



MHAMC Receives **MORE CHANCE FOR CHANGE GRANT**

Preferred Behavioral Health Group (PBHG) in collaboration with the Mental Health Association of Monmouth County (MHAMC) is pleased to announce that they have been awarded a grant from the federal Department of Human Services, Substance Abuse Mental Health Services Administration (SAMHSA) for the provision of Mental Health Awareness Training. The project entitled **More Chance for Change** will provide evidence based mental health awareness trainings to individuals in law enforcement, emergency first responders, veterans, armed services members and their families throughout Monmouth and Ocean Counties.

“I’m thrilled to be able to collaborate with the Mental Health Association of Monmouth County on this project. For too long, first responders, law enforcement and veterans have been overlooked when it comes to issues relating to the stressors they incur in their lives,” states Preferred Behavioral Health Group, CEO, Mary Pat Angelini.

PBHG and MHAMC are currently working in high risk schools and communities that have been affected by an increase in deaths by suicide as well as drug overdoses, creating a “competent community model” based on the Lifelines best practice training for youth suicide prevention. A Community Readiness Assessment Tool is used to gather information from key stakeholders regarding their capacity to engage in suicide prevention

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activities, their perceptions of community awareness of mental health resources, and their identification of community needs related to specific mental health problems. Together these agencies will leverage these strong relationships to expand community awareness of mental illness and increase the capacity of police and emergency personnel, armed services members, veterans and their families to identify and appropriately respond to individuals with mental disorders particularly those with serious mental illness and post-traumatic stress disorder.

According to the National Council on Behavioral Health first responders are 4 times more likely to die by suicide than in the line of duty due to high levels of stress and traumatic events. In NJ there were 16 deaths by suicide of police officers and recent data suggest that police are 30% more likely to die by suicide than the general population. By selecting to train law enforcement, emergency responders, armed services members, and veterans in Mental Health First Aid and Crisis Intervention Training, the result will be two-fold: 1). these specific populations will be able to recognize the early signs and symptoms of mental illness in those with whom they interact therefore, reducing unnecessary arrests and potentially reducing overly aggressive policing; and 2). using the information to better address critical incident stress management among themselves and their peers in hopes of reducing police and emergency responder suicide rates.

In the counties targeted for training, several mental health issues stand out as targets for intervention. Monmouth County experienced an increase in deaths by suicide in 2017 and reported 69 deaths, a 40% increase over 2016, the highest recorded since reporting began in 2004. "These sobering statistics make us that more grateful for this grant award from SAMHSA and our partnership with Preferred Behavioral Health Group. This allows us to expand our prevention work with the hope of providing education, early intervention, and increased access to treatment to those who may be at high risk for suicide or assist in saving the life of someone they come in contact with," said Wendy DePedro, MSEd. CEO of the Mental Health Association of Monmouth County. ■

MHAMC HAPPENINGS

THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY LAUNCHES OUTPATIENT SERVICES

In 2018, MHAMC received licensing to provide individual outpatient counseling services. The outpatient program offers confidential and compassionate therapy to persons over 18 years of age at locations in Red Bank and Shrewsbury.

Together individuals and families focus on creating helpful, healthy changes that allow them to gain the tools, skills, and knowledge needed that will improve their day to day functioning and quality of life.

To learn more call 732.542.6422. No wait list.

CEO, WENDY DEPEDRO ADDRESSES THE IMPORTANCE OF MENTAL HEALTH SCREENINGS



As a guest columnist in the August Health and Wellness section of the Two River Times, Wendy stated that mental health and wellness is as equally important as one's physical well-being.

Here is an excerpt from the column:

When scheduling everything from sports physicals, vision checks and dental exams for ourselves and family members the importance of mental health screenings as part of overall physical health cannot be ignored. So many of the warning signs for mental health concerns resemble what we consider to be normal parts of life, like feeling tired all of the time, worrying about things or having trouble sleeping. In fact regular participation and completion of mental health screening tools are oftentimes the beginning of a journey towards overall and improved health and wellness. A screen can sometimes uncover a larger issue, or it can be used to start a conversation with family and friends before an actual crisis occur.

