

BERGEN COUNTY PROUD TO BE STIGMA-FREE

Welcome to the Stigma Free Zone News of NJ

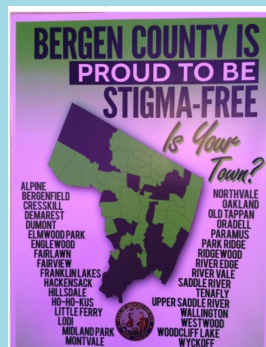
Spreading good news and bringing the mental health conversation to Bergen County.

Bergen County Closes in on Stigma Free Goal

Since Paramus Mayor, Rich LaBarbiera was urged in 2012 by Stigma Free Zone Founder and Paramus resident, Mary Ann Uzzi, to “do something about mental illness” 44 of 70 Bergen towns have followed suit, pledging to join the Stigma Free Zone educational initiative and pass town resolutions to educate locally about mental health.

The goal is to have every Bergen municipality declare themselves a Stigma Free Zone to fight the stigma of mental illness. Creating local mental health outreach and programs through diverse volunteers is how the movement has gained momentum and attention statewide.

The Hoboken NAMI (National Alliance on Mental Illness) created the concept, but Uzzi gave it powerful wings. She says the success of the Paramus SFZ is due to the buy-in and support of county and town officials. In Paramus, the school system, library, police and health department are just a few of the local groups lending manpower and funding to their SFZ. Uzzi brought the SFZ idea to her neighbor, Bergen County executive, Jim Tedesco, who got the County Freeholders involved. The idea just took off all over Bergen County.



SFZ Members join Assemblyman Eustace in addressing the Health and Human Services committee in Trenton, urging the adoption of NJ AR236.

Assemblyman Dr. Tim Eustace pushed the SFZ movement beyond Bergen County borders when he wrote and supported NJ Assembly Resolution AR236, which encouraged every NJ municipality in the state to pass a Stigma Free Zone resolution. It passed in October, 2015. Since then, Passaic, Hunterdon and Morris Counties have all joined the movement and declared themselves Stigma Free Zones.

Michele Hart Loughlin, Program Coordinator at the Bergen County Division of Mental Health Services has created a helpful resource. Her Stigma Free Toolkit provides a sample resolution so joining is easy for all who want to make their town a Stigma Free Zone. A list of the 26 towns still needing Ambassadors to approach their town council to ask them to pass SFZ resolutions is at the end of the newsletter.

[Download SFZ Toolkit Here](#)

NJ RISKS LOSING MENTAL HEALTH SERVICES ATTEND IMPORTANT EVENT TO BE HEARD

Our Community Mental Health Crisis:
Thousands Will Lose Access to Treatment in New Jersey

A Legislative Breakfast
to Prepare for the Impact of a Statewide Epidemic

*Hear the stories.
See the faces.*



*Be well-informed.
Learn the truth.*

Wednesday, October 19th 8:30 am
Free of charge. Space is limited to the first 300 registrants.
For more information or to register, contact Caitlyn Yerves at CaitlynY@CarePlusNJ.org

This is our opportunity to let our legislators know what the voting public wants.
Seasons Catering, 644 Pascack Rd, Township of Washington, NJ 07676

**RSVP & RESERVE A SEAT AT FREE OCT 19th EVENT
HERE**

SFZ NEWS PUBLISHES FIRST EDITION

The Stigma Free Zone News of NJ aims to provide a forum for supporters to read about SFZ news and upcoming events. Our mission is "To spread good news about mental health and provide a neutral space to talk about stigma and mental illness issues".

It is the brainchild of Demarest SFZ Ambassador, Cynthia Chazen, who acts as editor. "The SFZ has grown so large, one town doesn't know what the other is doing", she said. "With churches, rotaries and schools now joining, we need a place to not only share news, but talk about mental health and the related issues that affect every person in Bergen County. Mental health is a huge issue nationally and globally, but we aren't organized enough yet to truly collaborate on the local level. **Improving mental healthcare is everyone's responsibility.** We need to know each other better".

Chazen has been with the SFZ since 2013. Under her leadership Paramus church, Central Unitarian, won the 2016 NJ Governor's Award for Fighting Stigma. They recently hosted over 100 people at a round table on the role of faith communities in mental illness outreach.

She speaks regularly on various mental health-related issues.

Chazen hopes to form a county-wide SFZ Task Force to serve as a think tank on Bergen's mental health needs and involve more local healthcare organizations in Stigma Free, including our hospitals. She dreams of a regional pediatric psych ER and establishing dubhouses and first episode psychosis treatment programs in every NJ county.

Since the newsletter isn't affiliated with government or any town, every NJ voice concerned about mental health can be heard. Chazen invites citizens and all SFZ towns, Ambassadors and mental health - related organizations and groups to submit news, opinions and event announcements for inclusion in the newsletter.

[Submit your opinions, events and news here](#)

RISE UP CAFE TO FIGHT STIGMA of ADDICTION

Lisa Gladwell, a River Edge resident 15 years into recovery is an active leader in NJ in the field of mental health and addiction. She has served on the board of Vantage Health Systems and is the president of the Father Jim McKenna Memorial Fund. In 2014, she founded NJ Recovery Addicts, a non-profit which organizes the statewide Recovery Walk Rally every Fall. Lisa was a 2016 honoree of the Russell Berrie Make a Difference Foundation.

