

Minority Mental Health Month



Mental illness doesn't discriminate by your background or race, but access to care might.

THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

We report on an initiative of volunteers, 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."



ENDING HOMELESSNESS IN BERGEN COUNTY: NO ONE LEFT BEHIND

By Cynthia Chazen

Julia Orlando, Stigma Free Ambassador for Oradell and Hackensack Shelter Director, met me at the shelter, otherwise known as The Bergen County Housing, Health, and Human Services Center (HHH), with a warm hug and a smile, and by tour's end, I was exhausted, oddly exhilarated, and almost emotionally undone. Seriously. I had to stop at the nearby B&W Bakery for coffee and crumb cake and chomp on it silently in my car for a spell, just to feel centered again. Call it "heavy crumb therapy". Man, what an education my visit had been!

We talked mental illness and homelessness, PTSD, bedbug prevention, sex offenders, felons, detox, HIV testing, LGBTQ clients, the recent surge of homelessness in frail seniors and young teens with autism, vets, trauma survivors, the opioid crisis, alcoholic clients having grand mal seizures in the dining room, rent vouchers, mass incarceration, reentry services; one by one, challenge after challenge, solution after solution, as Julia confidently click-click-clacked down the hall, ticking off stats, making introductions, and reciting the tale of ending veteran and chronic homelessness in Bergen County in a nonchalant fashion; as if this happens every day!

When asked what she wants people to know she said, "Everyone is welcomed. And no one is left behind." My housing heroine! Smart, committed, energetic, compassionate, (and always, *always* gorgeous in designer heels)! Not what one expects to see down at the shelter. But that's our Julia.

The success of HHH's "One Stop Model" for housing and services is the result of years of collaboration by police (the man on the beat keeping an eye out for a confused shelter client), local organizations (on sight professionals providing mental illness screenings, referrals to counseling, access to legal advice, job development, nursing, hospitalization), and much more.

The entire HHH staff has received Mental Health First Aid training from Julia, who is a certified trainer. The cornerstone of mental illness treatment is medication management, and clients (those on powerful psych meds like Clozaril) are guided by shelter RN, Barbara Calabrese, who said that

the mentally ill are definitely, "the most vulnerable of all the homeless population." She told of a woman suffering from infection who was self-administering a used catheter, every day, based on past need, and how staff had to gently separate the mental from the physical during her entrance health assessment, and both needs were recognized and treated. Only training in integrated healthcare could provide such skilled awareness. Well done, Barbara, and HHH!

Julia remarked, "60-70% of our clients have a mental illness or an addiction." HHH determined to end chronic, "frequent flyer" check-ins and permanently house this neediest group of clients. Mary Sunden, collaborator from Stigma Free Christ Church in Hackensack, added that more attention to mental illness is still needed, *especially for preventative care*. Her church provides, free of charge, 40+ skilled human service interns who help the shelter keep costs down. Mary related multiple success stories of mentally ill clientele who were housed and are now working, and living decent lives. "The whole Stigma Free movement has made a huge difference," she said.

And contrary to old beliefs, the shelter is not dirty or scary, like on the six o'clock news; it is immaculate and odorless. Julia insists on keeping it simple and utilitarian in decor, "This isn't home and we don't want it feeling that way," she insisted. But everyone is dressed well. When local dignitaries complained about the (past) appearance of clients, Julia countered by insisting clients then only be provided with new clothes, *not mismatched hand me downs*. Everyone looked upstanding to my eyes. And no one's kicked out to wander or squeegee cars all day; indoor shelter is always available. The friendly, disabled work staff from collaborator, *Friendship House*, were concentrating so hard cleaning up after the lunch service, they could barely stop for a picture. And no lying in among any clients here. They were all at desks or computers *working to make their way out!* I witnessed an air of determination around every corner.

HHH is now considered a national model. Bergen County ended veteran homelessness several years back, but now they've ended chronic homelessness, too! The collaboration, attention to detail and services cocooning clients in a safe environment is a modern day success story - by any measure. They are taking the stigma away from the experience with effective excellence.

