

TOWNSHIP OF WASHINGTON PROUD TO BE STIGMA-FREE

THE STIGMA FREE ZONE NEWS OF NJ

Bringing the Mental Health Conversation to New Jersey

STIGMA FREE SYMPOSIUM - NEW BRIDGE'S DEB VISCONI IN THE HUFFPOST -
STONY POINT CONFERENCE CENTER LEADS WITH LOVE - SUSSEX COUNTY IS NOW
STIGMA FREE - DOWNLOAD ON PEER SUPPORT - QUICKLINKS - 2018 MH PROGRAMS

STONY POINT CONFERENCE CENTER FIGHTS STIGMA WITH LOVE

By Cynthia Chazen

Yes, this is the SFZ News *of NJ* but...
Rockland County is just a stone's throw to
the north and the story behind the good
people at the Conference Center is just too
good *not to share*.

I discovered this peaceful oasis as a Job
Developer; one who finds employment for
persons with disabilities (including mental
illness). A colleague took me to meet their
head of food service and directors because
they employ many people with disabilities.
I was seeking a job for a client who, due to
years of intractable mental illness and
addiction (and now solidly in recovery),
was basically labeled "unemployable" in
the eyes of other institutions/agencies I had
tried to set him up with. I believed given
the right atmosphere he could work - and
he was just so sad, bored and lost without
the purpose of honest work.



www.stonypointcenter.org





[Click to read the entire November 3, 2017 HuffPost article about the new President & CEO of NJ's New Bridge Medical Center, the 4th largest NJ Hospital \(formerly called Bergen Regional Medical Center\) in Paramus\).](#)

3RD ANNUAL BERGEN STIGMA FREE SYMPOSIUM

REGISTRATION IS NOW CLOSED

[Watch For Our February Issue for Synopsis of Conference](#)

3rd annual Conference Features:

County Executive, James Tedesco III

Rich LaBarbiera, Mayor of Paramus

Wendy Sefcik, NJ Youth Suicide Prevention Advisory Council

Dave Brimmer, US Department of Veterans Affairs

Captain Emilio Gonzalez, Port Authority Police Department

[Email Bergen County Division of Mental Health with Questions](#)

[Or Visit Their Website](#)

Join elected officials, local leaders and Stigma-Free advocates as we come together to learn how the Bergen County Stigma-Free Initiative...

- Has come to life in Bergen County
- Has changed lives in Bergen County
- Is *saving lives* in Bergen County



Celebrating the 5th Anniversary of Paramus Launching Stigma-Free in Bergen County

Presented by
BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES
DIVISION OF MENTAL HEALTH AND THE MENTAL HEALTH BOARD

Sponsored by
BERGEN COUNTY Division of Addiction Services
GCADA Governor's Council on Alcoholism & Drug Abuse

Register at www.bergenhealth.org

COUNTY OF BERGEN
JAMES J. TEDESCO III, COUNTY EXECUTIVE
AND THE BOARD OF CHOSEN FREEHOLDERS

Tracy Silna Zur, Chairwoman • Thomas J. Sullivan, Vice Chairman • Dr. Joan M. Voss, Chair Pro Tempore
Mary J. Amoroso • David L. Ganz • Germaine M. Ortiz • Steven A. Tanelli



Hawthorne Stigma-Free Zone Features Advocate Sean Campbell

Hawthorne held a public night last month to discuss mental health and wellness during the Holiday Season. The Stigma-free team, including local town officials and religious leaders, invited Sean Campbell, award-winning NJ mental health advocate and speaker, to lead the conversation at the local library. The presentation opened with basic education on mental health and wellness, briefly identifying the 8 spheres of wellness based on the SAMHSA model.

Sean further identified the role of trauma and its effects on people, as well as the impact of stress on youth. Sean was able to share his own personal experiences, and touched briefly on the significance of the spiritual or “purpose” in efforts to build up wellness in one’s life. Lastly, tools were identified to help participants through the holiday season, a time which often brings increased stress and emotional pain.

Sean also brought other notable ideas to promote a stigma free community :

When seeking a therapist, do not think of it as “needing to go to somebody who will tell me what to do because I can’t do that for myself,” but rather “going to a healthy place where ‘you’ lead the conversation into areas you want to address”.

Be aware of how often you assign people an identity associated with a mental health diagnosis. We do not do this with a physical diagnosis, yet people are often heard saying, “Oh, she is bi-polar,” when they would never say, “Oh, she is heart disease.”

If concerned about friends or family struggling through dark times, do not question them but rather identify observations you’ve made and listen non-judgmentally to discover if there is any accuracy - see what that person thinks of their situation.

Click our You Tube link at the bottom of this newsletter to watch video of Sean accepting the NJ Governor’s Award for Fighting Stigma!



PRESENTS

MEET THE PROFESSIONAL

Pritesh Shah, MD

Dr. Shah graduated from Medical school in India and did his Residency at Bergen Regional Medical Center (now New Bridge Medical Center). He pursued Fellowship Training in Forensic Psychiatry and was Director of Forensic Psychiatry of Elmhurst Hospital Center. He has held faculty positions at NYU Medical Center and at Mt. Sinai Medical School as Clinical Assistant Professor. Dr. Shah has lectured extensively and has published in the field of psychiatry. Presently, Dr. Shah is Chief of Psychiatry at Holy Name Medical Center and in private practice in Westwood and Teaneck. He also consults in many nursing homes and in the forensic arena.

Dr. Shah will introduce us to a new personalized medical test that helps doctors find which medicines will genetically work best for an individual.

Thursday, January 11, 7:00 to 9:00 PM
230 E. Ridgewood Avenue, Paramus, NJ



Enter at the MAIN entrance and proceed RIGHT to the auditorium at the end of the corridor

**A swab test to check for compatibility of a medication?
Sound too good to be true? Well, it's not!
It's here! It's simple! It eliminates a lot of guess work.
A major breakthrough we need to learn about!**

This program is open to the public and is free of charge.
Light refreshments



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

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

WEEK 1: January 16, 2018

REVIEW OF MENTAL ILLNESS

Suzanne Salamanca, APN

Discussion of schizophrenia, major depressive disorder, bipolar disorder and other mental illnesses.

WEEK 2: January 23, 2018

PSYCHOTROPIC MEDICATIONS

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

Learn important facts about medications that treat mental illness.

WEEK 3: January 30, 2018

**CO-OCCURRING DISORDERS:
MENTAL ILLNESS AND SUBSTANCE ABUSE**

Regina McKenna, LCSW, LCADC, Substance Abuse Clinician

Discussion of widely abused substances and treatment options.

WEEK 4: February 6, 2018

WELLNESS RESPITE SERVICES of CSPNJ

Aliyah Williams, Program Manager

Discussion of the Wellness Respite House, intensive outreach, follow- up support.

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.

**EMAIL US AT THE SFZ NEWS WITH
QUESTIONS, STORIES, OPINIONS AND NEWS!**

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ALL OF OUR LINKS ARE LIVE !

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