HEALING Ourselves

HEALING Others

Saturday, December 5, 2015
Crowne Plaza Monroe
Jamesburg, NJ
8:30 AM  REGISTRATION
DISPLAY TABLES (Pre-Function Area & Cranbury Room)

9:30 AM  WELCOME
Mark Perrin, MD, NAMI NJ President
Sylvia Axelrod, MA, NAMI NJ Executive Director

9:45 AM  OPENING REMARKS
Valerie L. Mielke, MSW, Assistant Commissioner, Division of Mental Health &
Addictions Services

10:00 AM  KEYNOTE – FIRST EPISODE PSYCHOSIS: OPTIONS FOR TREATMENT IN NEW JERSEY
Steven Silverstein, PhD, Director of Research, Rutgers University Behavioral Health Care

11:00 AM  PLENARY – OVERCOMING OCD: A JOURNEY TO RECOVERY
Janet Singer, Co-Author, Overcoming OCD: A Journey to Recovery
Seth Gillihan, PhD, Co-Author, Overcoming OCD: A Journey to Recovery

12:00 NOON  QUESTION & ANSWER SESSION

12:30 PM  LUNCH
BOOK SIGNING (With the Authors of Overcoming OCD: A Journey to Recovery)
DISPLAY TABLES (Pre-Function Area & Cranbury Room)

1:30 PM  CELEBRATING NAMI NEW JERSEY’S 30th ANNIVERSARY
Sylvia Axelrod, MA, NAMI NJ Executive Director

2:00 PM  BREAK

2:15 PM  AFTERNOON CONCURRENT WORKSHOPS

3:45 PM  ADJOURNMENT
Featured Speakers

Opening Remarks

Valerie L. Mielke, MSW, Assistant Commissioner, Division of Mental Health & Addictions Services

Valerie Mielke is the Assistant Commissioner for the New Jersey Division of Mental Health and Addiction Services (DMHAS) in the Department of Human Services and is the single state authority for Mental Health and Substance Abuse Disorders. The Division is responsible for the coordination, administration, management and supervision of the institutional and community public mental health system, and is also responsible for regulating, monitoring, planning and funding substance abuse prevention, treatment and recovery support services. Prior to her appointment, she was the Assistant Director for the Office of Treatment and Recovery Support within DMHAS. Ms. Mielke holds a Bachelor of Arts degree from Fairfield University and a Master of Social Work degree from Rutgers University.

Keynote - First Episode Psychosis: Options for Treatment in New Jersey

Steven Silverstein, PhD, Director of Research, Rutgers University Behavioral Health Care

Due to the international success of the Coordinated Specialty Care (CSC) model for treatment of people with a first episode of psychosis, including the two Recovery After An Initial Schizophrenia Episode (RAISE) demonstrations in the United States, SAMHSA has mandated that 5% of every state’s mental health block grant must be used to develop CSC programs for first episode patients. This presentation covers the rationale for the development of the CSC model, its components and outcomes, the RAISE project, and DMHAS-funded efforts in New Jersey to implement the model here.

Dr. Steven Silverstein is Director of Research, and Director of the Division of Schizophrenia Research at Rutgers University Behavioral Health Care (UBHC), and Professor of Psychiatry at Rutgers - Robert Wood Johnson Medical School. He is the former Chair of the American Psychological Association’s Task Force on Serious Mental Illness, and an Executive Board member and President-Elect of the Society for Research in Psychopathology. Dr. Silverstein received his Ph.D. in Psychology from the State University of New York at Buffalo in 1989, and completed his internship and fellowship at Cornell Medical College from 1988-1990. He has over 25 years of experience in treating people with schizophrenia, and has directed inpatient units and outpatient programs for this population. This includes work with both chronic and first episode patients. Dr. Silverstein’s research interests are in the development of schizophrenia, perceptual and cognitive changes found in schizophrenia, and prediction of treatment response and relapse. He has over 180 publications related to schizophrenia, and is currently Principal Investigator (PI) on multiple NIMH or foundation grants involving assessment and treatment. Dr. Silverstein is the recipient of many awards, including the United States Psychiatric Rehabilitation Association’s Armin Loeb Award for Research in Psychiatric Rehabilitation in 2008, and the American Psychological Foundation’s Alexander Gralnick Research Investigator Prize in 2010.
“Almost eight years ago, my son was suffering from OCD so severe he couldn’t even eat. Hunched over with his head in his hands, he’d sit in his “safe” chair for hours, doing nothing but shaking, mumbling and moaning. Numb with fear at the realization he was also self-injuring, I was terrified he might never again function in society, or even worse, survive.