HHH's heart beats as that of a Tiger Mother, protecting her wounded, yet very well-protected cubs. I learned so much more than I expected to. In Hackensack, day follows day, one problem is solved; another crops up. Julia stated her work serves as a crystal ball for who in the overall population will next need help. I can picture her marching them in, in battlefield mentality, herding them gently through, and asap, seeing them safely home. I love this woman! Click- clack!

[READ MORE:](#)

[90.0 WBUR: THIS NJ COUNTY WAS THE FIRST
TO END CHRONIC HOMELESSNESS](#)

[NACO: BERGEN COUNTY'S
COLLABORATIVE MODEL REDUCES HOMELESSNESS](#)

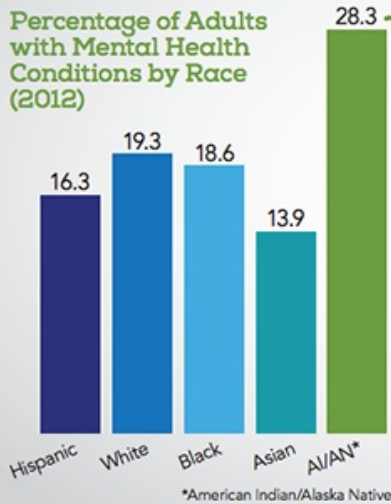


JULY IS MINORITY MENTAL HEALTH MONTH

Does Mental Health Affect My Community?

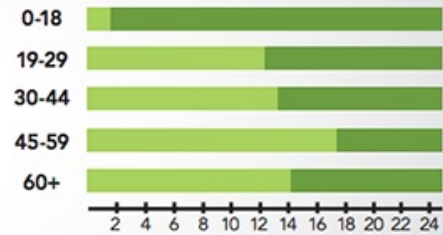
Mental health affects everyone regardless of culture, race, ethnicity, gender and sexual orientation.

Percentage of Adults with Mental Health Conditions by Race (2012)



At 28.3%, American Indians and Alaska Natives have the highest rate of mental health conditions among all communities.

Rate of Suicides in the U.S. by Age per 100,000 People (2007)



Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.



FIRST RESPONDERS UNITE AROUND MENTAL HEALTH

By Cynthia Chazen

The Crisis Intervention Team "Unity in The Community Day" in OverPeck Park for First Responders and their families drew approximately 300 people. General feedback was people appreciated the information and resources on mental health and general wellness provided.

Amie del Sordo, VP, Hospital and Community Services at CarePlus NJ said, "I anticipate this event will open vital conversations on mental illness ... and help enhance relationships between the community, First Responders and mental health professionals. We are excited by the participation and support of so many ... who attended and the positive responses we have received."

Dan Forman, an EMT from the UK who visited the Paramus SFZ Task Force last August for a report he was writing on "best practices in community mental health" for the Winston Churchill Trust, jumped the pond again to speak at the NJ event. Dan is a huge facilitator of mental health outreach for First Responders and has worked on the issue in tandem with the UK Royal Family's mental

health organization: *Heads Together*.

Dan has a book on mental health in the helping professions due out this fall from Simon & Schuster, which will include his SFZ adventures here in Paramus! Thanks for coming, Dan!

[Check out the photos from the event on CIT's Facebook page!](#)



Dan Farnworth @DanFarnworth · 8h

Today I am at [@bergencountynj](#) later I will be talking about mental health of first responders & the findings from my [@wcmtuk](#) journey. NJ are really committed to making change & making a future where the wellness of colleagues is at the forefront of EVERYTHING they do [#OneTeam](#) 🇺🇸



BergenCountyNJ





Joint Informational Bulletin

DATE: July 1, 2019

FROM: Elinore McCance-Katz, M.D., Ph.D., Assistant
Secretary for Mental Health and Substance Use

Calder Lynch, Acting Deputy Administrator and Director
Center for Medicaid and CHIP Services

SUBJECT: GUIDANCE TO STATES AND SCHOOL SYSTEMS ON ADDRESSING
MENTAL HEALTH AND SUBSTANCE USE ISSUES IN SCHOOLS

[READ THE FULL DOCUMENT HERE](#)

CMS, The Centers for Medicare/Medicaid Services and SAMHSA, Substance Abuse and Mental Health Services Administration have released this bulletin regarding substance use disorder (SUD) and

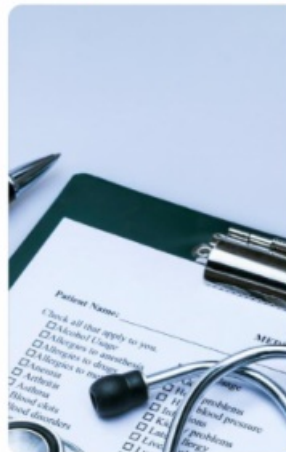
mental health issues in schools. Read about different approaches for treatment, Medicaid benefits that may apply and innovative "best practice" models for evidence-based services for students.