Recently, Lisa shared her plans to build an art café and bakery in northern Bergen County to employ people in recovery and provide them a living wage, job skills and a work history. She envisions a place for all people to socialize apart from mood-altering substances, and hopes the café can also house a space for events that fight addiction stigma and promote mental healing. Good luck, Lisa. Keep the SFZ News posted on the grand opening!

[Contact NJ Recovery Advocates Here](#)

Bergen County's ResourceNet is open for business. Use this free website to find county resources that meet mental health and child & family needs.

Operated by Bergen's Promise, the BRN provides current information on services and supports. Need a clinician or a hotline number? Information on webinars or job fairs? Want to view a calendar of professional development workshops & events?

Call Kathy Werheim at Bergen's Promise 201-712-1170 with questions. Joining is free!

Are you Using Bergen County's Resource Net?

The screenshot shows the Bergen ResourceNet website interface. At the top, it says "Bergen ResourceNet" and "www.BergenResourceNet.org". Below that, it asks "Looking for resources in your community and across Bergen County?". A search bar is visible with a search button. Below the search bar, there are several categories of resources listed: Arts & Recreation Programs, Basic Needs and Assistance, Employment and Training Resources, Educational Programs, Behavioral/Mental Health Services, Outpatient Services, Events & Support Groups, Seasonal Programs, Faith-based Organizations, Community Service/Volunteer, Pediatric Medical Services, and Family Services. A "Family Home Page" link is highlighted. Below the categories, there is a section titled "Get Connected" with a "ResourceNet for Families" link. At the bottom, there is a call to action: "Help spread the word to those offering these programs and services in YOUR town so we can get them listed for the benefit of ALL!".

New Jersey Universities are going Stigma Free!

Former NJ Governor Richard Codey visited Ramapo College of New Jersey in Mahwah on September 28, 2016 to declare the campus Stigma Free. They celebrated student efforts to educate themselves, faculty and administrators about mental illness. Governor Codey and his wife, Mary Jo, established the Codey Fund for Mental Health to ensure that compassionate, quality mental healthcare is universally accessible and that the stigma associated with mental illness is overcome through public awareness and education.

Ramapo College is the 4th college in the state to declare a Stigma Free Zone status, following Montclair State University, Stevens Institute of Technology and Caldwell University. Ramapo College students are quite active in volunteerism.

We at the SFZ News of NJ encourage the remaining colleges and all public schools in Bergen County to become Stigma Free Zones. We can help all interested parties learn how to join and find meaningful, age appropriate mental health education for college students or those in K12 schools.



8th Annual A Taste of Bergen Supports the Foundation at BRMC in Paramus

Monday, Oct. 24 at 6 p.m. at Seasons, Washington Township.
Proceeds benefit the Foundation at Bergen Regional Medical Center, hospital patients and long term care residents as well as Stigma-Free mental health initiatives, education and outreach. Tickets at website.



Visit BRMC Foundation Website

Free MHFA Training Enrolling Now for November

The Paramus Stigma-Free Zone and
Bergen County Department of Health Services
is proud to present a national training program **free of charge**

Mental Health First Aid Training

A unique opportunity for residents and workers in the Paramus community to become **certified** in Mental Health First Aid as part of the county-wide Stigma-Free Initiative



"Mental Health First Aid is a public education program that can help individuals across the community to understand mental illnesses, support timely intervention, and save lives."

What is Mental Health First Aid?

- Evidence-based interactive course
- Teaches the signs of mental illness and substance abuse
- Introduces a five-step action plan to respond to a mental health crisis
- Teaches how to initiate a referral to mental health resources

Sign Up For The Next Certification Training

Saturday, Nov. 5, 2016 • 8:00AM to 4:30PM
Paramus Town Hall Meeting Room

Contact us! Email Mary Ann at muzzi47@hotmail.com,
Judith at jmigliaccio@paramusborough.org,
or call 201-925-1953

Why is Mental Health First Aid important?

- Just like CPR, it is a vital skill that improves the well-being of our community
- Helps to eliminate the stigma that is associated with mental illness and substance abuse
- Promotes recovery and resiliency



COUNTY OF BERGEN
JAMES J. TEDESCO III, County Executive

BOARD OF CHOSEN FREEHOLDERS
Joan M. Voss, Chairwoman • Steve Tanelli, Vice-Chairman
John A. Felice, Chairman Pro Tempore • Maura DeNicola
David L. Ganz • Tracy Silna Zur • Thomas J. Sullivan Jr.



If you live in any of the towns listed below, and would like to serve as a SFZ Ambassador; a volunteer who brings a request to pass a resolution to your town council asking them to become an official Stigma Free Zone, contact Michele Hart Loughlin at the Bergen County Division of Mental Health Services through the button below.

TOWNS NEEDED TO MAKE BERGEN A STIGMA FREE COUNTY:

Allendale - Cliffside Park- Closter - E. Rutherford - Edgewater
Emerson - Glen Rock - Haworth - Harrington Park - Mahwah
Moonachie - New Milford - Norwood - Ramsay - Englewood Cliffs
Palisades Park - Teterboro - Hasbrouk Heights - North Arlington
Ridgefield - Ridgefield Park - Rockleigh - SaddleBrook
Rochelle Park - South Hackensack - Wood-Ridge

Volunteer to be a SFZ Ambassador and make your town Stigma Free



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Media !

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The Stigma Free Zone News of NJ | Like us on Facebook, Bergen County, NJ 07652

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Sent by cynthazen@gmail.com in collaboration with



Try it free today