



THERE IS NO HEALTH
WITHOUT MENTAL HEALTH

Embracing Wellness

NEWS FROM THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY

SPRING 2019

FINANCIAL SUCCESS CENTER OPENS *at MHAMC's Red Bank Resource Network*

In January of this year, as part of its mission to provide a continuum of care, the Mental Health Association of Monmouth County opened the Financial Success Center (FSC) at RBRN, made possible by a grant from the United Way of Monmouth and Ocean Counties. The Financial Success Center provides comprehensive resources under one roof to help Monmouth County residents move from financial difficulty

to economic well-being. Participants meet one-on-one with a trained Financial Coach who will develop an action plan to meet their goals. All FSC services are free and include ways to manage your money, increase income, find a better job and improve housing.

The FSC Network is a partnership of eight organizations: Affordable Housing Alliance, Child Care Resources of

on our community," said Timothy Hearne, President & CEO of United Way of Monmouth and Ocean Counties. "Together with our partners, we are tackling the issue that 39% of households in Monmouth and Ocean counties are struggling to afford basic needs as the cost of living increases and wages lag behind—which is up 4% from 2016."

Monmouth County, Fulfill, Mental Health Association of Monmouth County, Monmouth County Workforce Development Board, Navicore Solutions, Social Community Activities Network (SCAN), St. Francis Community Center (LBICC) and UWMOCC.

This initiative will serve the low to moderate income residents of Monmouth and Ocean Counties who are in need of and would benefit from financial stability programs. The goal of the program is to build financial capability by providing center-based bundled services addressing budget and money management, financial education, employment/education, affordable housing and income supports. What this means is that we will be helping people with meeting their daily needs and plan for their future. The program will utilize a **One Stop Shop** model by having Financial Coaches and Resources Specialists along with other partnering community resources to address the targeted population's needs.

"United Way is proud to serve as the convener of the FSC Network in order to make a significant impact

| Story continued on page 2



MHAMC held an Open House and Ribbon Cutting to launch the new Financial Success Center. Pictured here left to right: Luz Velasquez (MHAMC), Red Bank Mayor Pasquale Menna, Tim Hearne, CEO, United Way of Monmouth and Ocean Counties, Ewa Farry (MHAMC), Jessica Kostenblatt (MHAMC), Tom Schember, Chair, MHAMC Board of Directors, and MHAMC CEO, Wendy DePedro.

2 The Mental Health Association of Monmouth County



Dear Friends:

Spring is finally here and we at the MHA of Monmouth County welcomed it in with an anti-stigma event with the Lakewood BlueClaws at their opening game of the season. Imagine our pride as members of our staff and board stood side by side with all of the players wearing MHAMC "End the Stigma" t-shirts in front of a packed crowd.

These past few months have been filled with opportunities like this as we collaborate with our community partners in providing services to individuals and families that speak to the importance of mental health to our overall health. As you read through our newsletter there is a focus on MHAMC's work in assisting all individuals and their families with the opportunity to live in healthy communities. Our dedicated teams work with the homeless on securing permanent housing; offer financial coaching to those households struggling to make ends meet; and provide education and training on mental health concerns that help neighbors look out for the well-being of each other.

We believe that with early identification and intervention for those at risk and easy access to services for those who need them, recovery from mental illness is possible. We are thankful for all the individuals, agencies, and partners who support our mission of promoting mental health as an overall part of wellness.

Hope to see you at one of our upcoming events!!

Warm Regards,
Wendy

FINANCIAL SUCCESS CENTER OPENS AT MHAMC'S RED BANK RESOURCE NETWORK

Continued from Cover

SERVICES:

Anyone can visit the Financial Success Center to meet one-on-one with a trained Financial Coach who will work with you to develop an action plan to meet your goals. All FSC services are FREE and include screening for benefits, assistance with applications, connections to community resources and much more.

Services provided on site include:

Financial coaching, benefits screening & application assistance:

- SNAP/food stamps
- Utility assistance
- Health insurance
- Budget & credit counseling
- Debt management
- Money management
- Financial education
- Housing resources
- Child care resources

Services provided through referrals include:

- Job search
- Resume writing
- Tax preparation
- Career planning
- Interview skills

The financial success center is co-located at RBRN along with housing case management services and no cost services that reduce and remove social barriers that prevent individuals and families from securing financial, emotional, and physical stability. To learn more call the Mental Health Association of Monmouth County at 732.542.6422.

MHAMC HAPPENINGS

2019 ANNUAL POINT IN TIME



MHAMC participated in the Annual Point in Time/Project Homeless Connect count throughout Monmouth County. The purpose of the survey is to identify the number of the

county's homeless population and the most affected communities in order to assess funding needs for resources with the goal of stopping the cycle of homelessness. Pictured above is MHAMC's dedicated PATH and Housing Navigation team during their canvas!

MHAMC HOSTED NETWORKING EVENT FOR AREA COUNSELORS



JBJSoul Kitchen graciously opened their beautiful space and provided delicious treats to MHAMC's guests that attended

its Quarterly Networking Event for Professional Counselors. Left Center, MHAMC's Outpatient Counseling Director, Nancy Tighe, MSW, LCSW, is joined by Marylou Caputo, Program Manager of Community Outreach Programs at JBJ (right center), Molly Daddano of MHAMC, and Soul Kitchen's amazing staff.

2019 MENTAL HEALTH FIRST AID TRAININGS ARE UNDERWAY



Law Enforcement Officers and Recruits from the Lakewood Police Department received

Mental Health First Aid Training (MHFA) through the Department of Human Services, Substance Abuse Mental Health Services Administration (SAMHSA) Mental Health Awareness Training Grant, in partnership with Preferred Behavioral Health Group (PBHG). MHFA training is available to all law enforcement, fire, EMS, military service members, veterans and their families in Monmouth and Ocean Counties. The **More Chance for Change** grant allows MHAMC & PBHG to provide training at no cost to participants. For more information contact Joe Gratzel at jgratzel@preferredbehavioral.org.

IN THE COMMUNITY

MAY IS MENTAL HEALTH MONTH

MHAMC encourages families and organizations to celebrate Mental Health Awareness Month. As with many other important awareness months, it is a time to put a spotlight on our emotional and mental health and wellness. Now in its 70th year, this campaign is becoming increasingly focused on early identification and screenings in addition to holistic ways to boost general health together with mental well-being. Be sure to read more about Mental Health Month in our story "The Right Time to Start the Conversation" on page 7.

MAY IS
MENTAL
HEALTH
MONTH 2019

#4MIND4BODY



Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.

New Venue for ANNUAL DINNER

Set for **Wednesday May 8th**, MHAMC's Annual Dinner has a new venue. This year's event will be held at the beautiful Eagle Oaks Country Club in Farmingdale. Among the 2019 dinner Award honorees, are Tim Hearne, CEO of United Way of Monmouth and Ocean Counties, George Whitelaw, long time Chair of MHAMC's Foundation Board, and Volunteer Award honorees Tim McMahon, President & COO of McLoone's Restaurants and Phil Villapiano Jr. of Black Flag Management.

ANNUAL DINNER
Wednesday, May 8th, 2019 | 6:00-9:00 PM
 Eagle Oaks Golf & Country Club, 20 Shore Oaks Dr, Farmingdale
 THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY
 An Affiliate of
MHA
 MENTAL HEALTH AMERICA

Join our 2019 team RIDGE ROAD RUN

On **Sunday, May 19th**, MHAMC will be participating in the Ridge Road Run as we are a beneficiary for a second year! Last year, MHAMC employees represented the agency at an informational table in addition to participating in the different events (1 Mile Walk & 5K run!). To join our team, select "Mental Health Association of Monmouth County" when registering online at ridgeroadrun.org. #EndTheStigma

MONDAY, AUGUST 12TH 2019

THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY

ANNUAL GOLF CLASSIC AND COCKTAIL PARTY

Navesink Country Club • 50 Luffburrow Lane • Middletown, NJ

Save the Date!

GO19

On **Monday, August 12th**, MHAMC will host its Annual Golf Classic & Cocktail Party at Navesink Country Club!

MHAMC'S 2019 FAMILY EDUCATIONAL PROGRAMS SPECIALLY FOR FAMILIES AND LOVED ONES OF ADULTS WHO HAVE A MENTAL ILLNESS

**TUESDAY
MAY 14
7:00-8:30 PM**

PSYCHIATRIC MANIFESTATIONS OF LYME AND OTHER TICK- BORNE DISEASES IN ADULTS AND CHILDREN- AN OVERVIEW

PRESENTED BY - Robert C. Bransfield MD, DLFAP

Dr. Bransfield is board certified by the American Board of Psychiatry and Neurology in Psychiatry. He has a private practice in Red Bank, NJ and is a Clinical Associate Professor at Rutgers-Robert Wood Johnson Medical School. He is the past President of the International Lyme and Associated Disease Educational Foundation.

TO BE HELD: Middletown Township Library,
55 New Monmouth Road, Middletown, NJ

Please confirm your attendance.

Call MHAMC at 732-542-6422 or mha@mentalhealthmonmouth.org.

**THURSDAY
MAY 16
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 Avenue, Shrewsbury, NJ
(lower building at the end of drive, east of church proper)

**THURSDAY
JUNE 20
7:00-8:30 PM**

CO-OCCURRING DISORDERS

AN EDUCATIONAL WORKSHOP/PRESENTATION

PRESENTED BY - Ken Pecoraro, LCSW, LCADC, CSS

About the Presenter: Ken has over 20 years of experience in the Mental Health & Addiction Services field, developed his own staff training-program, and authored, "Taking the Escalator- An Alternative to the 12 Steps"

**CPC Behavioral Healthcare Division Director,
Addiction Recovery & Co-Occurring Services**

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

Workshops are free & organized by Dustin Knoblauch, IFSS Coordinator at the Mental Health Association of Monmouth County

For More Information Please Call (732) 542-6422 Ext. 103

DKnoblauch@mentalhealthmonmouth.org

NAVIGATE WELLNESS COUNSELING

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY



The Mental Health Association of Monmouth County's counseling center *Navigate Wellness Counseling* offers confidential and compassionate therapy to persons 18 years of age and older.

Our knowledgeable counselors will meet with you to assist in identifying your goals for treatment and most importantly implement a plan to achieve those goals. Our professional staff is trained in trauma informed care and uses evidenced based treatment to address mental health concerns. This includes, grief or loss, depression, stress and anxiety, relationship issues, life transitions, traumatic events and other emotional or behavioral challenges you may be experiencing. Together, you and your counselor will focus on creating helpful, healthy changes allowing you to gain the tools, skills, and knowledge needed for you to improve your day to day functioning and quality of life.

**If someone you know is in need of these services
please call us at the**

**COUNSELING CENTER
732.542.6422**

ACCEPTING: MEDICARE | MEDICAID | OUT OF NETWORK

119 AVENUE AT THE COMMON, SUITE 5, SHREWSBURY, NJ 07702

LOCAL GRANTS SUPPORT RBRN SERVICES

PROVIDENT BANK CHECK PRESENTATION



Laura Huderwitz, First Vice President/Market Manager of Provident Bank presented The Provident Bank Foundation Community Grant to MHAMC's CEO, Wendy DePedro, and Luz Velasquez, Coordinator of DCP&P Wrap-Around Program, Red Bank Resource Network. Thank you to Provident Bank for all of your support!

MHAMC/RBRN TEAM THANKS UNITED HEALTHCARE



United Healthcare's ongoing support of Red Bank Resource Network has made a significant impact on the lives of those RBRN serves!

Additional grant funding from the Monmouth Park Charity Foundation and New Jersey Resources (NJNG) provides RBRN's bi-lingual staff, counselors, and case managers the crucial resources needed to continue to remove the social barriers that prevent mental wellness, financial stability, and housing security for adults, youth, and families. ■

Metamorphosis

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

Finding Serenity at the Shore

Kurt, 50 years old, has overcome lifelong struggles with depression and post traumatic stress disorder and in doing so gained a passion for volunteerism. During his childhood, he experienced trauma and abuse in his home. At age 9, Kurt's father passed away and left his family with serious financial problems. His mother was forced to work two jobs in order to support him and his older brother. This made a profound impression upon him and by age 14, Kurt felt like a burden.

A deep sense of heaviness would plague him for many years. He had difficulty understanding why he constantly felt down. He couldn't sleep. Kurt would turn to exercise in an effort to break what he referred to as a "mental fog." Even this did not help.

His increasingly destructive behaviors damaged his relationships with family and friends. After Kurt's best friend died by suicide he was at his lowest point. He turned to drugs and alcohol to ease the pain. For years Kurt battled his drug addiction and encountered many interactions with police which led to his incarceration. It was in prison that Kurt first met with a psychiatrist, but was unreceptive to the therapeutic intervention.

After his release from prison, he moved from shelter to shelter. While frequenting soup kitchens, it was suggested that he connect with a local church for volunteer opportunities. The idea sparked a new sense of purpose and joy. Kurt was welcomed by the church.

Kurt shared with those in the church his experiences at the shelters. What specifically made an impact upon him was that women who were unable to receive benefits from social services were left homeless. Kurt developed the Women's Hospitality Network with local Asbury Park churches coming together to provide emergency, overnight housing for women.

As the tide began to change for him, Kurt unexpectedly became very sick. During this time, he began attending a day program to address his mental health needs and substance abuse. This program linked him to the Mental Health Association of Monmouth County's Projects for Assistance in Transition from Homelessness (PATH) program. After working closely with a PATH case manager, Kurt was accepted into permanent housing, a beautiful studio apartment adjacent to the beach. He found serenity. "I never thought I would find an area by my church. It is a beautiful, drug free community. It has changed my whole life. The PATH program taught me to hope."



PROGRAM SPOTLIGHT

Funded by grants through the Monmouth County Department of Human Services Office of Youth Services Planning, MHAMC has programs that work to prevent youth from becoming involved in the juvenile justice system:

Family Crisis Intervention Unit (FCIU) and **Parent Child Conflict Resolution Program (WRAP Around)**. Both programs offer these free services in the family's home, school, or a community location. The Director serves as an active member of the New Jersey Juvenile Detention Alternatives Initiative in Monmouth County, which was developed from the Annie E. Casey Foundation in response to national trends reflecting a drastic increase in the use of youth detention.

FAMILY CRISIS INTERVENTION UNIT (FCIU) FCIU's goal is to divert families from family court involvement through engagement of local community resources. There are two Family Crisis clinicians on staff as well as a bi-lingual spanish-english consultant, who work with youth ages 10-17, offering intervention, assessment, supportive counseling and family meetings, and connections to local resources. FCIU also serves as an Information & Referral program, with a 24-hour line for families in crisis. FCIU staff work closely with the juvenile court team in Monmouth County to support families once all community resources have been exhausted and problems persist.

PARENT CHILD CONFLICT RESOLUTION PROGRAM (WRAP AROUND) WRAP Around offers individual counseling to youth working with FCIU, with a goal of addressing family crisis in a therapeutic framework to divert youth from court involvement.

