

BERGEN COUNTY PROUD TO BE STIGMA-FREE

Bringing The Mental Health Conversation to Bergen County and Beyond

**PEER WELLNESS CENTER REOPENS - NEW FIRST EPISODE PSYCHOSIS PROGRAM -
QUICKLINKS TO NEWS- IFSS FAMILY EDUCATION PROGRAMS - UNDERSTANDING 262-HELP**

Grand Opening of Bergen County Wellness Center in Hackensack. Volunteers Needed !

When you walk in at 177 Hudson Street, Hackensack; the new home of Collaborative Support Programs of NJ's new "Bergen County Wellness Center", you can sense excitement in the air. Just 2 blocks from the bus terminal and close to the Courthouse, the brightly-lit, freshly-painted space is sparsely furnished now, but staff are buzzing with plans for an upgraded center that will actively embrace the community and invite them in to really get to know CSPNJ's clients; especially the youth population.

Originally known as "On Our Own", the Hackensack center for people with lived experience of mental illness and addiction was started in the 1980's by SFZ Members, Judy Banes and Irene Sanborn. It is taking on a new name and adding value to the county by offering unique programs. The new location is clean and accessible, surrounded by parking spaces and thriving businesses, very safe and roomy, but it still needs some sprucing up.

They definitely need the community's help.

The Grand Opening is scheduled January 26 from 2 - 4 at 177 Hudson Street, Hackensack. The SFZ News encourages readers who have time, talent or services to volunteer to attend, meet the agency leaders and offer your help. Christie Moss, Center Manager, is eager to make new contacts and can be reached at 347-



451-0735 or through email (at the link at the end of this article).

CSPNJ employs 200+ people statewide and are being guided in community integration by Temple University in Philadelphia. This means they aim to bring future supports to clients both inside and outside of the Hackensack Center hub. (Read more about that in our Quicklinks to News section).

The Hackensack Center is 1 of 25 in NJ and 2 in Bergen County (the other is "For Us By Us" in Englewood) that CSPNJ operates, mostly on a peer-led basis. 60% of their employees are people in mental illness or addiction recovery.

Not a day program, or clinic, their fully-credentialed staff plan to bring the best in career and financial counseling, integrated health education, art/music therapy, counseling and social supports and programming to a diverse clientele. CSPNJ also provides safe and affordable housing for over 750 persons with mental illness or addiction across the state.

The Hackensack Center serves about 30 clients a day (and they aim to add more) from all backgrounds and income levels, ages 18 to late 50's. Above all, their peer to peer mission is "to promote responsibility, recovery and wellness". "We also aim to reduce the isolation of living with a stigmatized condition" said Ms. Moss; a challenge many in the SFZ agree is a much too-common problem to overcome.

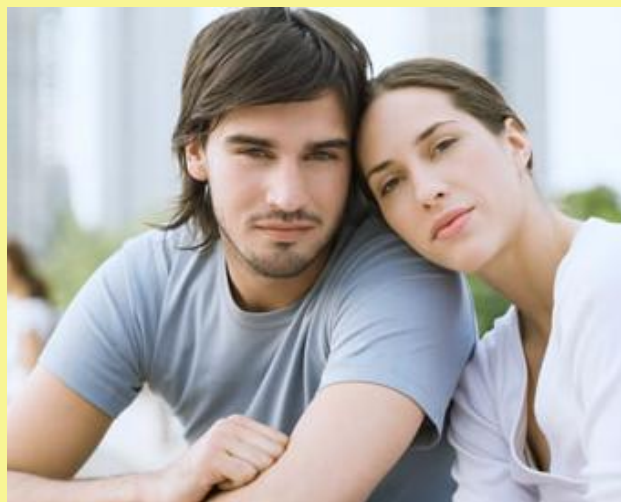
Center Manager Christie Moss and Scott Long, the Director of CSPNJ's Northern Region, are working with Elizabeth Brier, CSPNJ's Wellness Center Director to find the best combination of services for their clientele. They may combine the Bergen Centers, citing the financial impact of Fee for Service. "It's really a positive thing for us", said Brier, "hubs of service are now a trend and when day treatments get cut, clients tend to turn to peer services."

