



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."



NJ FIRST RESPONDERS SAVE THE DATE!

The Paramus Stigma Free Zone, CarePlus NJ and New Bridge Medical Center are sponsoring an early morning program on building resiliency and a culture of mental health in First Responder Communities on Friday, August 31 at NBMC.

[Watch their website for details!](#)



Hackensack University Medical Center Joins Bergen County Stigma-Free Movement, Recognizes Mental Health Month

Medical center is committed to raising awareness of mental health conditions, reducing stigma.

May 31, 2018 – Hackensack Meridian Health Hackensack University Medical Center is pleased to join the Bergen County Stigma-Free Campaign, a county-wide program which aims to reduce the stigma associated with mental illness, as the medical center recognizes Mental Health Awareness Month.

“We are proud to join the Bergen County stigma-free movement and declare Hackensack University Medical Center a Stigma-Free Zone,” said Ihor S. Sawczuk, M.D., FACS, president of Hackensack University Medical Center.

Nationwide, over 43 million Americans – 1 in 5 adults – suffer from a mental health condition. In New Jersey, nearly 1 million adults are affected by a mental health issue. Mental health and substance use issues affect so many people across our communities. As a stigma-free hospital, we hope to raise awareness around mental health, reduce the stigma associated with the disease and encourage those who are affected to seek services and feel supported,” Dr. Sawczuk said.

“We as clinicians must begin by taking care of ourselves first. Residents are one of the most at-risk groups, and we must lead by example to destigmatize mental health within our own health organizations, demonstrating to our patients that it is okay to speak out and ask for help,” said Magdalena Spariosu M.D., interim chair of Psychiatry and Behavioral Medicine at Hackensack University Medical Center.

Hackensack University Medical Center has recently formed a Physician Wellness GMEC subcommittee co-chaired by Dr. Spariosu and Burton Surick, M.D., surgeon at Hackensack University Medical Center. Through this committee, they are designing a program to support residents by creating an environment of wellness. The goal is to provide residents with a positive physical and mental environment, reduce the risk of burnout and more importantly, suicide.

Hackensack University Medical Center is home to the Debra Simon Center of Integrative Behavioral Health and Wellness, located within the HUMC Fitness & Wellness Center Powered by the Giants. The nationally recognized behavioral health center offers an integrative psychiatry approach that incorporates health and wellness, along with more specialized methods, to treat the spectrum of behavioral health disorders. The center works with individuals of all ages to create a patient-centered treatment plan.

“At Hackensack University Medical Center, we understand that we must treat not only a patient’s mind, but their body and soul. Physical activity, well balanced diet and stress reduction methods are critical components to one’s overall health and well-being. Our goal is to optimize our patients’ mental health through an integrative approach,” explained Dr. Spariosu.

In addition, the medical center provides 24-hour access to behavioral health services. The hospital is home to a 24-bed inpatient medical psychiatric unit that provides high-quality, patient-centered medical care, along with innovative behavioral health services, including recreational and exercise therapeutic programs, nutritional counseling, yoga, music therapy, pet therapy, group therapy and art. The psychiatric inpatient unit has earned the Gold Seal of Approval™ from The Joint Commission in the management of depression.

The medical center has adopted an innovative team-based approach, incorporating behavioral health assessments across other departments, specifically neurology, trauma, pediatrics and obstetrics, where mental health issues are more likely to arise. “Every time we treat a patient, regardless of specialty, we should be evaluating their mental health, ensuring an integrative approach to their treatment plan,” added Dr. Spariosu.

Hackensack University Medical Center is partnering with local communities to combat the opioid epidemic. This past April, the medical center hosted a public forum with New Jersey Attorney General Gurbir S. Grewal and New Jersey Health Commissioner Dr. Shereef Elnahal, along with Hackensack University Medical Center physicians Michael A. Kelly, M.D., chair, Department of Orthopaedic Surgery and Sports Medicine and chair, Department of Physical Medicine and Rehabilitation and Jerry Joseph, M.D., psychiatry specialist. The public forum was designed to support nurses, educators, parents and others who work with children, sharing best practices for prevention and management. “It is critical we educate the public, specifically those working with children, on the opioid crisis that is plaguing our communities,” said Dr. Joseph. “At Hackensack University Medical Center, we are committed to working with our community partners to raise awareness around the risks and signs of opioid abuse, providing people with the tools and resources they need to help combat this deadly epidemic.”

ENGLEWOOD CLIFFS POLICE DEPARTMENT

PROUD TO BE

STIGMA-FREE

Englewood Cliffs Mayor Won't Go Stigma-Free, So Cops Do It For Him

By Deena Yellin, NorthJersey.Com, July 4 , 2018

Deena Yellin of NorthJersey.com has been following the Stigma Free Zone initiative. In the linked article she covers a recent disagreement between Englewood Cliffs Mayor, Mario Kranjac, who refused to let his town join the Stigma Free initiative and members of the Englewood Cliffs Police Department, who disagreed and took matters into their own hands by launching their own stigma-free campaign.

[NorthJersey.com article here: watch video interview with Englewood Cliffs Police](https://www.northjersey.com/story/news/local/2018/07/04/englewood-cliffs-last-holdout-stigma-free-campaign-until-now/753192002/)
<https://www.northjersey.com/story/news/local/2018/07/04/englewood-cliffs-last-holdout-stigma-free-campaign-until-now/753192002/>

OCM Grace Church

中華海外宣道會新恩堂



NAMI
National Alliance on Mental Illness

New Jersey

NO HEALTH WITHOUT MENTAL HEALTH

- A Mental Health Awareness Workshop

Learn about mental illness diagnoses, risk factors, symptoms and treatment methods for children, teens and adults

心理精神健康講座

了解有關兒童、青少年和成年人的精神疾病診斷、危險因素、症狀和治療方法

講員 SPEAKERS:

Sally Lam, LPC, ACS

林李幼卿 心理諮詢師

Psychotherapist, Licensed Professional Counselor, Approved Clinical Supervisor

Maggie Luo, MA

Program Coordinator, Chinese American Mental Health Outreach Program, NAMI New Jersey

Workshop conducted in Mandarin

講座以中文進行

日期: Sun, July 29, 2018

時間: 1:30 pm – 3:30 pm

OCM Grace Church

90 Mt. Vernon St.

Ridgefield Park, NJ

www.ocmgracechurch.org

Contact: Pastor John 908-510-8478

johnsmaxham@gmail.com



Save the date!

Interfaith Roundtable on Mental Health Awareness

Central Unitarian Church, 156 Forest Avenue, Paramus, N.J.

Wednesday, October 17, 10 a.m. to 2 p.m.

Registration and coffee at 9:30 a.m.

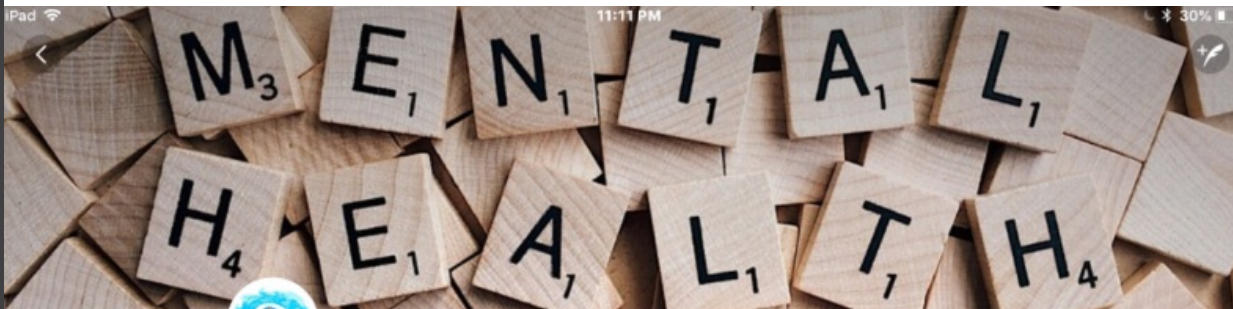
Panel presentation, round-table discussions, resource room, and networking. Open to clergy, religious professionals, advocates, service providers, and clinicians

\$20 registration fee includes morning coffee, snacks, and lunch

Online registration information coming soon!

