



## THE STIGMA FREE ZONE NEWS OF NJ SOCIAL MEDIA ISSUE

**Bringing the Mental Health Conversation to New Jersey**

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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. Just pledge to "do something about mental illness."

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## Justin Smith, Super Cool Mental Health Advocate

By Cynthia Chazen

The message of the 5th annual Bergen County Stigma Free Symposium was not complicated. Young people make some of the best mental health advocates and we always need to involve them! Several terrific groups of Bergen students addressed the standing room only crowd of 300+ to share the work of their school SFZ Groups. But the guy who won many hearts was Justin Smith of Fair Lawn, age 8.

Justin attends many SFZ events with his mom, Tammy, who is a therapist and a social worker in the mental health field. Perhaps it was his experience marching in parades and attending Night Out events in his SFZ tee that gave him the polish and sincerity to win the crowd over with a simple, sincere message: Stigma is not cool.

Justin knows his mom works with people who are different, and according to Tammy Smith, "He has always asked about my work. And I feel it's important to teach kids early what mental illness is, so they are not afraid of it, or afraid to talk about it."

I asked Justin what he learned at the symposium. He replied, " A lot about Stigma Free! I think SF is good, and making fun of people is not cool." Justin really liked "One group of teens had a group where they spent a whole day at school being friends to people with mental illness." He added, "I'd like to do that, sometime, too." He also enjoyed 3 students who put on a skit about welcoming a mentally ill, but recovered, peer back to school after spending time away. "I thought it was really cool they did that," he said.

I asked him if he has ever witnessed a peer being bullied or teased about their mental health. Justin said, "Yes, actually! A kid with mental illness gets taken out of my class everyday and another kid was making fun of him. His face got all red, because he gets mad a lot. The boy called him a tomato. It's not cool to make fun of people with mental illness." You tell 'em, Justin. You're pretty cool!

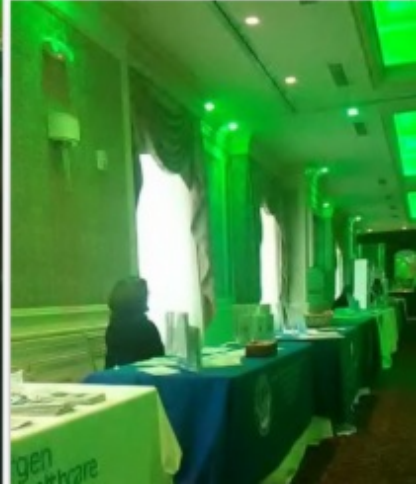
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It was a great #StigmaFree Symposium.....  
today in Paramus..



**Paul D Nickels is in Paramus, New Jersey.**

Yesterday at 9:43 AM · 🌐





**Mary Ann Eliassen Uzzi**

Yesterday at 7:48 PM · 👥

Today's Bergen County Stigma Free Symposium filled me with hope. Our youth presenters ranged in age from 7 to 22, and every one of them blew me away. They get it. They're concerned, and they're doing something about it. We're in good hands. They can use our help. What will YOU do to help?

A huge **congratulations** and thank you to Michele Hart-Loughlin, director of BC Mental Health Department for another incredible, sold out, event. Many thanks to our County Exec, **Jim Tedesco**, and the Board of Chosen Freeholders for their continued support and funding.



## **LIMEOUT BASKETBALL CONTINUES !**

**River Dell vs. Northern Valley at Demarest, January 15, 2019**



## Miss Bergen County Scholarship Pageant ...

Yesterday at 6:16 PM · 🌐

Interested in eliminating stigma in your community? (You should be!!) Or do you want to hear me rave about the amazing holiday cards you all helped me create and collect for psychiatric hospitals during the card drive? Or even better yet, do you want to hear about some big plans I have for my time at the Miss New Jersey competition?!

Check out how I use No Mind Left Behind to eliminate stigma surrounding mental illness and learn how sharing your story can stomp out stigma too!

**Bergen County's Stigma Free Symposium  
Miss New Jersey Education Foundation  
Miss America Organization**

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## *LGBTQ Mental Health*

**LGBTQ INCLUSIVE SCHOOLS AND RESPONSIVE  
COUNSELING: CLINICAL CARE, INTERVENTIONS,  
POLICIES AND RESOURCES**

February 7, 2019 | 10 am - 12 pm | \$40

Trainer: Sue Heguy, LCSW & Lisa Athan, MA

New Jersey Social Workers will receive 2 Clinical & Social and Cultural Competence credits continuing education

hour for participating in this course.

[REGISTER HERE](#)

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## QUICKLINKS

[NJ Biz: Hackensack Meridian Health & Carrier Clinic Finalize Merger](#)

[NJ.Com: NJ To Get First Urgent Care Center for Psychiatric Emergencies Under Unique Hospital Merger](#)

[Politico: Health Advocates Say Schizophrenia Should Be Reclassified as a Brain Disease](#)

[Bustle: 13 MH Documentaries You Can Stream Right Now](#)

[PV Daily Voice: Lyndhurst College Student Launches Revolutionary Mental Health Website](#)

[ROI: Health Care Predictions: Industry Insiders Tell ROI-NJ What They See in 2019](#)

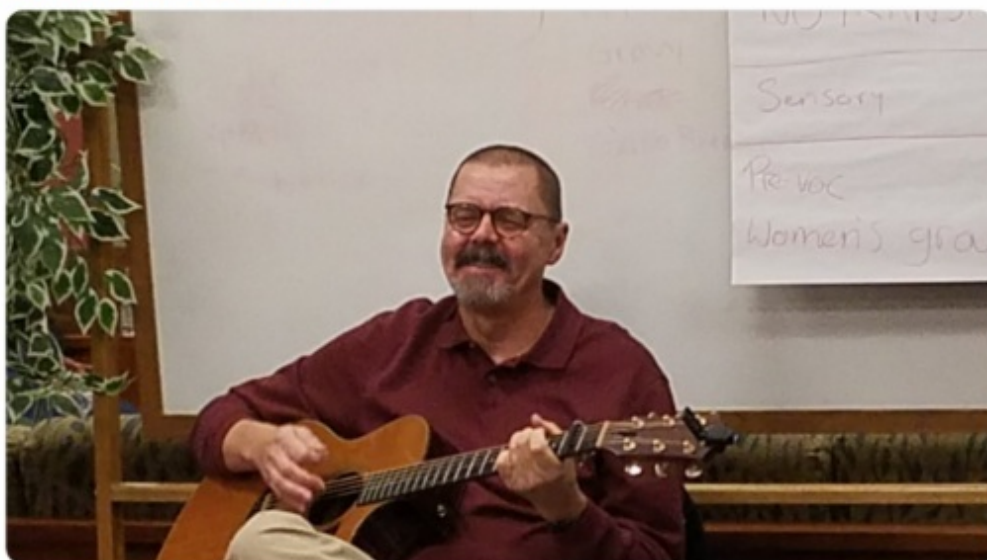
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**West Bergen** @WBMentalhealth · 1d

Bob, our music [#volunteer](#), came today and entertained our Partial Care consumers during lunch! Thanks Bob! We appreciate you!

[#MentalHealthMatters](#)





# MENTAL HEALTH EDITOR



All mental health news, all the time. Stop by!

## THE STIGMA FREE IS GLOBAL ON SOCIAL MEDIA !

By Cynthia Chazen

Who are the 7,000 readers of the SFZ News? Along with our volunteers, we are read by NJ & DC politicians, policy-makers, and healthcare & MH organization leaders. We want the folks who make important decisions regarding the future of mental illness and addiction funding & programming in the state to know *it's important to NJ voters*. It's part of the SFZ Mission to educate locally about mental illness.

Along with our emailed edition, the MH conversation is alive and kicking on a global scale online, where every tweet about MH or stigma reaches thousands of people. Join me, as Twitter's Mental Health Editor @cynchazen, as I tweet everyday with neuroscientists, politicians, mental health court judges, even and celebrities.

Tweeting is a great way to reach decision-makers you could never address in real life. Online, you'll really understand how far the fight to eliminate stigma has come. The message is getting out there! What's happening in Britain? The UK government has actively embraced mental health education, and their progress is remarkable!

In Canada, Prime Minister Justin Trudeau is an active Mental Health Advocate, and he tweets about it often. More jaw dropping are tweets from places such as Nigeria, where people with mental illness still live in chains. Online is the place to learn about brain news and stigma and stay on top of the global conversation. Just ask the SFZ folks in Fishers, Indiana! Mental health advocacy is happening *online*.

If your goal is to meet more NJ SFZ folks, try FaceBook. Make an account for your local SFZ Group, or just "like" and follow existing groups at The SFZ News of NJ or the Paramus, Oradell, Ridgewood, Wyckoff or Fair Lawn Stigma Free Zone pages.

Social media is free, but our publication costs \$50/month to create and send, and with so many new local and global subscribers, that amount is rising. Please, help keep us in the inbox every month, educating, inspiring and advocating, around the world! Constant Contact charges The SFZ News by the email, and we are currently at capacity! We need your help to add new subscribers and grow in 2019!

**MHA of Passaic County, Thank You for Donating !**

**[SUPPORT THE GLOBAL MH COVERSATION HERE](#)**

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**Mental Health Editor** @cynchazen · 5d

My wish for 2019 is  
good mental health, for everyone, everywhere.

Tweeting on MH makes it more  
acceptable to discuss these common, medical conditions.

Any tweet could bring comfort or more understanding.

Won't you RT to wish along with me?  
Or hit like to say it's OK with me!



3 replies 50 retweets 113 likes



**Mental Health Editor**  
@cynchazen

What's your wish 4 Mental Health in 2019?

- @JudgeWren @Mental\_Elf @electroboyusa
- @StanKutcher @Surgeon\_General @EPICLongIsland
- @KeepTalkingMH @B4Stage4 @pgionfriddo
- @allevin18 @BeyondYourPast @MrJonnyBenjamin
- @MentalIllPolicy @NAMICommunicate @Levy\_Library
- @SchizophrenicNY







Schizophrenic.NYC @SchizophrenicNY · 2d

Replying to @cynchazen @JudgeWren and 14 others

I hope that the media will stop blaming people with mental illness for all the gun violence.

2 4 14



Mental Health Editor @cynchazen · 2d

I concur, Michele.

3



isabella mori @moritherapy · 2d

Replying to @cynchazen @JudgeWren and 15 others

Better and more treatment, especially more options for treatment beyond medication #mentalhealth

1 4



BadassShr1nk @BShr1nk · 2d

Replying to @cynchazen @JudgeWren and 15 others

Decreased stigma. Increased #mentalhealthawareness

1 3



just me, myself & I @geekdogsndid · 3d

Replying to @cynchazen @JudgeWren and 15 others

Providers/therapists knowing the right questions to ask to help more accurate diagnosis! I had no idea my 'normal thought patterns & forgetfulness was due to DID'. The therapists never asked those kinds of questions, I always had the answers, they didn't have the right questions

1 3



Pinnacle Health Informatics @PHIDW · 1d

Replying to @cynchazen @JudgeWren and 15 others

Opening up dialogue about the system, what's working well, and how it can be improved, using meaningful data and reports, combined with the growing body of best practices in integrated, person-centered, trauma-informed care. Information can be powerful.

2 6



Right Hand Man Club @RHM\_club · 3d

Replying to @cynchazen @JudgeWren and 15 others

That people currently struggling alone find the strength to speak out to someone and start on the road to living with their condition 🙏

2 6



Ang1111 @angpeacock1111 · 3d

Replying to @cynchazen @JudgeWren and 15 others

Less pathologizing of normal emotions, more informed consent of psychiatric drugs, less forced treatment / medication, more systems changes that aid the social issues involved in clients lives.

2





**Drop Tones** @TonesDrop · 3d

Replying to @cynchazen @JudgeWren and 15 others

Flexible providers willing to try things and explore with us patients.



**abeautifulmind4me** @beautymind4me · 3d

Replying to @cynchazen @JudgeWren and 15 others

Affordable treatment!



**jeanné** @p31mission · 1d

Replying to @cynchazen @JudgeWren and 15 others

Easier access to mental health aid so that all who need help will get treatment and will never be turned away to fend for themselves.



**Liz** @becomingliz30 · 2d

Replying to @cynchazen @JudgeWren and 15 others

More focus on education. Especially with the workplace, law enforcement, and schools.



**Peter Jones** @h2cm · 3d

Replying to @cynchazen @JudgeWren and 15 others

For 'public mental health' to have its place which may help facil parity of esteem?

For clinicians with therapy skills to be able to exercise/train Pts. Free staff also to focus on SMI (again)

Make #MH more visible #MHA

Data? for caseload management 4 clinicians not just managers



**VALLEY HOSPITAL OFFERING PROGRAMS ON ANXIETY, BEREAVEMENT, STRESS MANAGEMENT, POSTPARTUM DEPRESSION AND DRUMMING CIRCLES.**

[CHECK VALLEY CALENDAR HERE](#)

Call 1-877-283-2276 to Register for PrimeTime Programs.

## West Bergen's Social Anxiety Teen Group

- School Refusal?
- Reluctance to participate in class activities?
- Frequent Absences?
- Excessive trips to the nurse?
- Social Isolation?
- Fear of Social Situations?
- Limited Peer Relationships?

### The Social Anxiety Group will focus on:

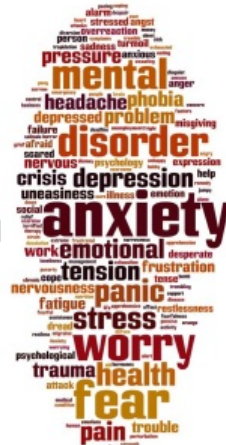
- Understanding the cognitive, physical and behavioral features associated with social anxiety
- Applying this knowledge to exposure situations that the students will practice in the group as well as specific social environments.
- Parents will be involved at the beginning and at specific junctures throughout.



Participation is limited. For more information contact Eve Thaler, LPC, Staff Therapist, at (201) 444-3550 ext. 7127.

To register contact the West Bergen Access Center at 201-485-7172.

[www.westbergen.org](http://www.westbergen.org)



ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED

