



**RUTGERS**

University Behavioral  
Health Care

**NAMI Middlesex County**

*in collaboration with*

**Intensive Family Support Services  
of Middlesex County (IFSS)**



***Invites you to attend their Fall Speaker Series  
At UBHC 671 Hoes Lane West, Rm. C101, Piscataway, 7:00-9:00 pm***

**September 12, 2016**

**“Mental Illness, the Law & Planning for a Loved One’s Care”**

*Speaker: **Ann Renaud, Esq.**, Expert New Jersey Criminal Law Attorney, Ramp, Renaud & Hlavenka, LLC.  
& **Gary Cornick, Esq.**, Attorney At Law*

Ms. Renaud has presented cases at every level of the New Jersey court system, including the State Supreme Court. Her areas of expertise include probate litigation, criminal law, DWI/DUI, and mental health advocacy. The speaker serves as a legal voice for the mentally ill. Her presentation will address the overall need for understanding and cooperation among various segments of the criminal justice and mental health systems. Mr. Cornick has expertise in the field of disability law, the processes of establishing special needs trusts, estate planning/administration, guardianship, and other legal matters. If you are concerned about planning for the future of your mentally ill loved ones, this is your opportunity to obtain legal information about very important steps you may need to take.

**October 3, 2016**

**“Essentials of Healthy Communication”**

*Speaker: **Anna Marie Toto, MEd**, Program Coordinator, Illness Management & Recovery, Rutgers UBHC*

Do your conversations with your loved ones often escalate into arguments, become repetitious, tiresome, and deadlocked in ultimatums, or veer off into tangential banter? Would you like to learn strategies on how to manage difficult conversations and set boundaries, while maintaining mutual respect in the relationship. Don't miss this opportunity to benefit from coaching and learning practical skills to help you talk to your loved one with mental illness. This presentation will focus on communication skills, adjusting to changes in roles, contracting, relapse prevention techniques, role playing, and other effective approaches.

**November 7, 2016**

**“Understanding Cognitive Behavioral Therapy (CBT)”**

*Speaker: **Stephanie Marcello Duva, PhD**, Program Director, Behavioral Research & Training Institute,  
Chief Psychologist, Rutgers University Behavioral Health Care*

Dr. Stephanie Duva has a certification in Cognitive Behavioral Therapy from the Academy of Cognitive Therapy. Her presentation will provide an overview and discuss the core principles of CBT, a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Cognitive behavior therapy is one of the few forms of psychotherapy that has been scientifically tested and found to be effective in hundreds of clinical trials for a wide variety of mental health disorders, including depression, anxiety disorders, bipolar disorder, eating disorders and schizophrenia. Don't miss this opportunity to learn more!

If you do not wish to receive future mailings from IFSS, please call us at (732) 235-6184  
and ask to be removed from our mailing list.



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**DIRECTIONS**

**To Rutgers-University Behavioral Health Care  
671 Hoes Lane  
Piscataway, NJ 08854**

**New Jersey Turnpike (Exit 9 coming from South)**

Turn off at Exit 9 (New Brunswick). Follow Route 18 North toward New Brunswick and Piscataway. Cross over the John Lynch Bridge to the River Rd./Highland Park exit (jug handle) and make a right onto River Road (you will be heading away from Highland Park). About 2 miles down on River Road make a right turn at 2<sup>nd</sup> light, which is Johnson Dr./Hoes Lane West. Continue about ½ mile to Rutgers-UBHC campus.\*

**New Jersey Turnpike (Exit 10 coming from North)**

Turn off at Exit 10. Follow Interstate 287 North. Come to Piscataway area. Take Bound Brook/Highland Park Exit #9. At Exit #9, turn left on River Road and proceed to fourth light, Johnson Dr./Hoes Lane West, and turn left. Continue about ½ mile to Rutgers-UBHC campus.\*

**Route 18**

Take Route 18 North over the John Lynch Bridge to River Rd./Highland Park exit (jughandle). Make a right onto River Road (you will be heading away from Highland Park). About 2 miles down on River Road make a right turn at 2<sup>nd</sup> light, which is Johnson Dr./Hoes Lane West. Continue about ½ mile to Rutgers-UBHC campus.\*

**\*Parking Information\***

Please park in lot C on the right before Rutgers-UBHC main building or lot B on the left, across the street from the Rutgers-UBHC main building.

\*From parking lot B, cross over Hoes Lane West towards flagpole, enter UBHC main building to your left (last door) and obtain further directions from receptionist.

**Parking permits/decals are not needed after 6pm.**

If you have any questions, please call: 732-745-0709 or 732-235-6184  
During inclement weather, please call our After-Hours Coverage line at (732) 991-3143

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