @cynchazen · 3d

We all have mental health.

End stigma. [#MentalHealthMatters](#)



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IT WOULDN'T BE FALL WITHOUT STIGMA FREE FOOTBALL!

In October, Paramus and River Dell H.S. with Stigma Free Organizers from Paramus, Oradell and River Edge, put on a fine show show at half-time featuring the SFZ Zone. Cheerleaders, fans and band members all wore their SFZ green. Go Team !





Please Join Our

Anxiety Mastery Group

Managing School & Social Stressors



Activity-Based
Program for Girls 9-11 yrs

Learn Skills for Coping at School and with Peers
Improve Confidence and Self Esteem



November 11 – December 16

6 consecutive Sundays Nov. 11 – Dec. 16 at 3pm

\$175. per person

(\$25. Non-refundable registration fee plus \$150. Session Fee)



185 Rt. 206 Flanders

Groups Forming Now * Spaces Limited * 973-668-4806

Hills Valley Coalition

The Hills Valley Coalition for Resilient Youth

VAPING: WHAT'S IN THE MIST?

WEDNESDAY, NOVEMBER 14TH 7:00 PM

PASCACK HILLS HIGH SCHOOL
225 WEST GRAND AVE
MONTVALE, NJ 07645

FEATURING

RENOWNED SPEAKER & DARE OFFICER OF THE YEAR
SERGEANT TIMOTHY M. SHOEMAKER

WHAT EVERY PARENT NEEDS TO KNOW!

WHY ARE SO MANY KIDS VAPING?
HOW CAN YOU DETECT VAPING?

WHAT ARE KIDS VAPING?
HOW CAN YOU PREVENT IT?

WHAT ARE THE HEALTH CONCERNS
HOW TO TALK TO YOUR KIDS ABOUT VAPING?

EXTENSIVE HANDS-ON DISPLAY OF ALL COMMON VAPES, E-JUICES, VAPING PARAPHERNALIA, CLOTHING ETC.

REGISTER FOR THIS EVENT: WWW.HILLSVALLEYCOALITION.ORG

Q&A TO FOLLOW PRESENTATION
LIGHT REFRESHMENTS WILL BE SERVED
THIS EVENT IS FREE & OPEN TO THE COMMUNITY



ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED

