

The Alliance



Improving the lives of those affected by mental illness and their families through education, support, and advocacy

The Newsletter of NAMI NEW JERSEY  Affiliate of NAMI - National Alliance on Mental Illness

Governor Unveils 2012 State Budget



Although almost all state government departments are poised to lose funding the proposed Department of Human Services (DHS) budget calls for a 9.4% increase, excluding Medicaid, in the coming fiscal year which the Commissioner Velez described as “outstanding”.

She characterized the DHS portion of the budget as “containing reasonable reductions and opportunities for reform, while protecting the most vulnerable”.

The Division of Mental Health and Addiction Services (DMHAS) budget will propose several new and continuing initiatives. In order to preserve the community system there will be “no across the board reductions”.

\$10 million is proposed for new and continu-

ing Olmstead funding in FY '12. This includes creating supportive services for 95 consumers currently residing in state psychiatric hospitals and 50 individuals who are in the community but at risk of hospitalization. 3 programs will be added to divert individuals from Psychiatric Emergency Services. \$2 million is proposed to implement the phase-in of involuntary outpatient commitment (IOC) in 7 counties in each of the next 3 years..

\$1 million savings (reduction) will be proposed for community mental health contracts. The Commissioner stated that this would not come from direct services but rather from such areas as training.

(Continued on Page 4)

Governor Chris Christie on February 22nd proposed a \$29.4 billion state budget that he described as representing “the new normal”. The Governor’s budget is contingent on cooperation from the Democratic-controlled Legislature. State law requires the budget to be approved by the Legislature and signed by the governor by June 30.

Executive Director Honored by NJ State Federation of Women’s Clubs

NAMI NJ’s Executive Director Sylvia Axelrod has been selected as a 2011 New Jersey Woman of Achievement Award Recipient.

Sponsored by the New Jersey State Federation of Women’s Clubs (NJSFWC) of the General Federation of Women’s Clubs (GFWC), this award celebrates the significant accomplishments of distinguished women in New Jersey who have demonstrated a strong commitment in leadership,

humanitarianism, philanthropy, community service the arts and to professional commitment. Past honorees have included former Governor Christie Todd Whitman, and writer Mary Higgs Clark.

Sylvia will receive the award on Monday, May 2, 2011 at a dinner reception for the honorees and guests at the Trump Plaza Hotel in Atlantic City.

(Continued on page 3)

Early Bird Registration ends April 30!



SHAPING THE FUTURE OF MENTAL HEALTH CARE

Saturday, June 4, 2011 Crowne Plaza Monroe

2011 NAMI NEW JERSEY CONFERENCE

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THE ALLIANCE

is a publication of
NAMI NEW JERSEY

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This newsletter is also available on
the NAMI NJ website at
www.naminj.org.

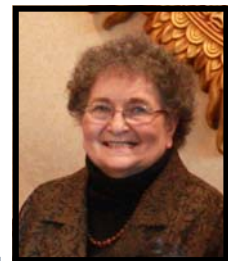
Editors:

Sylvia Axelrod

Aruna Rao

Notes From the Executive Director

Sylvia Axelrod



Deciding the Fate of Hagedorn

On September 13, 2010, Governor Chris Christie signed legislation that established the State Mental Health Facilities Evaluation Task Force to review and assess the Department of Human Services' (DHS) plan to close the Senator Garrett W. Hagedorn Psychiatric Hospital, and its impact on New Jersey's State psychiatric facility system. The Task Force was comprised of 21 members with legislative, mental health, community and constituent representation and chaired by DHS Commissioner Jennifer Velez. Members met several hours on many Fridays, held three public hearings, and submitted a report of findings and recommendations to both the Governor and Legislature on February 1, 2011.

The report summarizes the deliberations of the Task Force members and information received at three public hearings. The report considers an alternate four-page proposal submitted by five members to close Trenton Psychiatric Hospital, consumer perspectives and recommendations to further explore privatization."

As stated in the Executive Summary of the State Mental Health Facilities Evaluation Task Force Report, "There was disagreement by some members regarding the charge of the Task Force, nonetheless, the Task Force endeavored to comply with the law as written. The Task Force was unable to reach consensus regarding whether Hagedorn should close. At the last meeting, a vote was taken with ten members in favor of keeping the hospital open and seven supporting the closure; there were four abstentions. Several members felt there was insufficient time to make an informed decision.

