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## 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 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 local SFZ Task Force, no permission required. Just pledge to "do something about mental illness."**

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## TODD OUIDA CONFERENCE EXPLORES CHILDHOOD MENTAL HEALTH

By Cynthia Chazen

Who knew mental illness could begin as early as infancy? According to the experts at the May 10, 2019 Todd Ouida Children's Foundation conference, it is currently among the hottest areas of mental health research and study, particularly in the area of trauma-informed care. The packed house at Montclair State University, where the College of Education and Human Services co-hosted the event, listened to ideas from expert speakers on improving their practice to support the mental health of youngsters. NJ Dept. of Children & Families Commissioner, Christine Norbut Beyer,

delivered opening remarks directed towards the fact that within NJ, 1 in 34 children are diagnosed with autism: the highest rate in the nation. Autism and mental illness often go hand in hand. Children with a diagnosis on the spectrum often suffer co-occurring mental illnesses or symptoms, such as depression or ADHD. Over 95 percent of kids with autism have at least one co-occurring disorder, according to the Centers for Disease Control.

MSU Department of Teaching and Learning Professor, Gerard Costa, explored the day's theme by examining the infant and child's need to feel safe. Stories of NJ families facing incarceration, poverty, and separations had more than a few audience members wiping away tears.

The Roots & Wings award was given posthumously to NJ Youth Consultation Services CEO of 40 years, Richard V. Mingoia, a leader in NJ's children's mental health field. Mingoia, 77, passed away peacefully on April 14, 2019. Many co-workers were also his friends, and they described him "at the forefront of innovative ... children's mental health services." His award was tearfully and thankfully accepted by his widow, Marguerite van Stolk. Tara Augustine, formerly of CarePlus NJ, will be replacing Mingoia as CEO at YCS this June. Charles R. Matteis, retired director of Organizational Development at MSU, also received a Roots & Wings Award, directing only the highest praise towards Herb and Andrea Ouida's 20+ year dedication to children's mental health.



Mary Ann Uzzi (L), and Cynthia Chazen (R), accepted the Todd Ouida Foundation's Heroes Awards at the conference for their work in building Stigma Free Communities here in the state of NJ.



**A COOPERATIVE SOBER LIVING RESIDENCE FOR WOMEN**



## INNOVATIVE HOUSING MODEL OPENS IN BERGEN

By Cynthia Chazen

Lisa Gladwell is a special person, and it's hard not to recognize it from her wide, warm smile the minute you meet. The Bergen native, attorney, civic leader and recovery advocate, and her husband, George, will single-handedly open *God Winks* this month; an innovative residence for 9 women in recovery, located in Bergen's Pascack Valley. The beautiful Victorian residence is their contribution to fighting the opioid epidemic raging persistently all over suburban NJ. They purchased it after finding the rents in the area too high. And despite some furniture and small cash donations, they are paying for the mortgage and doing all the property upkeep on evenings and weekends, themselves. Wow.

"This is an investment," said Lisa. She believes whole-heartedly in her mission, after struggling with substance abuse herself, and staying in recovery for 17 years straight. Gladwell also started the non-profit [NJ Recovery Advocates](#), and she has been an outspoken supporter of both addiction and mental health causes for many years, often combining her efforts with recognition of what is most worthy in others.

God Winks will be an innovative, regulated and licensed, Class F model for substance abuse recovery housing, different from the Oxford model of housing prevalent in the state for the past 30 years. The residents will pay market level rent, be required to work, even if that work is volunteer, attend 12-step meetings, and stay sober; or it's out they go, according to Gladwell. She stated several times that her firmest belief is that work contributes to normalcy, and work builds self-esteem, thus the unusual decision to require it from residents. God Winks is currently looking for an operator and preparing to accept applications from potential residents.

"Affordable housing is a huge barrier to recovery," she told the SFZ News of NJ, "And recovery is all about self-worth." Lisa and George, we wish you all the luck in the world and *God Speed in your amazing mission!*

[Contact Lisa about God Winks](#)

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## A COOPERATIVE SOBER LIVING RESIDENCE FOR WOMEN

*God Winks*, located in the Pascack Valley of Bergen County, New Jersey, was, and continues to be, a labor of love. An historic 1,675 sq. ft. house was painstakingly restored, and a home was created through an extraordinary amount of hard work, generosity, kindness and love. We are committed to provide a safe, supportive sober environment for our ladies to nurture their recovery, cultivate their potential, flourish in their community while enjoying the journey! This is not treatment: this is not a halfway house. The Manager oversees the household, enforces regulations and is here to encourage you in your recovery. We embrace the philosophy of the Twelve Steps of Alcoholics Anonymous as our experience has been Twelve Step Programs provide the best opportunity for recovery. The gift of living with others in recovery to obtain support, has been proven to work.

The ladies who reside at God Winks will enjoy:

- Centrally located in the hub of the Pascack Valley
  - Abundant employment opportunities
  - Public transportation: one block to major bus line, 2 blocks to Pascack Valley Train Line
  - Stigma free town
- Sizeable, bucolic property
  - Sitting areas for quiet reflection
  - Outside dining
- Large, charming historic home with character
  - Beautifully decorated
  - Fully equipped kitchen
  - Semi-private bedrooms
  - Fresh linens, towels, bedding
  - Large common areas
  - Sunroom
  - Washer & dryer
  - Storage area
  - Central air conditioning
  - Cable television
  - High Speed Internet
  - Security camera
- Sober environment to nurture personal recovery and growth
  - Small number of residents
  - Intimate, quiet
  - Robust, recovery community
  - Numerous meetings within walking distance
  - House meetings and meals
  - Outside speakers
  - Seminars & coaching for personal and professional development.

Weekly rent includes:

- Full access to all the above
- Sobriety and recovery support:
  - House manager with 17+ years of recovery
  - Drug/alcohol testing
  - Rules, regulation and guideline enforcement
- Common house and food supplies
- All utilities: electric, gas, water, heat, hot water, central air conditioning, high speed internet, cable television and telephone

For more information or to schedule an interview, please email [lisagladwell@aol.com](mailto:lisagladwell@aol.com), call or text 201-245-5451.

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**GOOD NEWS FROM THE TWEET DECK**



Rep. Daniel Lipinski @RepLipinski · 29m

Wore my green tie today to raise awareness for the 1st day of **#MentalHealthMonth**. Don't be afraid to reach out for help if you or someone you know needs it. It's important that we raise our voices against stigma & not let it stand in the way of treatment. [nami.org/Learn-More/Kno...](https://nami.org/Learn-More/Kno...)



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John Y. Dater School @thedaterschool · 1d  
Mental Health Awareness Day today!!

15



**John Y. Dater School** @thedaterschool · 1d

Dater School is learning about mood regulation and depression today! We ❤️ our building mental health professionals!





Ms. Gulino 🐾 🐱 @GulinoJulie · 21h  
CaneCares sharing a few minutes of recess with the 5th graders. I'm not sure who smiled more today! @thedaterschool @RNJstigmafree

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# DATER SCHOOL



**Michelle Ketendjian** @MKetendjian · 22h  
Walking together at the Walk and Talk #RamseyStigmaFree  
@RNJstigmafree @thedaterschool

**PROUD TO BE STIGMA FREE**

Tweet your reply





**Nadine Venezia**  
@nadine\_venezia

So proud that my boys and the entire LHS baseball and softball teams raised awareness regarding mental health today



Tweet your reply



## QUICKLINKS TO NEWS

[Documented: Dozens of ICE Detainees Have Been Placed on Suicide Watch in a NJ Facility](#)

[NJ SpotLight: Lawmakers Seek to Curb Time Inmates Spend in Solitary Confinement](#)

[Asbury Park Press: Tom Morello Targets 'Egregious' Solitary Confinement in Asbury Park](#)

[Mental Health America: Advocacy Toolkit](#)

[NJ 101.5: 933,000 Adults in NJ](#)



## COUNCILWOMAN SHARES STIGMA FREE JOY

Hello !

Wanted to share that Teaneck's Town Council promoted Mental Health Awareness Month by wearing green and launching its "Proud to be Stigma Free" signage throughout main entrances to the township. Thank you for the poster the County provided which will be on display in our Municipal building as well as at our High School.

Sincerely,  
Gervonn Romney Rice  
Teaneck Councilwoman

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## SFZ COMEDIAN MICHAEL WEITZMAN TALKS MENTAL HEALTH ON NY RADIO



ALL OF OUR LINKS ARE LIVE

STAY CONNECTED

