


THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

**NJ TEENS ARE DYING - BERGEN SFZ SYMPOSIUM - ODD GIRL OUT AUTHOR COMES TO BCC
NJ LAW ENFORCEMENT MENTAL HEALTH ACT - STATEWIDE PEER SUPPORT JOB FAIR**

We report on a volunteer initiative of organizations, nonprofits, schools and houses of worship
working 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."



JAMES J. TEDESCO III AND THE BOARD OF CHOSEN FREEHOLDERS
CORDIALLY INVITED TO ATTEND THE
3RD ANNUAL
COUNTY-WIDE **STIGMA-FREE** SYMPOSIUM
TUESDAY, JANUARY 9TH, 2018 • 8:30 A.M. - 11:00 A.M.

BERGEN COUNTY IS " ALL IN"

Symposium Coverage by Cynthia Chazen

Division Director of Mental Health Services, Michele Hart Loughlin opened Bergen's 3rd annual symposium noting that despite the fact all 70 of Bergen's towns are now thought to be Stigma Free, only 41% of people suffering with a mental illness in the county were believed to be seeking care. Clearly, Stigma Free still has work to do.

Hart-Loughlin noted, "We are resource rich, but awareness poor." She shared the good news that \$50,000 in county funding from the freeholders hoped to change this by supporting 23 new mental health education projects for the county in 2018; including (among others) a stigma club in Palisades Park and a project for the basketball community. The full house of 300+ attendees listened to a dozen speakers, shared resources and collaborative plans, and perhaps, left feeling a greater urgency to continue the SFZ mission of educating about mental illness and stigma, especially in regard to our youngest residents who are expressing an increasing need for mental health support and intervention.

County Executive James Tedesco III talked passionately about the shock of a recent suicide in Hackensack, and how being stigma-free was changing the culture of Bergen County. He drew a parallel between the openness he felt while receiving cancer treatment in this area and how he hoped to translate that same culture of caring to the lives of the 150,000 adults living in Bergen who are fighting mental illness. "Stigma Free is a necessary part of the strong, healthy future of Bergen County," he said, and he expressed pride in being part of a movement dedicated to creating compassionate, responsive communities where mental health is prioritized as an important part of public health.

It was a wonderful symposium and drew such a large crowd. It was great to see friends and meet so many new advocates, especially from our Veterans Administration, public hospitals from across the state and schools.

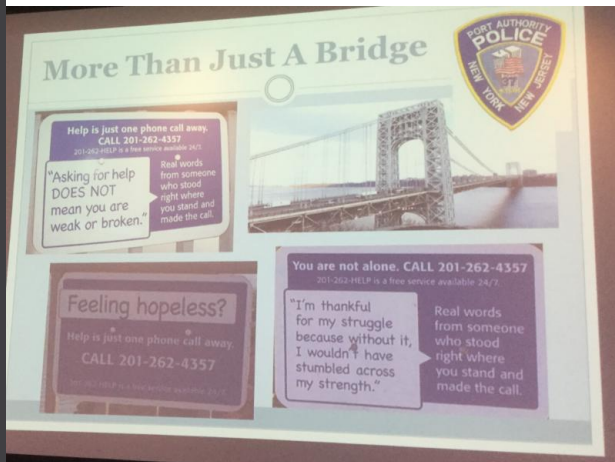


229 Lives Saved in 2015 - 2017 by GWB Team

Captain Emilio Gonzalez and teammates from the Port Authority Police Department expect to see the worst in life at their jobs, every day. "When we lose a life, it's a hard day for us", he said sadly.

He spoke to the value of the CIT training his team was given through the Bergen Police Department and new methods being employed by the force patrolling "The Bridge" that are making a huge difference in saving lives.

Since a complicated engineering project finished an ugly, but reliable suicide prevention fence in December 2017, the officers are also applying emerging technologies via GPS and cellphones to head off folks from all over the tri-state region headed for the bridge intent on one thing; resulting in zero suicides being completed (to date) since the moment it



was installed.



Gonzalez said his team was also "all in" when it comes to fighting stigma. The Captain noted how proud his team is to be part of the Stigma Free movement.

How can we ever thank them enough?

2015 Story about GWB Emphasizes Recent Improvements



New Jersey's Teens Are Dying

If that was a hard headline to digest, imagine Suicide Prevention Advocate Wendy Sefcik's experience. After being drawn to advocacy after the death of her beloved

16 year old son, TJ, she still opens her email often to learn about other teen deaths in our local area. "I haven't had a week pass since I began where I didn't get a new call", she said. If not sad news, it's email from parents, desperate for help when their child is expressing suicidal thoughts, or comfort after they are gone.