As one of the 21 members of the Task Force, I was privileged to witness the compassion and concern of all its members in reviewing and discussing the information provided to the Task Force members. Although the expression of opinions concerning what was best in relationship to the closure of Hagedorn, often took the form of heated discussions, Commissioner Jennifer Velez, chaired these difficult meetings with great composure and even handedness. The DHS staff did their utmost to provide the information requested by the members of the Task Force under the pressure of a very limited time frame to complete the report.

I was one of the ten members who voted in favor of keeping Hagedorn Hospital open. Although New Jersey does need to down size the State Hospital System and divert more funding into community services, the decision to close Hagedorn would not be in the best interest of the most vulnerable mentally ill patients in NJ. I also fully endorsed the following four key themes that emerged throughout the deliberations.

"First, all persons receiving mental health services are entitled to be treated with dignity and in the least restrictive setting appropriate to their needs. Second, the public mental health system should provide a continuum of quality community and hospital-based services to meet the needs of consumers at various points in their recovery. Third, should any facility be closed or savings realized through census reduction, funds should be reinvested into community based services consistent with New Jersey's Community Mental Health and Developmental Disabilities Services Investment Act. Fourth, budget reductions should not be extracted from community-based services in lieu of state hospitals if a decision is made not to close a state hospital."

The entire report can be viewed on the Department of Human Services Website.



State Mental Health Cuts: A National Crisis

NAMI National has released a report, *State Mental Health Cuts: A National Crisis*, on March 9th. The intent of this report is to emphasize the need to preserve public mental health services, building on heightened public attention to mental health funding in the wake of the recent Arizona tragedy.

The report highlights cuts to mental health services in many states and the profound human impact, as well as cost shifting to other systems, when people cannot get the treatment they need.

NAMI's message is that at a time when more people than ever are seeking public mental health services, we need more funding, not less. The report acknowledges that some states stand out for investing in mental

health services in this time of need, while acknowledging that all states have further to go to ensure that the right care is available at the right time.

Budget figures for the report were derived from publicly available budget documents. Due to state-to-state variability in budget documents, reported figures may contain discrepancies. Regardless, we hope that this report, *State Mental Health Cuts: A National Crisis*, inspires a dialogue about the impact of untreated mental illness and the opportunity to make investments in mental health care.

Please note that the report contains five policy recommendations:

1. Protect state mental health funding and restore budget cuts, but tie funding to performance.
2. Maintain adequate numbers of inpatient beds for psychiatric treatment.
3. Invest in research on early detection and intervention in the treatment of serious mental illness in youth and adults.
4. Implement mental health screening and assessment programs.
5. Support programs designed to educate families, peers and the public about serious mental illness and how to respond to people living with these illnesses.

According to the report, New Jersey's budget cuts were not as drastic as most other states. New Jersey went from \$811.5 million to \$806.2 million., a reduction of \$5.3 million, which is a cut of 0.7 % .

Civil Rights Commission Hears NAMI NJ

NAMI NJ Associate Director Phil Lubitz testified before the NJ Advisory Committee to the US Commission on Civil Rights on Friday, March 4 at the state house in Trenton as part of the Commission's focus on the need for accommodations for individuals with non-apparent disabilities in the Criminal Justice System. The following recommendations were made:

- Due to deinstitutionalization and the failure to fully fund community mental health services, many individuals with a mental illness have been incarcerated. These individuals generally do poorly in correctional settings. Thorough mental health screening be performed when individuals enter the criminal justice system.

- Evidence based mental health treatment and the most efficacious medications should be made available in prisons, and the criminal justice system should reach out to families, who are a valuable source of information and support.
- The most important accommodation would be the application of the landmark Olmstead decisions. Because the vast majority of individuals with a mental illness are incarcerated as a result of low level, nuisance crimes, it is necessary to promote policies that divert individuals with a mental illness from the criminal justice system into mental health treatment.

Executive Director Honored

(continued from Page 1)

The NJSFWC is the largest women's volunteer community service organization in New Jersey. It was founded in 1894 and is a non profit, tax exempt organization. The NJSFWC, with 9200 members in 245 clubs across the state, has the third largest state membership within the GFWC.

The organization provides opportunities for education, leadership training and community service through participation in local clubs, enabling members to make a difference in the lives of others, one project at a time. Last year, the NJSFWC clubs reported 26,879 community service projects, totaling 940,578 volunteer hours and \$3,592,452 in cash and in-kind donations.

Divisions of Mental Health and Addictions Merged

The major goal of merging the Divisions of Mental Health Services (DMHS) and Addiction Services (DAS) is to support the integration of care for the inter-related illnesses of substance use and mental health disorders. The merger provides the Department of Human Services (DHS) with an opportunity to build a combined system that provides best practice treatments for individuals with mental illness, substance use or co-occurring disorders. The merger does not impact community funding for either addiction or mental health services, however, joining these two very compatible divisions will benefit from shared workforce and funding.

DHS created a Merger Advisory Group with appointed membership representing a wide range of mental health and addiction organizations and services. Sylvia Axelrod, NAMI NJ's Executive Director is an appointed member of the Merger Advisory Group. Together with the leadership from the Divisions of Mental Health Services and Addictions Services, each aspect of the merger process is being considered. Through comprehensive surveys and a

series of forums targeted to consumers and their families, the Merger Advisory Group has reached out to all stakeholders.

To realize efficiencies for the provider community and the Department, effective March 1, 2011, the Division of Addiction Services (DAS) licensing functions have been formally merged within the Department of Human Services Office of Licensing (OOL). The DAS licensing staff have also been physically relocated to OOL and are now co-located with mental health's licensure staff into a unified licensing unit.

NAMI NJ has been a strong supporter of providing integrated care for those suffering from co-occurring disorders of mental illness and substance abuse and views the creation of this combined division as an opportunity to integrate services and programs for co-occurring disorders.

The theme of NAMI NJ's Annual Conference, "Shaping the Future of Mental Health Care," will consider how the merger of the two divisions will impact on future treatment and services.

2012 State Budget

(continued from Page 1)

The budget will propose a savings of \$9 million from the closure of a state psychiatric hospital still to be determined. The department will engage in a discussion with the Governor who is studying the recommendations of the State Psychiatric Facilities Task Force.

There will be no service reductions in Addiction Services other than a \$125 thousand reduction for detox beds. The Department of Developmental Disabilities budget proposal will also include funding to create community placements for individuals with a development disability who are currently residing in state psychiatric hospitals.

The budget proposes several changes in the state Medicaid program that will affect individuals with a mental illness. The budget will propose that individuals who receive Medicaid as a result of having a disability (ABD), who do not also receive Medicare (dual eligible) will be moved into managed care plans. This will also include pharmacy services. Atypical anti-psychotic medications will be covered by managed care for the first time although the details of this proposal are not yet available.

Persons who receive both Medicaid and Medicare will be strongly encouraged to enroll in Medicare Special Needs Plans. New Jersey will no longer cover the \$3 co-pay for medication imposed by the Federal Government under the Medicare Part D medication program for those who receive both Medicaid and Medicare.

The most sweeping change to Medicaid will likely result from a proposal to seek a "Medicaid redesign" over the course of the next year with the expectation that this will result in a "large umbrella waiver" application to the Federal government. The budget projects a \$300 million savings from this initiative although there is no plan or other details presented at this time.

NAMI NJ will be providing more details on the FY 2012 state budget as more information becomes available.

Prevention of Substance Abuse and Mental Illness Video PSA Contest

SAMHSA's Center for Substance Abuse Prevention is launching a PSA video contest that embraces the theme, "We are the ones. How are you taking action?"

This contest highlights the efforts made by young adults to make a difference in their communities to prevent substance abuse and promote emotional well-being.

The winning PSA will receive wide-reaching exposure and national distribution, through online channels. It will also be installed as part of the Drug Enforcement Administration's "Target America" traveling exhibit, where it will be seen by thousands of visitors.



Submissions are due **April 15, 2011**.