OCD is a cruel, insidious illness with the potential to destroy lives. But it is also treatable. Today, thanks to exposure and response prevention (ERP) therapy, the frontline psychological approach to treat OCD, my son is a young man living his life to the fullest. My hope is that my family’s story will increase understanding of OCD and give those who are dealing with it the strength to move forward and fight for the lives they deserve.”

“As a clinical psychologist I’ve witnessed the best that any of us can bring to the task of living: the courage to face life’s challenges; the wisdom to recognize what our hearts and minds need to heal; the love of family that never lets go. Over the past 15 years I’ve been allowed into the lives of individuals struggling with various forms of anxiety, depression, and other conditions.

Much of my work is focused on treating people with obsessive-compulsive disorder. I was fortunate to meet Janet Singer and to be invited to contribute to the book that tells of her son’s recovery from OCD. I recognize in Janet’s story the wisdom, love, and courage that I’ve seen in so many families and individuals who are dealing with mental illness. Their struggles and triumphs continue to inspire me in my work.”

Janet Singer
Co-Author, Overcoming OCD: A Journey to Recovery

Seth Gillihan, PhD
Co-Author, Overcoming OCD: A Journey to Recovery

Plenary - Overcoming OCD: A Journey to Recovery

Janet Singer and Seth Gillihan will discuss many aspects of obsessive-compulsive disorder (OCD), including common misconceptions about OCD, proper treatment and how to find it, and obstacles to recovery. Janet shares valuable lessons learned as a mother whose son was so debilitated by OCD he could not even eat. Dr. Gillihan provides information about OCD, reports on current research, and brings clarity to this potentially confusing and often misunderstood disorder.
1. Ask The Doctor: Psychosis - Approaches to Treatment Before and After the First Episode
   Robert G. Stern, MD, Staten Island University Hospital, Department of Psychiatry
   Forsgate

2. Family Connections: How Dialectical Behavior Therapy Based Skills Can Change the Family Environment
   Ann & Matt Costello, NEA.BPD Board Members & Family Connections Teachers
   Kingston

3. Are We Worthy of Wellness?
   Margaret E. Molnar, Special Assistant for Consumer Affairs, Department of Human Services, Division of Mental Health & Addiction Services, Office of Prevention, Early Intervention & Community Services
   Ann Rielly, MA, MSW, CPRP, Assistant Professor, Department of Psychiatric Rehabilitation and Counseling Professions, Rutgers University
   Middlesex

4. Cognitive Enhancement Therapy
   Ray Gonzalez, Executive Director, Center for Cognition and Recovery, CETCleveland
   Nassau

5. Double the Stigma: Mental Health in the LGBTQ Community
   Michael LaSala, PhD, LCSW, Associate Professor, School of Social Work, Rutgers University
   Reverend Kevin Taylor, Unity Fellowship Church Movement
   April Wilson, President, NAMI Essex/Passaic
   Mercer

6. Getting Back to Work - Real World Stories and Solutions
   William Butler, NAMI NJ Consumer Council Representative
   Jill Trimboli, Employment Specialist, APL Associates
   Jay Yudof, NAMI NJ Recovery Programs Coordinator
   Brunswick

7. Improving the Judiciary’s Response to Mental Health Needs
   Scott Fine, NAMI Family-to-Family Teacher, NAMI SMARTS presenter
   Steven M. Fishbein, MS, CRC, LRC, Manager, Justice Involved and Veterans Services, DMHAS
   Princeton

8. Growing, Healing & Transformation
   David Axelrod, PhD, Adjunct Professor of Economics, Montclair State University
   Windsor
1. Ask The Doctor: Psychosis - Approaches to Treatment Before and After the First Episode
Dr. Stern will discuss the issue of psychosis, including approaches to treatment before and after the first episode.