Wendy, so lovely and soft-spoken, broke our hearts at the Bergen SFZ Symposium by sharing many hard stories of teens, often stars in sports or academics, all young, all beautiful, dying by suicide, which many don't realize is preventable with education and early intervention. Wendy showed us their faces, and made it very clear that *in 90% of the cases she has come across, the young person in question died because of a mental illness*. It's not just the war on drugs that is needlessly decimating so many young people in New Jersey and around the world.

"Stigma is their greatest barrier to recovery", she said.



SUPPORTING THE MENTAL HEALTH OF OUR STUDENTS: UNDERSTANDING ANXIETY

PARTNERS

B.E.S.T.
COMMITTEE



eduscape

WHEN?

February 28, 2018

8:30am-3:00pm

SIGN-IN:8:00am

WHO SHOULD ATTEND?

EDUCATORS - up to 3 per district

WHAT WILL WE LEARN?

- “Look fors” and early warning signs of student anxiety
- Classroom strategies to support anxious students
- How school policies impact student anxiety

SESSIONS:

- **The “Normal” Nervous Child in a High Stress World**
presented by Eve Thaler, LPC Staff Therapist
- **Generalized Anxiety Disorder**
presented by Jane Pollack, LCSW, Clinical Director of Shared Programs
- **OCD in Children**
presented by Pat Sudol, Psy.D. Licensed Psychologist, Senior Supervisor
- **School Refusal**
presented by Danielle Heller, LCSW, Clinical Director of Outpatient and School Based Services
- **Supporting the Anxious Child in the Classroom**
presented by Jeanne Marron, Ph.D., Clinical Specialist-Community Educator

SESSIONS DESCRIPTIONS

<https://goo.gl/pxyCe6>

A light breakfast will be provided

Brought to you by the following partners:

[View Session Descriptions](#)

[West Bergen Mental Health Website](#)

DATE AND TIME

Wed, Feb 28, 2018, 8:30 AM
Bergen Community College
Meadowlands



JOSH GOTTHEIMER

Working across the aisle to solve problems, lower taxes, and fight for Jersey values for the people of the 5th District

Dear Constituent,

Our police officers are heroes. They put their lives on the line day in and day out to protect our communities from crime and lone wolf terror. They always deserve our full support and our deepest appreciation for their work.

In short, they have our backs; and we should always have theirs.

In Congress, I have made this one of my guiding principles. That's why I co-sponsored the [Law Enforcement Mental Health and Wellness Act of 2017](#), which passed unanimously in the House of Representatives last month.

The bill will improve mental health services for law enforcement by making grant money available for state and local law enforcement implementing mental health and wellness programs. The bill also encourages interagency collaboration at the federal level, supports officers by requiring the Attorney General to review existing crisis hotlines, and encourages the Attorney General and the Secretary of Health and Human Services to "educate mental health providers about the culture" of law enforcement agencies and therapies for mental health issues.

According to the National Alliance of Mental Illness, one in four police officers have experienced suicidal thoughts and between 7% to 19% of police officers experience post-traumatic stress disorder (PTSD), compared to 3.5% for the public. I'm incredibly proud to have played some small part in getting these first responders the resources and support they need.

The bill will also make more grant dollars available to New Jersey, a priority of mine since I was elected. The Fifth District only gets 33¢ back for every dollar we send to Washington - compared to states like Mississippi that get \$4.38 in return. I'm focused on clawing back more federal dollars to New Jersey, especially when they can help provide critical resources for our first responders.

Yours,
Josh

[Read More About The Mental Health and Wellness Law Enforcement Act on NJ Congressman Bill Pascrell's Website](#)

SCHOOL'S STIGMA FREE HEROES

**Thursday, April 19, 2018
Ramada Plaza
Conference Center
Monroe Township, NJ**



The New Jersey Governor's Council on Mental Health Stigma is recognizing "School Based Professionals," individual teachers, educational administrators and professional staff; public, private, charter and religious schools; educational programs and school organizations that have provided effective supports, services or programs that reduce the ways in which society stigmatizes people with mental illnesses.

Nominations will be accepted until February 20, 2018.

2018 Ambassador Awards
Nomination Submission Form

[Click here to download form](#)

**No use for that holiday gift? Donate it to Bridgeway Rehabilitation Services!
We raise funds through our June Silent Auction
in order to greater assist the persons we serve.**

**We welcome *almost* any item for inclusion in our auction
that is new and has a minimum value of \$30.**

We welcome donations of unused gift cards!

You can mail to us, drop items off or we will arrange pick up.