For more information visit <http://challenge.gov/SAMHSA/128-prevention-of-substance-abuse-and-mental-illness-video-psa-contest>

2011 NAMI NEW JERSEY Annual Conference



SHAPING THE FUTURE OF MENTAL HEALTH CARE

Saturday, June 4, 2011

Crowne Plaza Monroe

Jamesburg, NJ

AGENDA

- 8:30 AM REGISTRATION AND COFFEE
9:30 AM WELCOME - Mark Perrin, M.D., NAMI NJ President
9:45 AM Update on the Merger of Division of Mental Health Services and the Division of Addiction Services
10:15 AM HEALTH CARE REFORM AND ITS IMPLICATIONS FOR MENTAL HEALTH CARE
11:00 AM CONCURRENT WORKSHOPS (see reverse side)
12:30 PM LUNCH / BOOK SIGNING/ SALES / DISPLAYS
1:10PM ANNUAL MEETING AWARD PRESENTATIONS
1:50 PM BREAK
2:00 PM RECOGNIZING THE CAREGIVER'S DILEMMA: UNDERSTANDING THE CAREGIVER'S JOURNEY
3:00 PM SCREENING: LIVING WITH SCHIZOPHRENIA, A CALL FOR HOPE AND RECOVERY

2011 Conference Registration Form

Fill out both sides of this registration form, then mail form and payment to the address indicated on the back.

Name
Affiliation
Address
Email
Phone (H) Phone (C)

Workshop Choice:
Lunch Selection:
Chicken Vegetarian

\$10 off! Early Registration Discount Register by April 30!

2011 NAMI NEW JERSEY Annual Conference



SHAPING THE FUTURE OF MENTAL HEALTH CARE

Saturday, June 4, 2011

Crowne Plaza Monroe

Jamesburg, NJ

MORNING CONCURRENT WORKSHOP TOPICS – 11:00 AM - 12:30 PM

- 1. Shaping the System-
The Merger of Mental Health & Substance Abuse Administrations**
- 2. Choices in Recovery:
Achieving Wellness & Recovery**
- 3. Role of the Peer Provider in Mental Health Care**
- 4. Treatment Issues: Ask the Doctor**
- 5. How You Can Shape Your Own Mental Health Care**
- 6. Health Care Reform & Its Implications for Medicaid/Medicare**
- 7. First Aid for Caregivers: Coping with Stress & Trauma**
- 8. Post Traumatic Stress Syndrome**

Exhibits and informational tables will be on display all day.

~ DIRECTIONS ~

Crowne Plaza Hotel—Monroe
390 Forsgate Drive, Jamesburg, NJ 08831

From the North/New York

New Jersey Turnpike (I-95) South to Exit 8A. Bear left after the toll-booth towards Jamesburg-Monroe. Follow exit ramp. Make the first right into parking lot.

From the South

New Jersey Turnpike (I-95) North to Exit 8A. Bear left after the tollbooth towards Jamesburg-Monroe. Follow exit ramp. Make the first right into parking lot.

From the Garden State Parkway South

Take the parkway North to exit 105 (Local). After the toll, make a right at the first light on to Hope Road. Stay right and follow sign to Route 18 North. Take Route 18 north to exit 29 - Route 520 (Tennent - Morganville) stay right on ramp. At the light make a right onto Route 520 West. Follow the road crossing over Route 9 continue to the next traffic light. Make a left turn onto (Route 520 West) follow the road to the end (approximately 7-8 miles). At the stop sign make a right turn, to the traffic light. At the light make a left turn onto Forsgate Drive continue approximately 3 miles moving into the left lane to the light. Make a left turn at the light onto Cranbury South River Road. Follow the road and make the first left turn onto Interchange Plaza. Follow the road to the end. Make a left turn and continue into parking lot.

From the Garden State Parkway North

Take the parkway South to exit 129 (Woodbridge). Follow the signs for The New Jersey Turnpike South (I-95). New Jersey Turnpike South to Exit 8A. Bear left after the tollbooth towards Jamesburg-Monroe. Follow exit ramp. Make the first right into parking lot.

2011 Conference Registration Form (continued from reverse)

REGISTRATION FEE:

Includes continental breakfast and lunch.

- \$65 Individual Member Rate
- \$75 Professional Member Rate
- \$85 Non-Member Rate
- \$30 Student / Limited Income Rate

EARLY REGISTRATION DISCOUNT

- I am taking \$10 off my registration fee checked above because I'm mailing this by **April 30th**.

SCHOLARSHIPS:

Please contact the NAMI NJ office at (732) 940-0991 or e-mail info@naminj.org to find out about available scholarships for individuals with limited income.

- Enclosed is my donation to help sponsor scholarships. Amount: \$ _____

Mail registration form and payment to:

NAMI NEW JERSEY
1562 Route 130
North Brunswick, NJ 08902

Make checks payable to NAMI NJ.

Early Bird registration discount ends April 30!

TOTAL ENCLOSED: \$ _____

NAMI NEW JERSEY

2011 OFFICIAL TRUSTEE ELECTION BALLOT

ELECTION PROCEDURE: Individual Members of NAMI NJ Affiliates in good standing are eligible to vote for NAMI NJ Trustees in their respective region. Following is the slate of candidates nominated in each region to Board Trustees positions. **Vote for two candidates from your region.** Circle your region and place a check mark next to the name(s) of the two candidate(s) you are selecting. Results of the election will be announced at the NAMI NJ Annual Conference on June 4, 2011.

NORTHERN REGION (Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren)

- SHERMAN T. (TED) BREWER, JR. ESQ. - INCUMBENT:** Ted has served as a NAMI NJ Trustee since 2005. He chairs NAMI NJ's Public Policy Committee. He is a member of NAMI Essex and NAMI Union. Since retiring as head of a global financial services firm's state government relations program, he has taught undergraduate courses at Rutgers University-Newark. In his corporate career and volunteer endeavors he held various leadership positions in numerous non-profit organizations, chaired State Regulations Committee of Securities Industry and served in community and civic positions. He earned his LLB at Harvard Law School, and his BA at Yale University. In 1967, he was admitted to the NJ Bar.
- BETSY GUARDUCCI - INCUMBENT:** Betsy has served as a NAMI NJ Trustees since 2006. She is the past president of NAMI Essex. Betsy is the Executive Director of the United Labor Agency of Essex-West Hudson, Inc where counselors provide substance abuse and mental health counseling. In 2000, after 30 years of service, she retired from her position as an Administrative Analyst at the Essex County Hospital Center. As she worked closely with patients who were being treated at the Essex County Psychiatric Hospital, Betsy along with her family developed the passion to help others and for a long time joined in activities and programs designed to bring enjoyment to those less fortunate.

CENTRAL REGION (Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, Union)

- ROBIN CUNNINGHAM - INCUMBENT:** Robin is a family member and consumer who has served as a NAMI NJ Trustees since 2006. He is a Member of NAMI Mercer. He is a NAMI National Certified IOOV Presenter and Trainer, and a blog writer for www.schizophrenia.com where several articles have been featured on mental illness. As an IOOV presenter, he continues making numerous presentations to different audiences. Robin currently serves as a member of the Governor's Council on Mental Health Stigma. He retired from The Starboard Group, a Chicago, IL corporation, as Managing Director. Robin earned his MBA-Graduate work in Psychology- and his BA at the University of Washington, Seattle
- MELISSA RIVERA MARANO, PSY.D., LLC - INCUMBENT:** Melissa was appointed to the Board in 2010. She is a Licensed Psychologist with experience working with individuals of all ages suffering with neurological and other mental health illnesses. She has worked with Bariatric Psychiatric Associates, as Program Development & Evaluation Consultant and Assistant Director with Youth Development Clinic, Neuropsychology and Counseling Associates; Sexual Abuse Assessment Consultant at CHAMP Program-Beth Israel Hospital. Melissa earned her Psy.D. & Psy.M. Clinical Psychology, and her BA in Psychology with Honors from Rutgers University. She is also an English/Spanish bilingual professional with her own private practice.

SOUTHERN REGION (Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Salem)

- KENNETH R. ESHELMAN - INCUMBENT:** Ken is a family member who has served on the Board of Trustees since 1999. He is an active member of the NAMI FACE of Burlington County. He has participated in the Family-to-Family training. Ken was very instrumental in the Southern Regional Conference in 1998, NAMI NJ's Walkathon in 2003, and the Southern Regional Faith & Mental Illness Conference in 2007. He is Chair of the NAMI NJ Faith Focus Committee. His work experience includes being former Manager of Real Estate for Texaco Inc. and affiliates, and a partner in Nationwide Petroleum Realty, Inc. He holds a Bachelors Degree in Business Administration.
- LAURA L. BRYANT, Esq.— INCUMBENT:** Laura is a family member who was appointed to serve on the NAMI NJ Board of Trustees in 2008. She is a member of the AACT-NOW Advisory Group, and an active member of NAMI FACE of Burlington County. She is a NAMI NJ Family-to-Family teacher and facilitator trainer. Her working experience includes Assistant Deputy Public Defender with the NJ Office of the Public Defender since 2007; Deputy Attorney General for NJ Division of Law, Trenton, NJ; Contract Attorney-Documents Review. Laura earned her Juris Doctorate from Widener University School of Law at Wilmington, DE. Her BA degree in Political Science from Rider University at Lawrenceville, NJ.

BALLOT MUST BE SIGNED AND INCLUDE THE NAME OF YOUR AFFILIATE GROUP.

SIGNATURE: _____ **DATE:** _____

AFFILIATE GROUP: _____ **COUNTY:** _____

MAIL BALLOTS POSTMARKED NO LATER THAN MAY 13, 2011 TO: NAMI NJ, 1562 ROUTE 130, NORTH BRUNSWICK, NJ 08902.

Celebrating Chinese New Year



Chinese New Year sing along with Patty Huang

On February 26, 2011, CAMHOP-NJ families gathered to celebrate the new year of Rabbit with NAMI NJ staff members as the Chinese outreach program entered its 8th year of support, education and advocacy for Chinese immigrant families in New Jersey who are affected by mental illness.

Special recognition awards were presented to three volunteers - Melaine Lu, Wally Liu and Grace Travinsky, and to psychologist Dr. Yuwen Chou and Dale Ofei-Ayisi (COPSA Coordinator at UMDNJ/UBHC), who have all made outstanding contributions in combating stigma and educating the Chinese community on mental health issues.

For information on CAMHOP, contact Maggie Luo at mluo@naminj.org or call 732-940-0991.

New AACT-NOW Group in Essex County

AACT-NOW has a third location in which African American families will have support and informational sessions on mental illness in the Northern Region, primarily in the Essex County area. The group meets every 2nd Tuesday of the month at the Willing Heart Community Center at 149 Springfield Avenue, Newark, NJ. The Willing Heart Community Center is part of the Metropolitan Baptist Church of Newark, one of the largest Baptist churches in New Jersey.

For more information on this group, please contact Catherine at 973-760-6276, or Robert at 973-651-8778.

Expressive Arts Network to Sponsor Michael Mack Tour

Hearing Voices (speaking in tongues) is a one man play performed by Michael Mack about his mother's mental illness. Over a decade in creation, Mack's multi-character one-man show is a lyric memoir of one family navigating a life-changing reality.

Mack charts his mother's odyssey through state hospitals, halfway houses, jails, and homelessness until she finds recovery through an unexpected grace. Exploring the shadowy landscape between psychosis and religious illumination, **Hearing Voices (Speaking in Tongues)** is one family's journey of deliverance.

NAMI NJ's Expressive Arts Network is proud to sponsor **Hearing Voices (Speaking in Tongues)** in partnership with NAMI Sussex County and NAMI Salem County on October 14 and 16. An additional show will be



presented in a Central NJ location that will be determined shortly.

Affiliates interested in learning more about how they can participate in the upcoming shows at each location can contact Vicki Harvey of NAMI Salem at vickiharvey@comcast.net and Jeri Doherty of NAMI Sussex at bjd42@nac.net. To learn more about the play itself, visit www.michaelmacklive.com.

In Search of Our Well Being

NAMI NJ en Español is hosting the program's third annual conference on April 9, 2011 at the Lord Stirling Community School in New Brunswick.

As with the previous conferences, all proceedings will be held in Spanish only for an audience of Latino families from New Brunswick and surrounding areas. A range of mental health providers and advocates will present hands on, practical information and resources on depression and anxiety, autism, ADHD, schizophrenia, bipolar disorder, medications and coping. Dr. Theresa Miskimen, an expert on ethno psychopharmacology, will present a special session on what is currently known about the impact of medications on different ethnic populations.

For more information, visit www.naminj.org to download an agenda and registration forms. To learn more about the conference and its goals, contact Martha Silva at naminjenespanol@msn.com.



Around the State



Sweet on NAMI FACE!

The Iron Hill Brewery restaurant in Maple Shade, NJ named a dessert after NAMI FACE of Burlington county. Sales of the chocolate dessert brought in \$2,957.25 and all proceeds were donated to NAMI FACE. Reports confirmed that the dessert was delicious.....

Barbara Richmann and Rose Komosinski (pictured holding check) accepted the generous donation on behalf of NAMI FACE in Burlington County.