Presented by the Pastoral Care Team at Central Unitarian Church, a stigma-free religious community. *E-mail David Horst, Minister, at revhorst@cucparamus.org to learn more.*

**PROUD TO BE
STIGMA-FREE**



Following

Students Promoting Mental Health Education

@PromoteMHE Follows you

Speaking Bipolar and NJ11forchange follow

We are WWPHSN students advocating for a higher standard of mental health education throughout New Jersey #PromoteMHE

Plainsboro, NJ promotemhe.github.io Born on May 31

78 Following 14 Followers

Tweets

Tweets & replies

Media

Likes

Pinned Tweet



Students Promoting Mental Health Education · 6/6/18

Sign our petition for mental health education reform! chn.ge/

2JheUgO via @Change

Plainsboro NJ Students Promote Mental Health Education on Social Media

Five High School students taking an AP History class together were tasked with a final assignment of making real change in the world, and they chose to advocate for mental health education in every NJ classroom. At right is their video. You can follow the group (Aanya Parashar, Ezra Edelman, Neha Narayan, Michael Maaa, and Spencer Hua) on Twitter

@PromoteMHE.

[Sign Their Petition.](#)



NAMI NJ Partnering with Alpha Kappa Alpha Sorority

Shanee Frazier, (Photo, R) a NAMI NJ AACT-NOW volunteer, is advocating through the Morristown chapter of Alpha Kappa Alpha. She is working with her sorority to increase mental health awareness in the African American community. Advocate Winifred Chain (Photo, L) received a donation this spring for the "Walk from the Health" Committee of the Theta Pi Omega, AKA Sorority. Good work, ladies!



STICKS UP FOR STIGMA FREE

JOIN THE GIRLS LACROSSE TEAMS OF RIVER DELL AND PARAMUS FOR MENTAL HEALTH AWARENESS MONTH



MAY 04, 2018
RIVER DELL HIGH SCHOOL
VARSITY 4:15 PM
JV 6:00 PM





QUICKLINKS TO NEWS

[Englewood Hospital Website: Englewood Hospital Is Stigma Free](#)

[NJ SpotLight: Murphy To Undo Contentious Christie Makeover of Mental Health, Addiction Services](#)

[NorthJersey.com: Program for Adults With Autism, Focusing on Job Skills, Coming to Ramapo College of NJ](#)

[NJTV News: Police Officers Learn De-Escalation Techniques](#)

[Mahwah Public Schools Stigma Free Page](#)

[Brown University Website: Opioid Addiction Treatment Behind Bars Reduced Post-Incarceration Overdose Deaths in Rhode Island](#)

STIGMA FREE SURVEY

Marielisa Rosadoaria, an intern in the Office of Health Promotion at Bergen County Department of Health Services is working on a survey about the NJ Stigma Free Zone educational initiative. Her goal is to find out how towns have brought the Stigma Free Initiative to life. She is collecting data through a questionnaire, the link is here, in green. Please take 5 minutes to help us and [take our survey.](#)

NAMI Gloucester County Obtains 501C3 Non-Profit Status!

Congratulations to NAMI Gloucester County on recently obtaining 501(c)(3)



status! NAMI GC is also leading in fundraising at NAMIWalks NJ, passing the \$100K mark, with Captain Francine Turner's team raising over \$8,000. Go NAMI G go!