**Call Lisa at 908-469-6517 ext.1004
[or email Lisa Here](#)**

Bridgeway Rehabilitation Services | 615 North Broad St., Elizabeth, NJ 07208

QUICKLINKS TO NEWS

**[NJ.COM: Horizon bets \\$1.5M that technology
can help people find mental health care](#)**

**[YAHOO: NY Will Be the First State to Require Mental Health Education in
Schools](#)**

[NAMI NJ: Chinese American Mental Health Outreach Program](#)

**[CBS NY: Stories From Main St: Mary Ann Uzzi Helps Make Paramus Stigma-
Free](#)**

[MHA: YOUTUBE Peer Support Video From Asylums to Recovery](#)

**NYC FOUNTAIN HOUSE: Expanding Our Curriculum
With A New Life Skills Track**

Rutgers University Accepting Peer Support Program Applications



Mental Health Editor @cynchazen · 8/6/17

All of this diagnosing mental illness in others?

Just nip it.

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**Bergen County
Prosecutor Gurbir Grewal
is NJ's new Attorney
General.**

**Grewal, who has headed
the Bergen County
Prosecutor's Office for
nearly 2 years and was a
federal prosecutor in New**

Jersey and New York before that, has been an integral supporter of the Stigma Free Movement.



THE 2018 CAREPLUS FOUNDATION ANNUAL CONFERENCE FOR CHILDREN PRESENTS

ENOUGH IS ENOUGH:

CULTIVATING WELLNESS AND RESPECT ONLINE, IN SCHOOLS AND IN THE HOME

FEATURED SPEAKER
RACHEL SIMMONS
NEW YORK TIME BEST SELLING AUTHOR

WITH REMARKS FROM THE BERGEN COUNTY
TRAUMATIC LOSS COALITION COORDINATOR

FRIDAY, MARCH 2, 2018

Bergen Community College

9:30 am - 2:00 pm

\$75

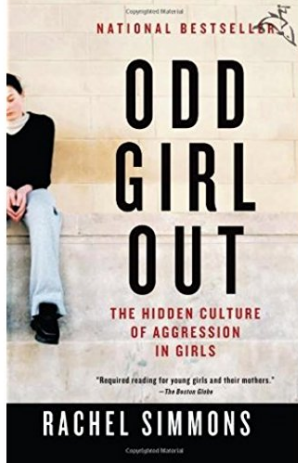
Participants will explore gender differences that affect social wellness, as well as the causes and forms of psychological aggression in person and online. This presentation will offer evidence-based strategies to reduce existing levels of adolescent distress and intervene during acute bullying situations.

3 CONTINUING EDUCATION HOURS
NASW CLINICAL CEH'S & NBCC CLOCK HOURS

For more information and questions about CEH's, please contact the Foundation Office at 201-986-5070 or Foundation@CarePlusNJ.org.
Online registration and sponsorship: www.CarePlusNJ.org/Conference2018



Author Rachel Simmons Comes to Bergen County to Address Youth Social Issues at



[Registration on CarePlus Website](#)

On March 2, 2018, New York Times bestselling author, Rachel Simmons, will be speaking at Bergen Community College for the 2018 CarePlus Foundation's Annual Conference for Children. The presentation, entitled "Enough is Enough: Cultivating Wellness and Respect Online, In Schools and In the Home", will enlighten professionals, parents and community members on the causes and forms of psychological aggression in person and online, along with strategies to reduce existing levels of aggression [in

children] and intervene during acute bullying situations.

Simmons is the author of the New York Times bestsellers *Odd Girl Out: The Hidden Culture of Aggression in Girls*, and *The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence*. As an educator, Rachel works internationally to empower young women to be more authentic, assertive and self-aware. The conference will debut Simmons's research for her new book *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives*.

"Social media is changing the landscape of youth wellness, and it's important adults understand the impact it is having. We are seeing these issues come up more regularly in our local school districts. We hope our community members agree we have picked a topic worthy of considerable attention and that they will support our efforts in bringing this opportunity to Bergen County."

You're Invited!



FREE WEBINAR: SCHOOL BASED SOLUTIONS TO THE MENTAL HEALTH CRISIS

We welcome you to participate in our upcoming
webinar on March 8th, 2018 at 12:00PM - 1:00PM

ONE CEU WITH A CERTIFICATE OF COMPLETION.

Register Here: <http://bit.ly/sagewebinar0301>



SAGE DAY SCHOOL FREE WEBINAR CONTACT

Friendship House Presents

Paint & Prosecco



Color variations are available

Hosted by Paintbrush Studios

February 8th @ 6:30 | \$45 PER PERSON

125 Atlantic Street • Hackensack, NJ

Light refreshments and Prosecco provided or bring your own wine

Please RSVP by January 30th to kenglish@njfriendshiphouse.org

Go to www.njfriendshiphouse.org to order tickets

Additional parking at our Myer Street entrance

LET'S TALK: PLANNING THE JOURNEY THROUGH THE TEEN YEARS

*You are Cordially Invited to Attend our Monthly
Parent-to-Parent Exchange Meetings
for Parents of Students with Disabilities Age 14 and Older*



The mission of the Bergen County Special Services School District Resource Center is to serve individuals with disabilities from infancy through adulthood as a central point of contact for guidance and connection to accessible and appropriate resources.