GOOD NEWS FROM THE TWEET DECK



MHA Policy Team @B4Stage4 · 43m

 We support alignment of [#42CFRPart2](#) with [#HIPAA](#) and are asking the Senate Health Committee to fully integrate [#behavioralhealth](#) by including [#S1012](#) as part of [#S1985](#) the [#LowerHealthCareCostsAct](#). Will you ask your Senators too? [@GOPHELP](#) [@HELPCmteDems](#) [#B4stage4](#) [#Actb4stage4](#)



YOU CAN'T TREAT A WHOLE PERSON WITH HALF A RECORD.

Co-sponsor and vote for behavioral health integration.

QUICKLINKS TO NEWS

[DAILY RECORD: LIST OF PLAINTIFFS IN SUIT AGAINST GREYSTONE HOSPITAL GROWS TO 11](#)

[TAPINTO LINDEN: NJ BILL INTRODUCED REQUIRING MENTAL HEALTH EDUCATION IN SCHOOLS](#)

[NJ INSIDER: HUMAN SERVICES LAUNCHES SECURE INTERNET REGISTRY FOR PSYCHIATRIC ADVANCED DIRECTIVES](#)

[SCIENCE DAILY; GROWING UP HIGH: NEUROBIOLOGICAL CONSEQUENCES OF ADOLESCENT CANNABIS USE](#)

[BERGEN COUNTY: PLEASE TAKE OUR COMMUNITY HEALTH SURVEY](#)



NEW SFZ OPENS IN MORRISTOWN

The Unity Charter Elementary School in Morristown formally joined the countywide Stigma-Free effort in Morris County in June.

Welcome! K-8 students pledged to eradicate the stigma associated with mental illness.

THE NURTURED HEART APPROACH®

PRACTICE IT, LIVE IT

FOR PARENTS, EDUCATORS & THERAPISTS



TRANSFORM INTENSE BEHAVIOR *inspire* GREATNESS WITHIN

one day workshop

Experience the power of NHA!

End the punitive cycle that reinforces negative behavior. Learn this upstream approach that is simple to use with quick results. Develop a new lens of mindfully noticing and verbalizing success. Help the children in your life build a portfolio of greatness so they can identify with their best self.

At this workshop, you will learn how to build healthy relationships that celebrate the intensity of the children in your life. You will develop tools to create inner wealth® in children which guides them in transforming their behavior from negative and destructive to successful and positive.



The Nurtured Heart Approach® (NHA®) is a relationship-focused methodology that creates healthy relationships for educators, therapists and families and ensures successful futures for our children.

**TO REGISTER text 917.376.4680
or email workshop@centerforgreatness.com**

payment can be made at www.paypal.me/Familyenhancement | for more information visit www.CenterForGreatness.com

date:

**JULY 18TH,
2019**

time:

9AM - 4PM
Check In: 8:30am

location:

The Suites at 17 North
301 Rutherford Ave
Second Floor Conference Center
Rutherford, NJ 07070

fee:

Early bird By July 4th
\$150 PER PARTICIPANT
after July 5th
\$175
Limited spots available

Facilitators/Certified NHA Advanced Trainers

Celeste Eisey, MA Spec. Ed., Education Specialist
Yael Walfish, LCSW

This course, The Nurtured Heart Approach: Practice It, Live It - For Parents, Educators and Therapists, Approval #190401-299, provided by Family Enhancement LLC, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ, CE Approval Collaborative. Approval Period: May 28, 2019 through August 31, 2020. New Jersey social workers will receive 5 Clinical CE credits for participating in this course.

OTHER PROFESSIONS

This activity qualifies for 90 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

ALL OF OUR LINKS ARE LIVE

STAY CONNECTED