Mental Health Screenings are available online at mentalhealthamerica.net/screening-tools. This comprehensive tool kit helps individuals and families to recognize the signs of depression and anxiety in youth and adults. Among the various screenings are separate parent and youth tests which can be extremely important as families enter the new school year. Parents may also visit mentalhealthmonmouth.org for local resources and services.

FALL CELEBRATION SET FOR THURSDAY, NOVEMBER 1ST

MHAMC's annual Fall Celebration will be held at Taka 660 Cookman Ave in Asbury from 7:00pm-10:00pm. The event brings people together for a fun filled night to raise awareness of the importance of mental health and wellness. Register at mentalhealthmonmouth.org

IN THE COMMUNITY

MHAMC AND LOCAL SURF COMMUNITY COME TOGETHER

MHAMC is very excited to be partnering with Feeling Swell (FS), an upstart surf apparel company in Point Pleasant, to raise awareness of the importance of mental health and wellness, spread a prevention focused message, and advocate for a stigma free culture.

In June of this year, MHAMC and FS combined their messaging to come together to #EndTheStigma and create a #PositivityMovement. Together with Eastern Lines surf shop in Belmar, and the 2018 Belmar Pro surfing event, Feeling Swell co-branded with MHAMC at the national surfing competition in September.

Please follow MHAMC on Instagram and FB to see its Life Takes Balance- Ride the Wave campaign, where MHAMC encourages people to wear its special edition surf t-shirt in their “space” of balance and where they find emotional wellness, take a picture and share across social media (tagging MHAMC and Feeling Swell). Visit feelingswell.org/MHAMC to purchase t-shirts.



(Above) Life Takes Balance- Ride the Wave limited edition t-shirts. Visit FEELINGSWELL.ORG/MHAMC to purchase your t-shirt. 100% of proceeds benefit MHAMC.

(Left) MHAMC chief development officer, Stacey Donovan, Don Tarrant, owner Eastern Lines/Belmar Pro founder, Darby Tarrant, Belmar Pro event coordinator, Eric Barr, co-founder of Feeling Swell, Ashley Pacifico, special events coordinator MHAMC, and Brian Barr, co-founder of Feeling Swell.

5th Annual COMMUNITY WELLNESS FAIR A HUGE SUCCESS

Congratulations to RBRN and the members of the planning committee (The Community YMCA, Hackensack Meridian Health, VNA NJ CEED, and Lunch Break) for a successful event held at The Community YMCA. Almost 200 participants attended the fair and there were just under 30 non-profit agencies on-site providing information & fun activities to families. Free health screenings, face painting, raffle prizes every hour, and door prizes for children all added to the variety of the day!



MHAMC staff enjoyed a great day with our community partners.

RIDGE ROAD RUN BENEFITS MHAMC

In April of this year, seven local high school students from Rumson Fair-Haven High School, Red Bank Catholic, and Red Bank Regional High School came together with one spirit and one voice to bring awareness to the importance of mental health, to reduce the stigma around mental illness, and to bravely draw attention to suicide prevention. Over one thousand runners/walkers participated. Funds raised from the 5k benefitted MHAMC and the American Foundation for Suicide Prevention. It was truly an inspiring day.



MHAMC was a beneficiary of the Run. Our team at the starting line is all smiles despite the cold weather conditions!



MHAMC's Keown and Candace representing #EndTheStigma at the inaugural Ridge Road Run Suicide Prevention 5k.

**MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY
HOSTS 2018**

Annual Dinner

The 2018 Annual Dinner was held on May 2nd at the beautiful Oyster Point Hotel with more than 200 guests attending. MHAMC is grateful to sponsors Hackensack Meridian *Health* and Springpoint Senior Living.

2018 DISTINGUISHED HONOREES:

Humanitarian Award – JBJ Soul Kitchen; Tony Dowling Child Advocacy Award – The Source at Red Bank Regional High School; Philanthropy Award – Judy and Bud Rose, Nancy and David Pearson; Monarch Award – Trinitee Smith, Red Bank Middle School.

Members of the Ridge Road Run Committee were recognized for their incredible advocacy efforts and fundraising achievements: Courtney Carroll, Michael Eulner, Ellie Gibney, Claudia Kelly, Thomas Lloyd, Lily Salcedo, and Teddy Sourlis.

The success of the evening was a true testament of the immense support for the Mental Health Association of Monmouth County and the community members it serves.



Humanitarian Award was presented to JBJ Soul Kitchen. Receiving for Soul Kitchen Lou Morreale (left), Dorothea Bongiovi (center), and Marylou Caputo. Also pictured far right, Assemblywoman Serena DiMaso and MHAMC CEO Wendy DePedro.



2018 Annual Dinner Philanthropy Honorees: Left to right Bud Rose, Judy Rose (former MHAMC Board President), Nancy Pearson (Foundation Board Member), and husband David Pearson.



The Tony Dowling Child Advocacy award was presented to the staff of The Source at Red Bank Regional High School for their tremendous efforts with at risk youth in their school. Suzanne Keller, LSW, supervisor of the program (seated center) accepted on behalf of The Source.

COMPETENT COMMUNITY MEETINGS ARE THRIVING IN RUMSON AND FAIR HAVEN

Mental Health Association of Monmouth County (MHAMC) helped Community members in Rumson and Fair Haven put together a Competent Community. The mission statement of the Competent Community is: "Foster and sustain resiliency to provide for the protection and wellness of individuals that live and work in Rumson and Fair Haven."

MHAMC meets with community members on a monthly basis to offer the key components to build a community that helps prevent a tragic loss. In addition, it helps create a strong resilient community in the aftermath of a traumatic loss or suicide in our youth and in any age group. The competent community training is a proven model that keeps communities aware of the many risk factors that can concern a community who is recovering from a traumatic loss.

We meet with parents, school officials, law enforcement, mental health professionals and clergy, to come together as a strong coalition of people who want to create as many safety nets as possible for those struggling with mental health issues. The response in the communities has been wonderful and the attendance at the monthly meetings continues to grow.

The meetings are educational and very solution driven. We identified some gaps and needs in the community and we are working to close those gaps. Everyone at the meetings has a voice and that voice or idea is valued. The meetings are run by the community organizer and MHAMC Operating Board Member, Doug Labrecque, who is focused on providing prevention, resiliency and recovery solutions for his neighbors.

The meetings are held at St. George's by the River in Rumson. We welcome anyone who has an interest in "Ending the Stigma and starting the Conversation" about mental health, suicide prevention, and how to keep our community safe. Working together we can find great solutions. ■



THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY ANNUAL GOLF CLASSIC AND COCKTAIL PARTY

The Mental Health Association of Monmouth County hosted its *Annual Golf Classic and Cocktail Party* at the Navesink Country Club on Monday, August 27th, 2018 as part of MHAMC's continued efforts to raise awareness and necessary funds for the free mental health services it offers to individuals and families in Monmouth County. This year's event was one of the best attended and successful golf outings for the organization. Special thank you to the golf committee and co-chairs Tim McMahon and Phil Villapiano, Jr.

Due to the generosity of MHAMC's 2018 *Annual Golf Classic* sponsors, the organization can continue to help those most vulnerable in our community. Special thanks to Black Flag Management- Golf Classic Sponsor, Mrs. Thomas G. Labrecque- End the Stigma Sponsor, World Jeep- Hole in One Sponsor, Christopher Center for Mental Health & Wellness at JSUMC Hope Tower- Golf Cart Sponsor, Johnnie Walker- Golf Ball Sponsor, Contemporary Motor Cars- Valet Sponsor, and Performance Food Group- Snack and Beverage Sponsor.



Wendy DePedro, CEO, pictured here with Foundation Board Chair George Whitelaw (far left), and Golf Classic co-chairs Tim McMahon (center) and Phil Villapiano, Jr (far right).



Board of Trustee, Desiree Land (second in from the right) enjoying the day with friends of MHAMC.



Former NFL player, Monmouth University Alum, and youth mentor, Miles Austin (center) enjoyed a day of golf with friends Jack Privetera and Ed Flego of the Annabel Foundation.



Golf Classic committee member, Dave Pearson (front center) with long-time event supporters.

MHAMC AND RED BANK RESOURCE NETWORK RECEIVE LOCAL SUPPORT

RED BANK RESOURCE NETWORK (RBRN) RECEIVES GRANT FROM OCEANFIRST FOUNDATION

This past spring, OceanFirst Foundation awarded Red Bank Resource Network a \$5000 grant. This grant will support programs and services at RBRN aimed at reducing the social barriers that impede the wellness and success of families in our community.



UNITED WAY OF MONMOUTH & OCEAN COUNTY AWARD COLLABORATIVE FINANCIAL STABILITY GRANT

MHAMC received a grant from the United Way of Monmouth and Ocean County to provide financial stability services in our Red Bank Resource Network location. This award includes partnerships with the Affordable Housing Alliance as the lead agency with both MHAMC and Fulfil as regional partners.

According to a recent NJ study of financial hardship, 33% of households in Monmouth and Ocean Counties are struggling to afford basic necessities. The success of a community is directly related to the financial security of its members. This grant will allow for trained financial coaches to provide various financial stability services among them achieving affordable housing, household budgeting and saving strategies, financial education workshops, and tax preparation. ■

Metamorphosis

Definition: metamorphosis (m t' mōr'f-s s) - A change in habit or form to create something new. A marked change in appearance, character, condition, or function. Also called transformation.

Hope and Perseverance WINS

Brittany is a strong 28 year old woman with a great passion for helping others. Brittany came to the Mental Health Association of Monmouth County (MHAMC) through its Projects for Assistance in Transition from Homelessness (PATH) program after experiencing homelessness for close to six months. Her on and off again homelessness began when she had to exit her grandmother's residence due to a tenuous relationship.

In 2017 in Monmouth County 299 people, in 184 households, were homeless. This includes young at risk adults, veterans, and those with chronic and persistent mental illness. It is evidenced that housing security creates stability and safety, leading people home again. MHAMC case managers outreach to homeless individuals diagnosed with serious mental illness throughout Monmouth County. Meetings with consumers may be on the street, train stations, wooded encampments, beaches as well as other community agencies. In 2017 the PATH program provided 113 homeless individuals with support for treatment, housing, and resources.

As for Brittany, in the past, she was able to rent her own apartment for a small period of time after finding employment. However, she was not earning enough to sustain her apartment and was asked to vacate her residence. Following her eviction, she "couch surfed" here and there and stayed at numerous sheltering programs. While experiencing homelessness and managing treatment for her own mental health diagnosis of bipolar, Brittany remained driven to look for employment and participate with Mental Health Association in New Jersey (MHANJ) Consumer Connections to receive training on how to help others. When she learned that she was finally awarded a rental subsidy on January 10, 2018. Brittany became very emotional. This was step one in helping her find housing. The second difficult step was to find an available apartment in the Fair Market Rent range outlined by the subsidy and that would accept Brittany's application.

After four months of searching for an apartment and numerous denials, she found an apartment. She found a home. Brittany has always been passionate and eager to help others and has done so even when she struggled with her own homelessness. Now she works towards her goals of becoming a mental health advocate while maintaining her housing stability, and to become more involved with housing and mental health services in the county. MHAMC's ultimate goal is to assist people in obtaining permanent housing and STOP the cycle of returning to homeless shelters and streets.

By: Amanda Goodwin and Ewa Farry



PROGRAM SPOTLIGHT

Intensive Family Support Services (IFSS)

THE INTENSIVE FAMILY SUPPORT SERVICES PROGRAM provides innovative support and psychoeducation to families that best fits their needs. The 2018 Educational Workshop Series has proven a success. The series has attracted many new faces as IFSS strengthens and builds more relationships with professionals and agencies within the community. MHAMC is grateful for their partnership with the National Alliance on Mental Illness (NAMI) who co-hosted, "In Our Own Voice", their program that offers the opportunity for individuals with mental illness to share their perspectives and journey.

