



## THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

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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."

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### UK FIRST RESPONDER DAN FARNWORTH WILL VISIT NJ TO TRADE BEST PRACTICES IN MENTAL HEALTH

By Cynthia Chazen

Dan Farnworth is an EMS Paramedic for an ambulance service in Lancashire, England, about 5 hours outside London. After living through a terrible service call where he responded to the

brutal murder of a child whose lifeless body was placed in his arms, Dan felt like the cumulative stress of his job had negatively affected his mental health. He became interested in mental health advocacy and co-founded "Our Blue Light," a network of emergency services working to improve the mental health of Britain's First Responders, with his close friend and fellow paramedic, Rich Morton.

Dan and I became acquainted on Twitter where we both advocate and tweet about mental health. I frequently post about the volunteers of the NJ Stigma Free Zone under the moniker "The Mental Health Editor." Dan reached out to me to express interest in the NJ Stigma Free Zones. He had just been awarded a prestigious Fellowship from The Winston Churchill Memorial Trust and was tasked with traveling the globe and researching "best practices" in mental health, to bring back to the UK Foundation. "Can we meet?"

After discussion with CarePlus NJ, New Bridge Medical Center and the Paramus Stigma Free Zone, a joint task force will welcome Dan at an Aug. 31, 2018 program focused on creating a culture of resiliency and mental health in

**NJ First Responders. NJ emergency volunteers, police, firefighters and EMTs are welcome to attend and are asked to send their leadership to the free breakfast program.**

**Bergen County Executive Jim Tedesco, who is experienced as a firefighter, and Dan Farnworth will be featured speakers. EMDR (Eye Movement Desensitization and Reprocessing), a promising new therapy aimed at reducing the effects of trauma will be presented by Clinical Psychologist, Maria G. Masciandaro, Psy.D. An invitation-only roundtable, led by Paramus SFZ founder, Mary Ann Uzzi, follows.**

Click [here to register](#) for the First Responder breakfast.

Despite his growing fame in the UK, where Our Blue Light's success has seen Dan working with the Royal Family and their mental health charity [Heads Together](#) and meeting Britain's Prime Minister, he remains grounded and humbly focused on creating a better work atmosphere for his colleagues. When featured in *The Huffington Post*, Dan said, "I was lucky to work closely with the Heads Together Programme which was orchestrated by the amazing team at the Royal Foundation. During 2017, we managed to start to change the conversation surrounding mental health, striving to make the topic ... an acceptable and daily conversation. In 2018... I hope that my findings will help to support the ongoing work in the UK emergency and essential services, to ensure that all employees ... have a happy and healthy place to work."

Certainly, NJ First Responders have a lot to share and a lot to gain by meeting Dan and together we hope to bring the Stigma Free Initiative international attention!







**SAVE THE DATE**  
**Friday, August 31, 2018**

# STIGMA-FREE BRIDGING THE POND

**New Bridge Medical Center**

**230 East Ridgewood Avenue, Paramus, NJ 07652**

Join us in welcoming Dan Farnworth, Sir Winston Churchill Fellow & EMS Mental Health Advocate from England, to share information on building resiliency in the EMS community and expanding the Stigma Free Zone initiative internationally.

**8 a.m. – 10 a.m.**

**First Responder Breakfast**

with Dan Farnworth

**11 a.m. – 1 p.m.**

**Stigma-Free Roundtable and Luncheon**

Sharing New Jersey's Best Practices with England

This event is sponsored by The Paramus Stigma Free Zone, CarePlus NJ, and New Bridge Medical Center.



For more information email [dcorrieri@newbridgehealth.org](mailto:dcorrieri@newbridgehealth.org)

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## QUICKLINKS: MORE ON OUR BLUE LIGHT & DAN FARNWORTH

[Dan Meets England's Prime Minister](#)

[The BBC News: The 999 Call Out That Changed A Paramedic's Life](#)

[Winston Churchill Memorial Trust Fellow Dan Farnworth](#)

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**ENGLEWOOD CLIFFS STIGMA-FREE  
BATTLE  
CONTINUES BETWEEN MAYOR AND  
POLICE DEPARTMENT**

[Read The NorthJersey.com](http://ReadTheNorthJersey.com)



[Article Here:](#)

[Englewood Cliffs Mayor Won't Go Stigma-Free So Cops Do It For Him](#)

[Watch NorthJersey.com Video of Police Chief's Statement](#)

**Designer Handbag**

**BINGO**

*With Alliance Against Homelessness*

September 7th, 6-10pm, Location: tbd More info: [aahbergen.org](http://aahbergen.org)