2018-2019 PROGRAM HIGHLIGHT: In partnership with the juvenile court team and family engagement staff, FCIU staff began facilitation of a new court diversion pilot program: The Marijuana Diversion Program, which offers 1st time youth offenders, facing marijuana possession charges, a full day educational course leading to expungement of their records. This is the first program of its kind in New Jersey. To date, FCIU has facilitated 6 of these courses with 56 total youth completing the necessary requirements for expungement eligibility. ■

MAY IS MENTAL HEALTH MONTH, THE RIGHT TIME TO START THE CONVERSATION

May is National Mental Health Month. It is a time to turn our focus on the importance of mental health and wellness. For nearly 70 years, organizations across the country have been spreading awareness and fostering a culture that removes stigma and bias which too often surrounds mental illness and disease.

For many people with mental illnesses, stigma is one of the main obstacles to pursuing treatment. When you consider the fact that less than half of American adults who suffer from mental health conditions get the help they need, it's easy to see just how debilitating stigma can be. The average delay between the onset of symptoms and intervention is 8-10 years. Typically, this is the crisis point where symptoms have become unmanageable.

Never before has there been such an urgency to address the mental health

needs in communities. The time to start the conversation is now. Mental Health Month brings the dialogue into the open and allows individuals and families to have the conversation that it is "okay to ask for help." It is imperative that families know that help is available and treatment is the first step in the journey to wellness.

Many may ask "where do I start?" Mental health screenings are an important first step. It is just as crucial as getting regular check-ups with your doctor. When scheduling everything from sports physicals, vision checks, and dental exams for family members and ourselves the importance of mental health screenings as part of 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.

"Regular participation and completion of mental health screening tools are the first steps toward 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 occurs," says Wendy DePedro, MHAMC CEO.

Mental health screenings can be performed in Primary Care settings, but are also available online at [mentalhealthamerica.net/screening-tools](https://www.mentalhealthamerica.net/screening-tools). This comprehensive tool kit helps individuals and families to recognize signs of depression and anxiety in youth and adults.

As May approaches, take the time to have this critical conversation, seek activities that educate and foster safe messaging, and advocate removing the stigma and prejudice that perpetuates loved ones living in shame and isolation. ■

We Can Help!

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



Embracing Wellness

**SPRING 2019
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, MSEd
Chief Executive Officer

BOARD OF DIRECTORS

Co-Chair

Thomas A. Schember

Co-Chair

Marybeth Kopec

Vice Chairs

Desiree Land

Erika L. Woods, MSW

Secretary

Freda Fink, LCSW

Treasurer

John A. Gibney

Directors

Jackie Adams, LPC, LMHC,
NBCC

Elizabeth Bond, PhD

Doug Labrecque

Edward Johnson

Mike McLaughlin

Ramon Solhkhah, MD

Karen Van Natten, MA

Nick Yacyk

FOUNDATION BOARD

Co-Chairs

Nancy Pearson

Kate Sharkey

Vice Chair

Donna Crosson, PhD

Treasurer

William McCoy

Directors

Courtenay Adams

Fred Beshore

Michele Brucker-Collier, DMD

Laura Brunetti

Patricia Holsey

Lori Krikorian

Ruth Palacio, MS, CASAC

Joseph P. Silvestri, CFP

Denise Wegeman, MSW, LCSW

George Whitelaw

119 Avenue at the Common, Suite 5
Shrewsbury, NJ 07702

Return Service Requested

Programs of the Mental Health Association of Monmouth County

COMMUNITY SUPPORT SERVICES

Community Support Services (CSS)

Information and Referral Services

Intensive Family Support Services (IFSS)

Projects for Assistance in Transition from Homelessness (PATH)

Housing Navigation Program (HNP)

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 (DCP&P)

Family Crisis Intervention Unit (FCIU) & Wrap Around Services

Intensive In Community Program (IIC)

Time to Grow: In School Prevention

COUNSELING

Navigate Wellness Counseling

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**