HERE ARE SOME OF THE SERIES HIGHLIGHTS. Jacquelyn Concepcion, PHD LCSW volunteered her time and expertise to present on Borderline Personality Disorder, which was incredibly impactful and well received by attendees. Christine Hardman O'Neal, an estate planning attorney, provided an informational and personable presentation. Kaitlyn Weiser and Lindsey Capelli, LPC, of Living Well Counseling Center, offered their clinical expertise for helpful coping strategies when living with a loved one struggling with substance abuse. Dr. David Landy continues to provide free seminars to families several times per year.

FALL 2018 WILL BRING A NEW WORKSHOP SERIES. Topics include: suicide prevention, managing a substance abuse crisis, self-reflection, and trauma. IFSS hosts a weekly support group for caregivers and recently launched a sibling support group for adolescents and young adults. The program remains to be a free, much needed flexible service that adapts to meet the changing needs of families fighting for the best outcomes for their loved one with mental illness. ■

MHAMC'S FALL 2018 FAMILY EDUCATIONAL PROGRAMS

SPECIALLY FOR FAMILIES AND LOVED ONES OF ADULTS WHO HAVE A MENTAL ILLNESS

**THURSDAY
NOVEMBER 8
7:00-8:30 PM**

TRAUMA AND MENTAL ILLNESS

JACQUELYN CONCEPCION, PHD LCSW

Jackie has an extensive clinical knowledge of trauma and its impact on mental health and physical well-being. Those with a traumatic background may experience difficulty with relationships and often have negative feelings of self-image, esteem and worth that can develop into depression, anxiety and other psychiatric disorders with maladaptive coping "skills" such as, self-harm and substance use. Jackie will provide an educational framework on trauma, so family members can best support their loved one.

TO BE HELD: Eatontown Library, 33 Broad Street, Eatontown, NJ

**THURSDAY
NOVEMBER 15
7:30-9:00 PM**

MENTAL HEALTH AND WELL BEING

PRESENTED BY - David Landy PhD, Psychologist in Private Practice
Discussion and Q&A on Self and Healthy Relationships

POTENTIAL TOPICS:

- Reflections On Love, Friendship and Affection
- Accessing Our Inner Calm
- Suffering is Optional
- The Issue is Always How We Relate To The Issue
- Happiness Versus Contentment

TO BE HELD: Presbyterian Church Meeting House, 352 Sycamore Ave., Shrewsbury, NJ (lower building at the end of drive, east of church proper)



These programs are free and sponsored by the **Mental Health Association of Monmouth County**
For More Information Please Call (732) 542-6422 Ext. 101

We Can Help!

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



Embracing Wellness

FALL 2018
NEWSLETTER

OUR MISSION:

The Mental Health Association of Monmouth County is dedicated to promoting mental health and wellness and improving the care and treatment of persons affected by mental illness.

Wendy DePedro, MEd
Chief Executive Officer

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Return Service Requested

Programs of the Mental Health Association of Monmouth County

COMMUNITY SUPPORT SERVICES

Community Support Services

Information and Referral Services

Intensive Family Support Services (IFSS)

Projects for Assistance in Transition from Homelessness (PATH)

SOCIAL SERVICES

Grandview and Pinetree Social Services programs

Red Bank Resource Network (RBRN)

FAMILY & CHILDREN SERVICES

Division of Child Protection and Permanency Wrap Around Program (DCC&P)

Family Crisis Intervention Unit (FCIU) & Wrap Around Services

Intensive In Community Program (IIC)

Time to Grow: In School Prevention

COUNSELING

Outpatient Counseling Program

PREVENTION EDUCATION

Caring Competent Communities

Lifelines: Comprehensive Suicide Awareness & Responsiveness Program for Teens

Mental Health First Aid

**To learn more about MHAMC's programs and services visit
mentalhealthmonmouth.org or call 732.542.6422**