Join us for a chance to win designer handbags, wallets and backpacks.  
There will also be door prizes, a 50/50 raffle and other giveaways.  
Cost: 35\$ per person

### LETTERS TO THE EDITOR

Dear Stigma Free News,

Years ago when I was diagnosed with mental illness I kept it to myself. I did not realize what was happening to me. There were no advertisements on TV about the various medications available to treat the disease. Now, all that has changed...medications are readily available for coping. With the new stigma free program if something is going askew in the brain cavity, lives can be saved because those afflicted can identify mental illness and seek help. Today, those diagnosed with a mental illness have a much easier time getting help. Years ago, people were shunned because the general population was afraid of anyone who was thought to be unstable.

Now, we are able to say, 'Aye, this is me, and I need help.'

Joseph William DeSanctis



Dear Editor;

The Ridgewood Stigma Free Initiative reminds you that body shame is not a diet plan. Psychology Today magazine states that there is research linking women's body shame with a variety of unhappy outcomes. Body shame is linked to eating disorders, depression, anxiety, and sexual dysfunction. A lot of people – men and women – know the pain of looking in the mirror and despairing over what they see. They've felt that impact. Some have heard "If you're overweight, it could be good that you feel shame. Won't body shame help you lose weight and make you more healthy?" Others are more direct. They ask questions like, "Don't you think shaming people could help combat the obesity epidemic?" Or, "Aren't you just encouraging people to be unhealthy?"

There is no evidence that fostering body shame is an effective way to maintain a healthy weight or get other people to make healthy decisions. Instead, shame makes you want to hide from the world and lick your wounds. Or perhaps soothe them with your favorite sugary or salty snack. Shame makes you want to withdraw from important activities and meaningful connections with others. Shame can be a threat to your physical and psychological health. One study found that those who feel stigmatized with respect to their body weight are more likely to report deliberately avoiding exercise. The finding that body shame can impede physical activity isn't limited to adults. A study of 5th through 8th graders revealed that children whose family and friends criticize their weight are less likely to be interested in sports and other physical activity.

When you're ashamed of your body, you're not motivated to listen carefully to what it wants or to give it the things it needs. Instead, that feeling of shame can often lead to unhealthy eating habits. Regardless of their actual body size, people who feel they are frequently treated badly because of their weight report more over-eating. Once again, this finding extends beyond adults. A different study of several thousand U.S. adolescents found that those who are most frequently teased about their weight were more likely to engage in binge eating. In an experimental study, overweight and obese women were assigned to view either a neutral video (showing things like boring insurance advertisements) or a video containing scenes in which overweight women were mocked for their weight or were shown experiencing weight-based discrimination. Afterward, the women were asked to complete questionnaires and given bowls of high-calorie snacks that they could eat as they worked on the surveys. Overweight women who saw the stigma-filled video consumed three times as many calories as those who saw the neutral video.

Those who promote shaming often appear to believe that shame is the magic ingredient that will suddenly make dieting more palatable and weight loss more sustainable. Instead, what often happens is that the sadness body shame leaves in its wake promotes behaviors like binge-eating.

In the end, feeling ashamed of our bodies makes it more difficult to take good care of our bodies. It is very difficult to take care of things we hate. If you're hoping to make some healthy changes in order to take better care of your body, start by thinking of it as your home instead of as your enemy. Think about your body the way you think about the people you love: imperfect, but inherently valuable and worthy of being treated with dignity and respect.

Sincerely,

Dawn Cetrulo  
Director  
Ridgewood NJ Health Department



**Please join us for "Golfers Give Back" at  
White Beeches Golf & Country Club  
on Monday, September 17, 2018.**

**CarePlus Foundation's  
Annual Charity Golf Outing !**

**[Registration and Sponsorship Opportunities Here](#)**



## *“Expressions of Hope” Art Show*

Presented by the Montville Stigma-Free Task Force

*A free community event to raise awareness, encourage hope, and reduce the stigma associated with mental health disorders and substance use disorders.*

**Saturday, October 13, 2018**

**2pm to 6pm**

**Montville Senior House**

**356 Route 202, Montville NJ**

### **Featuring:**

Original artwork by local artists

Live music

Interactive exhibits

Community resources



### **With special showcase:**

**“An Impression of Life”**

A collection of works by artist Marisa Rincón, who lost her life to suicide in 2017.



*“Green Eyes” - Marisa Rincón*

For more information, please visit our website at <https://montvillenj.org/Stigma-Free>