When asked about their wish list, Long mentioned that they have been forced to cut back from 5 days a week to 3. He wants to rebuild services, especially for young clients (who currently have so few supports available to them). "Young adults need something to do", he stressed, citing that 70% of the Center's clients are fighting co-occurring substance abuse issues. Providing music, speakers, gaming, and social activities through local community is key in preventing relapse.

Center Wellness Mentors, counselor John Fuchida and Paula Malone, MSW, told the SFZ News providing services that appeal to all ages is difficult, and the young adults in recovery for the first time don't always appreciate being advised by the older clients at the Center.

"We really need volunteers of all ages and with any skill set to offer their programs and interact with all of our clients", Moss said.

Long has support groups, exercise, weight loss



and yoga classes in mind, and hopes that the Bergen CHIP program will come to aid those struggling with weight gain from psychiatric medication. He wants the Center to be a “safe zone for friends; a sanctuary to meet like-minded people and a place to get education and coping skills.”

"It's a new beginning here for us, we will be offering a new level of services. We are looking forward to becoming an integral part of Bergen County", Long added.

Moss spoke of some frustrations, in particular, having difficulty in getting on the radar of Bergen non-profits such as United Way and Easter Seals and a lack of follow-up from some Bergen agencies. “We haven’t struck upon all of the right contact people yet”, she stated, adding that other counties have provided CSP's clients much more individualized follow-through.

Peer services are an invaluable resource, but cannot operate without community support. Most immediately, along with volunteers and financial support the Hackensack Center needs in-kind donations, including:

A full size refrigerator, microwave ovens, crockpots, a vacuum, computer lamps, desks and chairs, a long, rectangular dining table and chairs, bookcases, art work, lamps and décor, rugs and kitchen supplies (dishes, utensils, cleaning supplies) and art supplies.

Along with programming and donations, any company or individual volunteer who can help CSPNJ finish the kitchen and computer room, or set up technology (gaming and computers) or provide free, healthy snacks is also needed.

[Contact Christie Moss, Center Manager](#)

[Visit CSPNJ Website](#)



**See you all at the
Grand Opening! Center Hours
are
Thurs. & Fri. 1-6 and
Saturday 12-5.**

Letter To The Editor

Dear SFZ News of NJ,

I went to the [CHCC] seminar with Teepa Snow last night on Dementia. She was amazing, engaging and full of wisdom. This delicate population needs caregivers to understand their unique mode of communication as they age and begin cognitive decline. Teepa has such a gift for explaining what the elder community experience and how we can better help them get their needs met in a safe and effective manner. I learned a lot for my patients and family members. Thanks for posting the event.

Lisa Lanzalotto, RN

Paramus, NJ

[Tell The SFZ News Your Thoughts](#)



CarePlus NJ First Episode Psychosis Grant: Innovative Services Offer New Hope for Youth.

Imagine your 18 year old comes home from high school one afternoon in tears. When pressed, he tells you he had a bad day, the other students were laughing at him. He isn't quite sure, but he thinks a character in the movie shown in Spanish class was speaking directly to him and everyone knew. He cries, telling you how scared and confused he has been feeling for months now; describing paranoia, delusions and out-of-body experiences. He admits to doing drugs.

What do people do when mental illness appears in their children or a young adult family member?

Usually they panic. Sometimes, they deny symptoms or concentrate on real or perceived drug use. Any family experiencing the onset of psychosis (a break with reality) in a child will tell you they feel scared and alone. The age of onset of serious mental illness occurs at a time of life for building identity in young people. The cruelty of psychotic mental illness is how it traumatically it interferes with that crucial stage of development.

The average onset of serious mental illness is late teens to mid-twenties, with boys usually succumbing earlier than girls. Every year 100,000 young people in the US will experience their first psychotic episode or first "break". Psychosis can be caused by physical or mental illness, medications, or drug or alcohol abuse.

In the past, it has not been uncommon for youth to experience 12-18 months of symptoms, or even more before receiving a diagnosis and/or treatment. Prescribers have been hesitant to put a serious illness label on a young person, and sometime self-esteem issues will not allow a client to accept such a serious diagnosis or they will try to hide it out of denial or fear of illness or fear of discrimination. Early intervention with a quick start on medication has been proven to greatly increase chances of long-term recovery and a return to school/meaningful work. Too often, delays lead to self-medicating with substances, brushes with the law or serious family dysfunction, along with a worsening of symptoms. The need to act quickly and decisively is real.