The Center is committed to helping individuals and families access the system of resources to enrich all aspects of life.

Parent-to-Parent Exchange Meeting Facilitator Doreen Moran, a parent and a professional in the field of disabilities, will moderate these timely and informative meetings. Discussions will focus on transition services, coordinating adult services, and the joys and challenges of the teenage years.

Please join us on

TUESDAY, FEBRUARY 13, 2018 AT 7:00 P.M.

*Future meetings are scheduled for
March 13, April 10, May 8, June 12, & July 10.*

**BCSS Education Center
540 Farview Avenue, Paramus, New Jersey 07652
Second Floor Training Room
(Room location subject to change)**

*To attend, please register online at <http://cape.bergen.org>
Registration confirmation is by email only*

For more information, please contact Connie at 201-343-6000 ext. 4076/ conpel@bergen.org

All Meeting Dates are Subject to Change.

PLEASE SHARE WITH COLLEAGUES

Bergen County's 6th Crisis Intervention Team (CIT) 5 Day training is February 26, 2018 - March 2, 2018.

CIT is an innovative police model that incorporates collaboration between the community's law enforcement system and mental health system to respond to the needs of those in psychiatric crisis. CIT provides a safer and more effective response to people with mental illness who are in crisis. The 40 hour CIT certification program instructs about mental illness, crisis resolution skills and access to community based services. It is offered on the CarePlus Paramus Campus.

Who should attend CIT ?

State, County & Local Police, EMS, Dispatchers, Hospital Security, Mental Health Professionals, School Personnel, Hospital Staff, Mental Health Screeners, Family Guidance, Prosecutor's Office/Court System workers - anyone who works with individuals who may experience a mental health crisis.

Fax Bergen Applications To 201-262-169

To learn more go to CIT-NJ Center of Excellence Website. www.cit-nj.org

Registration & Information on February and March CIT Programs in Cape May and Middlesex Counties are also on the CIT Website

Questions? Contact Amie Del Sordo, Bergen County CIT Coordinator, 201-262-7108. A registration confirmation will be sent via email after the application

deadline.

MHANJ Consumer Connections
PEER CAREER JOB FAIR
February 8th 10am to 2pm
Middlesex County Fire Academy
Sayreville, NJ

MHANJ Consumer Connections Programs is sponsoring a statewide Peer Career Job Fair for the growing addiction and mental health peer communities. Peers that have and/or can be trained as a certified "peer/recovery specialists" can connect with employers across NJ's behavioral health community. The recent expansion of addiction programs has created opportunities for peers. **Employers - take advantage of this opportunity to connect with NJ's peer workforce and meet experienced and entry-level peers in mental health AND addictions.**

Peers- come out and see what employers have to offer you!

The program offers peers additional information on social security, DVRS, DOL, Supported Employment, peer certification and training opportunities, as well as the opportunity to meet and talk with individuals working as peers today in our addictions and mental health systems. **Come for the networking !**

Registration is required to attend this event.

[Job Seeker Registration](#)
[Employer Registration](#)

contact Chrissy Schayer cschayer@mhanj.org
or call (848) 480-0916

FAMILY EDUCATION WORKSHOPS

**Presented By Comprehensive Behavioral Healthcare's
Intensive Family Support Services**

For families with an adult relative with a mental illness.
**Workshops from 7 pm to 9 pm at: New Bridge Medical Center: Behavioral Health
Building, Room E218, 230 East Ridgewood Ave., Paramus, NJ 07652**

**If interested in attending, please contact
Intensive Family Support Services: (201) 646-0333**

WEEK 5: February 13, 2018

PLANNING FOR THE FUTURE

Raymond Falcon, Attorney at Law

**Discussion of psychiatric advance directives, trusts, power of attorney,
medical proxy, and guardianship.**

WEEK 6: February 20, 2018

HEARING DISTRESSING VOICES

Laverne Williams of the Mental Health Association of NJ (MHANJ)

This workshop provides a simulated experience of hearing voices that will enhance empathy for and understanding of individuals with psychiatric disabilities.

WEEK 7: February 27, 2018

FAMILY ADVOCACY

Denise Cummings, family advocate and NAMI Bergen Board Member

Mrs. Cummings discusses the recovery journey and provides suggestions on how to best advocate for a loved one so they can access proper services and treatment.

WEEK 8: March 6, 2018

IN OUR OWN VOICE PRESENTATION

Speakers from NAMI's In Our Own Voice Program share personal stories to illustrate the individual realities of living with a mental illness.

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ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED