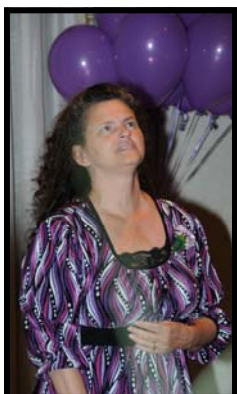


Night Out with the Arts in Salem on May 7

NAMI Salem County is hosting a "Night Out With The Arts" to be held at the First Assembly of God Church in Carney's Point, NJ on May 7, 2011. Doors open at 6:00 and performance time 7-9:00 pm.

This fundraiser featuring local talent will help NAMI Salem to continue providing compassion, understanding and help to friends and families of loved ones struggling with the effects of mental illness.

Tickets: \$10 Adults - Students \$5 (18-under) - Seniors \$5 (55 over). Refreshments will be available. To purchase tickets contact Virginia Saull at 856-769-2492 or for more details.



Hoboken Becomes Stigma Free Zone

On May 17, 2011 Hoboken, NJ will declare itself a "Stigma Free Zone". Mayor Dawn Zimmer will unveil the sign that will be placed at 6 entrances into the city of Hoboken (including Ferry Terminals) that will state that "**Hoboken is a Mental Health Stigma Free Zone.**" City Hall will be decorated with sculptures built with medicine bottles by Hudson County consumers from county mental health programs. Smaller signs placed at the entrance to the city will be displayed in many of the businesses up and down Hoboken's Main Street. NAMI Hudson has embarked on a city wide campaign to educate residents about mental illness. NAMI NJ's Every Mind Matters will be presented to high school students, who will then compete in an essay-writing contest about stigma. Planning is in process to present NAMI NJ Law Enforcement Education training to Hoboken's Police Force.

For more information on "Stigma Free Zone" events contact Brenda Luchetti at bredal160@gmail.com.

NAMI Mercer Walk on May 21

NAMI Mercer will host its fourth annual NAMI Walk on May 21st at Rider University. The Walk has two purposes: to raise awareness about mental illness and to raise funds for NAMI Mercer and other participating NAMI Affiliates throughout the state.

To sign up, visit www.namimercer.org, call 609-799-8994 or email home@namimercer.org.



NAMI NEW JERSEY

Affiliates

NAMI Atlantic County
 NAMI of Bergen County, Inc.
 NAMI Family Organization Bergen
 NAMI FACE Burlington
 NAMI Camden County
 NAMI Cape May County
 NAMI Cumberland County
 NAMI Essex NJ, Inc.
 NAMI Gloucester County
 NAMI Hudson County
 NAMI Hunterdon County
 NAMI Mercer NJ
 NAMI Middlesex
 NAMI Rutgers
 NAMI Greater Monmouth
 Concerned Families of Greystone
 NAMI Morris County
 NAMI Ocean County, NJ
 NAMI Families in Quest (Passaic)
 NAMI Salem County
 NAMI Somerset NJ, Inc.
 NAMI Sussex, Inc.
 NAMI Union County
 NAMI Warren County
 NAMI NJ En Espanol Groups
 NAMI NJ CAMHOP Groups
 NAMI NJ SAMHAJ Groups
 NAMI NJ AACT-Now Groups

Program Updates



New Director for School Outreach Programs

Lorrie Baumann, an educator with over 30 years experience, has become the new NAMI NJ Director for School Education Programs upon the retirement of Kathleen Conside. Both Lorrie and Kathleen have worked together for the past five years in developing NAMI NJ's school education programs, "Educating the Educators (ETE)" and "Every Mind Matters (EMM)."

Lorrie is an experienced state and national professional development presenter. She has received numerous awards for her work in education including the Presidential Award for Excellence in Secondary Science Teaching. Lorrie has served as Coordinator for NAMI NJ School Education Programs for the last five years traveling around the state to provide education on mental health and mental illness to educators and students.

As Kathleen steps down from her role as Director, NAMI NJ thanks for her many years of service as an outstanding advocate and staff member. Kathleen developed and implemented NAMI NJ's school outreach programs with her characteristic mixture of empathy and scholarship, and succeeded in building alliances between, NAMI, mental health providers and schools. Kathleen continues to be involved with NAMI NJ fund development efforts.

The programs are in high demand as NAMI NJ conducts ETE this spring at the three NJ Department of Education Learning Resource Centers in the north, central, and southern parts of the state. NAMI NJ has presented ETE at the annual New Jersey Education Association Convention for the past four years to standing room only audiences and received excellent evaluations. To this date, ETE has been presented to over 5000 educators.

The Every Mind Matters teaching resource

kits help educators teach students about mental health and mental illness. Recently, educators in Hoboken High School were trained on using the kits to assist them with an upcoming Stop Stigma Week. This spring, Lorrie is also conducting classes on Every Mind Matters at the Greater Brunswick Charter School in New Brunswick.

For more information email schoolprograms@naminj.org or call Lorrie at (800) 706-0316.



*Lorrie Baumann, Director
NAMI NJ School Education Programs*

NAMI NJ Offers Cultural Competence Training for Schools

The NAMI NJ Cultural Competence Training Workshop was developed by Associate Director Aruna Rao, CAMHOP Coordinator Maggie Luo and SAMHAJ Coordinator Anu Singh in order to educate mental health providers about the cultural barriers faced by immigrant family members and consumers in accessing treatment.

The workshop, which is customized for each new audience, is increasingly being requested by New Jersey schools in districts where immigration rates are very high. School staff and administrators are dealing with a difficult situation where students identified with emotional and behavioral problems remain untreated due to immigrant families lack of understanding about mental health issues, stigma, and linguistic and cultural communication barriers.

Aruna recently presented the workshop on February 15, 2011 to a group of 70 teachers and administrators in Edison, where over 50% of district students are children of for-

eign born immigrants, and about 25% of parents are limited English proficient. Questions raised indicated staff concerns about mental health disparities, such as "When we recommend outside counseling services parents become angry over the suggestions. Can you help us understand why?"

Feedback after the training indicated that school staff were highly motivated to explore new avenues of educating and connecting with families in order to ensure that student needs were met.

For information contact Aruna at arao@naminj.org or call 732-940-0991.



Research & Treatment



Adult Schizophrenia Research Study: The NIMH Genetic Study of Schizophrenia

Individuals or their family members that are aged 18 or older and have been diagnosed with schizophrenia or schizoaffective disorder (depressed type) may be able to participate in a genetic study that looks for genes in families. In order for family members to participate, the person with schizophrenia must be willing and able to participate.

Eligible family members participate in an interview and contribute a sample of blood for genetic analysis. Individuals with schizophrenia and, if possible, their siblings may qualify to participate in this study. There is no change in medication involved. The study involves simple cognitive tests and some MRI scans (no radiation). All testing is completed free of charge and there is compensation for each family member's participation in the study. Travel and lodging assistance is also available. Scientists believe that the

identification of susceptibility genes is key to understanding the molecular pathways of this disease so that better treatments and preventive methods can be developed in the future. *For more details call 301-435-8970 (1-888-674-6464) or email at schizophrenia@mail.nih.gov. For Research conducted by NIMH go to <http://patientinfo.nimh.nih.gov>*

In Memoriam

NAMI NJ mourns the loss of Dorothy Ann Hurley Thaller, long time NAMI member and president of Concerned Families of Greystone Hospital. Dorothy passed away March 1, 2011 at age 78. She was a registered nurse and worked at the Deron School of New Jersey in Montclair where she shared her love for all of the students.

Adverse Reactions to Medications

Adults aged 50 and older comprise 51.5 percent of all emergency department visits each year related to adverse reactions to medications, according to a study by the Substance Abuse and Mental Health Services Administration (SAMHSA). The report says 61.5 percent were made by people aged 65 or older and 60.9 percent involved women.

Nearly 8 in 10 of the hospital visits by older patients involved adverse reactions to just one medication they had taken, the report said. Central nervous system drugs such as narcotic and non-narcotic pain relievers accounted for the largest share of these visits (24.3 percent). But cases included a broad range of medications.

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Help support NAMI NJ by making a contribution or renewing your membership! State Supporting Members receive the national and state newsletters and discounts to conferences and special events. Donations to NAMI NJ are **tax deductible** and greatly appreciated!

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Lord Stirling Community School, 101 Redmond Street, New Brunswick, NJ 08901

Registration details at www.naminj.org

 **NAMI** New Jersey
National Alliance on Mental Illness

1562 Route 130
North Brunswick, NJ 08902