[Read NIH Fact Sheet: First Episode Psychosis](#)

CarePlus NJ is the "Northern Provider" for 11 counties* for a new federal grant designed to treat FEP- First Episode Psychosis. Rutgers (Central) and Oaks Integrated Care (Southern) have been awarded the grant in other NJ regions. This new model of wraparound services is based on a successful pilot program called OnTrackNY and it will service 35 youth (ages 15-35, average age 21) within 2 years of their first break and hoping to return to school/work. The program gets up and running this winter under the leadership of CarePlus VP of Acute Care Services, Kris Pandy.

Lorelle Holway, the Administrative Manager and Melissa Sampath, Clinical Manager, will provide care with a multi-disciplinary team including: a prescribing psychiatrist, a case manager and a

fully-licensed "Recovery Coach" plus supported employment and referral specialists to guide clients through the first 2 years following their FEP. The team will also work to incorporate peer and group supports into services. "Our goal is to get them back to life, where they were before they began experiencing symptoms", explained Holloway, "This grant is helping young adults deal with a very serious health issue". A return to school, college or work is a desired outcome whenever the client shares that as a goal.

The SFZ News asked Ms. Sampath about the unfortunate practice some programs have of automatically excluding families due to HIPAA laws, and we pointed out many young adults may need the support of parents. She talked about the importance of including families on the treatment team. "This is part of the CarePlus philosophy", she said. "Using shared decision making to educate clients so their families and supports can be engaged...in a meaningful and helpful way". She added " Most FEP families need education about [mental illness] and treatment options, and most need help managing their fear...associated with a diagnosis. This new service will support not only the client but their families".

Referrals for the program are coming in from ERs, hospitals, colleges and programs that work with young adults. Initially, CarePlus will accept adolescents and young adults on a first-come, first-served basis. They will build an individualized plan of treatment for every participant.

A lack of peer support and social programs for young adults and adolescents in Bergen County and NJ overall remains an issue. "There's a need for peer support whether it's treatment, support for school/work goals or just someplace to send young people to give them structure to their day", lamented Sampath. Holway added that the median age of persons in mental health day treatment trends older so the lack of social services exclusively for the young experiencing FEP is a real problem.

"Our grant is a first step", she said, "Federal funding may increase if programs like ours succeed". Success is likely, as the program model already has shown itself to be very successful in other states. Both CarePlus practitioners hope to see more youth-based supports created for this age demographic in Bergen County and across the state.

When it comes to helping NJ youth recover from serious mental illness and thrive in all aspects of life, the SFZ News is sensing a theme. Providing great healthcare is an important foundation, but our youth need more services to help them on to a full recovery.

*CarePlus is taking referrals for FEP from Bergen, Essex, Hudson, Hunterdon, Morris, Passaic, Somerset, Sussex, Union and Warren Counties.

[Read About OnTrack Model Here](#)



COMMUNITY

NETWORKING ASSOCIATION OF NJ

EST. 1987

Community Network Association of Bergen County

What is CNA:

Established in Hudson County in 1987 to help ensure that **social services** and **resources** are made available to all who are in need in the county through the power of networking. Made up of individuals, organization, businesses, and agencies, CNA has become a pivotal force in the communities throughout Hudson County. CNA has been so successful in Hudson County, we are expanding our presence and strengthening our connections with Bergen and Passaic Counties.

The Mission:

To bridge resources so that we can build stronger and healthier communities.

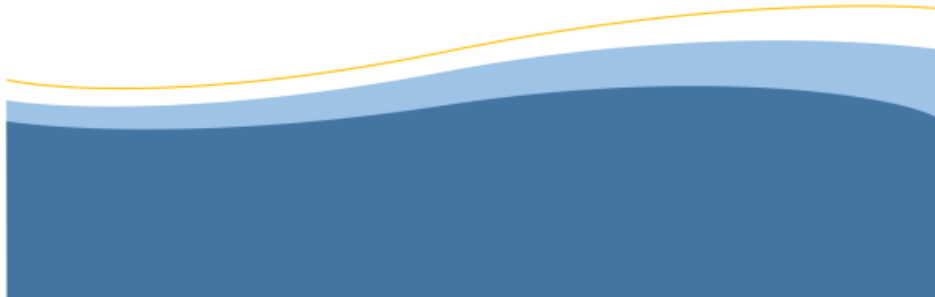
How: By building relationships with fellow professionals we will increase the opportunity for our individual missions to create bigger impacts in our communities.

Tuesday, January 17th

You are cordially invited to share and get information on other services, access to community news and opportunities, connect with other professionals, to spread your mission and your business to maximize exposure and outreach in Bergen County. Please feel free to share this invitation with your colleagues.

Location: The Fairfield Inn Marriot
850 Paterson Plank Road
East Rutherford, NJ 07073

Time: 10 am-12 pm **RSVP:** CNAofBergen@gmail.com



Presents

MEET THE PROFESSIONAL

262-HELP (4357)

When you or a loved one are experiencing a mental health crisis.

The Psychiatric Emergency Screening Program, also known as 262-HELP - a program of CarePlus New Jersey – is Bergen County's Designated Psychiatric Emergency Screening Program. The purpose of 262-HELP is to provide emergency mental health services to residents of Bergen County.

- Services 24-hours a day, 365 days a year.
- Mental Health Screeners that are trained and certified by the New Jersey Division of Mental Health and Addiction Services. They provide mental health evaluations, crisis intervention counseling, and support to individuals – either in the community or at our office – and assess for the most clinically appropriate intervention.
- Psychiatrist who provides emergent medication services, including a psychiatric evaluation and short-term medication monitoring until the individual is linked to a long-term service provider.
- Peer Support Staff who offer supportive counseling and psycho-education.
- Services to minors when authorized by the parent or legal guardian.

Join us for this informative event!

Tuesday, January 17, 2017

7:00 p.m. to 9:00 p.m.

Bergen Regional Medical Center

230 E. Ridgewood Avenue, Paramus, NJ

Enter at Main Entrance, and proceed right to the Auditorium at the end of the corridor.

Featuring

Lisa Montuore, LCSW, Program Manager, Psychiatric Emergency Screening Program

Lisa is a Licensed Clinical Social Worker whose career in mental health began in 1995. She received her Bachelor's degree in Psychology from University of Delaware and her Master's degree in Social Work from New York University. Currently, Lisa is the Program Manager of the Psychiatric Emergency Screening Program (262-HELP) for Bergen County, and has been a certified Mental Health Screener since 1998. Lisa has worked in various settings in the field of mental health, including inpatient, outpatient, and crisis settings. She has worked with both adults and children, and was a member of the Apollo Team, providing debriefing and support to first responders in Morris County. She is trained in Structural Family Therapy and Clinical Supervision.



304 Valley Boulevard, Wood Ridge, NJ 07075
201-935-NAMI (6264)

QUICKLINKS TO NEWS

[Temple University Website: What is Collaborative on Community Inclusion](#)

[AC Press: NJ Assemblyman Supports Expansion of Early Intervention Programs](#)

[NIMH Paper: Evidence-Based Treatments for First Episode Psychosis](#)

[NJ State Website: Addiction & Recovery Programs in Law Enforcement Now Law](#)

[NJ SpotLight: Tiny House Pilot Program Could Make Difference for Homeless](#)

[Clubhouse International Website: An Acclaimed Model of Support](#)

[NJ SpotLight: Christie State of The State Speech Addresses Drug Epidemic](#)

WRITE TO CONGRESS TODAY REGARDING POTENTIAL REPEAL OF AFFORDABLE CARE ACT-DON'T WAIT!

CUT & PASTE SAMPLE LETTER:

Dear Congressman,

I write as a concerned constituent who wants to make sure that new provisions in mental health care added under the ACA are not repealed without a planned commensurate and appropriate replacement.

1 in 5 Americans experience a mental health condition in any given year, and half of all Americans will have a mental health condition in their lifetime. On average, people in our state go 10 years without treatment for mental health conditions! The longer we wait to help those struggling with mental illness, the more America suffers and spends.

When we think about diseases like cancer, or diabetes, we don't wait years to treat them. We start way before Stage 4; the most critical point in the disease process, and we need to do the same for mental health. Early identification and intervention can ensure that our friends and families get the help they need right away.