Octogenarian Shares Pain and Losses of Growing Older That Create Anxiety and Depression

By Lois Hallock

Tomorrow is my eye appointment day. I have to go every 4 weeks and I'm getting so I just hate that day. I dread the day. I see it circled on my calendar, looming there, and the dread sets in. The countdown begins days in advance. I have always been so healthy that I hardly ever saw a doctor. I developed macular degeneration about 15 years ago and it became 'wet' in my right eye 5 years ago. That worried my doctor a lot although it didn't affect my vision. But the left eye went wet also and now I see a blip that makes a tiny spot of distortion when I look a certain direction. I'm scared to death this will all get worse and I'll go blind.

I was 72 when I was diagnosed and the doctors are amazed that my eyes have lasted this long since I'm now 87. We've moved several times and I've seen various specialists and they all say the same thing, that I'm really lucky. I used to make jokes about how I'd rather do this or that than have a needle stuck in my eye, but now that that is my monthly reality, the jokes aren't so funny anymore. I guess I don't feel lucky. I just pray that I die before I go blind.

Every morning I'm actually afraid to open my eyes and look for fear something bad happened while I was sleeping and I'm blind. I'm afraid my vision will finally get affected and I won't be able to drive. That really scares me. If that ever happens, I'm not sure what I'll do. What also makes me sad and depressed is that I had to stop playing tennis when my left eye got bad because if the ball went to my forehand side and I was about to hit it, I suddenly would see 3 balls instead of 1. I really miss tennis. My body misses tennis. It worries me. I always thought tennis was the reason I was so healthy all my life -- all that running and bouncing around and huffing and puffing kept me in good condition.

I mentioned this to my new primary care doctor when we moved. She advised me there was a concern and that I should just walk or join a gym and use the machines and the swimming pool. I never liked to swim and get all cold and wet. And I think walking is just boring as hell. And those people in gyms are all young and I would feel like an old fool being there. The doctor just snorted when I said this and I know it's silly of me but it's real. It's the way I feel and I get even more depressed knowing that I am being so stupid. It also bothers me that this doctor was so dismissive. I worry now that with all this inactivity, I'll get diabetes or high blood pressure or bad cholesterol or one of those other old-age things.

Because when I am in the eye doctor's office what I see all around me, sitting in the waiting room, coming in the door, are old, fat, sick people leaning on canes and pushing walkers with oxygen bottles attached. They all shuffle along and just barely make it to their chair where they just collapse down into it with a grunt. And of course everybody comes with a "driver" because our eyes get dilated and we need a ride home. The effect of this is that we all have a "keeper" of some sort, holding onto

our arm, steering us along, like we need assistance, like we are too feeble to manage ourselves. To make it worse, these people just sit there staring into space while they wait. At least I read to pass the time. I'm thankful for Kindle because I can make the print larger. *But I just hate the whole thing!*

I hate that this has happened to me and that I am having to be here same as everybody else, and in my heart I know I am being unkind and judgmental and that makes me feel even worse. I keep these feelings to myself as I'd be ashamed for anyone to know I am such a heartless, mean-spirited person who apparently thinks she is better than others. When my turn comes to see the doctor and I am called, I can hardly stand to look at the computer with the scans of my retinas. I'm terrified there will be new damage and that the numbers will be higher. I don't know what the numbers represent but I know you don't want them to get higher. Macular degeneration is a progressive disease and there is no cure. My doctor tells me to be grateful there is at least some kind of treatment. And he's right. And I do feel grateful. But constant anxiety and resentment and fear and dread seem to be the players here and depression is never far behind.

CORRECTIONS:

The SFZ News of NJ identified Englewood Hospital as the first public hospital to join the SFZ. Englewood Hospital is a private, not for profit hospital. New Bridge Medical Center was the first Bergen hospital to join the SFZ. Our apologies for the confusion.

ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED



Visit our website