Health care reform made several changes to federal laws which have especially benefited people with mental health and addiction needs. These changes include:

1. Made mental health and addiction treatment a benefit that all insurance plans must fully cover
2. Required insurance companies to cover people with pre-existing conditions
3. Allowed young people to stay on their parents' family insurance plan until 26 years old
4. Increased access to individuals who previously were not able to access coverage, through the exchange, Medicaid
5. Improved coordination of mental, behavioral, and physical medical care for people

These changes improved the lives of millions living with mental health and substance use disorders, including me or the people I care about. We don't want to lose coverage, so I am asking that you do not repeal the Affordable Care Act without a replacement, and that the replacement maintains my coverage.

Sincerely,

Your Name

Email NJ Congressman Mr. Albio Sires

Email NJ Congressman Josh Gottlieb

Email NJ Congressman Bill Pascrell

**Congratulations to SFZ
Supporter and Bergen County
Freeholder Maura DeNicola for
winning the Byron Bauer
Award on
December 19, 2016.
The SFZ appreciates your
service.**



Oradell SFZ Offers Anxiety Program at Library

"Peaceful Minds in Anxious Times" will be offered at the Oradell Public Library, 375 Kinderkamack Road, Oradell on January 26, 2017. Featured speaker is Jill A. Pantaleo, LCSW and associates, along with Bergen County Therapy. Jill will provide an overview of anxiety disorders affecting all ages, reviewing symptoms and causes. Lifestyle changes and treatment recommendations will be discussed. For ages 12-Adult, event runs 7:00-8:30 p.m. and is sponsored by the Oradell Stigma Free Zone. No preregistration is required.

FAMILY EDUCATIONAL WORKSHOPS

Presented By:

INTENSIVE FAMILY SUPPORT SERVICES OF BERGEN COUNTY

Series #1

These workshops are for families who have an adult relative with a mental illness. Family Education is an eight week program that meets from 7 p.m. to 9 p.m. at

BERGEN REGIONAL 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 ext. 251, 252 or 253

WEEK 1: January 17, 2017

REVIEW OF MENTAL ILLNESS

Presented by Robin Foley, MS, APN

Discussion of Schizophrenia, Major Depressive Disorder, Bipolar Disorder and other mental illnesses

WEEK 2: January 24, 2017

PSYCHOTROPIC MEDICATIONS

Presented by Dr. Jack Dang, Medical Director at CBHCare, Inc.

Learn important facts about medications that treat mental illness

WEEK 3: January 31, 2017

BERGEN COUNTY'S ADULT MENTAL HEALTH SYSTEM

Presented by Eric Arnesen, Recovery Resource Specialist at Advance Housing, Inc.

Discussion of the mental health services available to adults within our community

WEEK 4: February 7, 2017

RESOURCES FOR OLDER ADULTS AND THEIR CAREGIVERS

Presented by a representative from Bergen County's Division of Senior Services

Discussion will include Medicare, MLTSS, care management, and general information

WEEK 5: February 14, 2017

A VIEWING AND DISCUSSION OF PBS SPECIAL, "RIDE THE TIGER: A GUIDE THROUGH THE BIPOLAR BRAIN"

WEEK 6: February 21, 2017

ASSISTED OUPATIENT TREATMENT SERVICES

Presented by James Nono, AOTS Director

Learn how involuntary outpatient commitment can offer an alternative to inpatient commitment

WEEK 7: February 28, 2017

SELF CARE FOR THE CAREGIVER

Presented by Dr. Norma Uranga, Integrated Lifestyle Coach

Are you so involved in caregiving that you've neglected yourself?

Learn various methods to deal with caregiver stress, including mindfulness, meditative practices, and other relaxation techniques

WEEK 8: March 7, 2017

RECOVERY

Presented by Tammy Smith, Mental Health Advocate, Case Manager, and Public Speaker for NAMI

This is a dynamic, inspiring presentation from someone who has a very personal experience with mental illness. Tammy conveys hope that recovery is possible.

Visit IFSS Website

ALL OF OUR LINKS ARE LIVE !

STAY CONNECTED



Bergen County Stigma Free Zone | 25 Maple Ave, Demarest, NJ 07627

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