2. Family Connections: How Dialectical Behavior Therapy Based Skills Can Change the Family Environment
In this presentation, Ann and Matt Costello will provide a look inside Family Connections©, the free twelve-week course created by National Education Alliance (NEA) for Borderline Personality Disorder (BPD). They will explore the core Dialectical behavior therapy (DBT) based skills of the evidence based course--such as Validation, Mindfulness, and Radical Acceptance -- that can change the family environment and allow family members to become the vital support that their struggling relatives need. They will also review the symptoms and nature of BPD, the ‘elusive’ disorder, and how that information begins to empower families with a relative with BPD. Ann and Matt are board members of NEA.BPD, and teach two courses a year at New York Presbyterian, White Plains.

3. Are We Worthy of Wellness?
The premise of this presentation is that self-worth and self-care are integrally related. This workshop will examine some causes of feelings of low self-worth and will present strategies to improve self-worth and self-care; so that individuals can attain an improved quality of life. We will also identify how family members can enhance their loved ones’ self-worth as well as model positive self-care.

4. Cognitive Enhancement Therapy
Cognitive Enhancement Therapy (CET), is a SAMHSA Evidence Based Practice that significantly reduces cognitive deficits and improves social cognition for persons recovering from mental illnesses. During 48 once-a-week sessions of computer exercises, social cognition groups and individual coaching, consumers learn how to be socially wise and vocationally effective. CET groups average 80% attendance and graduation rates. Lessons learned from the 11 years of disseminating CET to 36 sites in 12 states will be presented.

5. Double the Stigma: Mental Health in the LGBTQ community
The lesbian, gay, bisexual, transgender and queer (LGBTQ) community faces mental illness just like the rest of the population, but may experience more negative outcomes due to prejudice and other biases. LGBTQ individuals do not often talk about mental health and may lack awareness about mental health conditions, preventing people from seeking the treatment and support that they need to get better. The community is at a higher risk for suicide because of lack of peer support, lack of family acceptance, harassment, mental health conditions and substance abuse. Panelists will discuss the topics such as self-acceptance, the role of religion, family and social acceptance, as well as the impact of race and culture.

6. Getting Back to Work - Real World Stories and Solutions
In this workshop aimed at peers and family members, the audience will hear about ways in which people dealing with mental health issues get help getting back to work utilizing self-help, supports, and treatment and gain the ability to socialize and accrue more stable lifestyle. With the help of caring professionals and fellow patients, stability can be achieved and the possibility of finding employment becomes more of a
Workshop Descriptions (cont.)

reality. With the help of the Division of Vocational Rehabilitation, which provides the necessary supports needed to find a job, one can find and maintain stable employment and all of the challenges and rewards that come along with it. Along with the monetary benefits, supportive employment also provides the feeling of being a part of a team and building social relationships.

7. Improving the Judiciary’s Response to Mental Health Needs
Under the auspices of New Jersey Supreme Court Chief Justice Stuart Rabner the Interbranch Advisory Committee on Mental Health Initiatives was formed to study the Judiciary’s responses to individuals with a mental illness in New Jersey who have become entangled in the justice system. In December of 2012, the Committee submitted its report to the New Jersey Supreme Court with 17 far-reaching recommendations. The Interbranch Implementation Committee was formed to bring to fruition the 17 recommendations on how to coordinate better among law enforcement, service providers, consumers and their family members to improve the Judiciary’s response to mental health needs. This workshop will discuss the implications of the Advisory Committee’s recommendations.

8. Growing, Healing & Transformation
This presentation considers mental health at the nexus of behavioral economics and holonomics. Behavioral economics recognizes the gap between rational decision making and actions actually chosen. This arises from both the time-pressures to act, as well as the limits to the availability and processing of information. It is here that similarities to mental health issues as limitations to brain functions relative real-world stressors are the clearest. Holonomics recognizes that the well-being of an individual is based not only on the material and financial resources owned and produced, but also in relationships, personal identity and how one makes decisions. These are part of the external and internal environments that all humans face. The distinction between healing and growth can be understood as follows. Growth is the process by which we act beyond our imagined capacities. Healing is the process by which we calm into our memorized capacities. The implications for mental health is in understanding where in the healing-growing cycle a person is. The analogy is that of recovery from an injury: first is healing by avoiding the use (calming) of the injured body part, followed by physical therapy to strengthen it (acting beyond). There are also implications for caregivers and family members. Since limitations exist for everyone, it is important that they too do what is necessary for their own healing and growth. Another analogy is an airplane emergency where a parent is to put on their mask first, so as to better attend to putting on the mask of their child.
**David Axelrod, PhD**, is an adjunct professor of Economics with Montclair State University. He received his PhD in Economics from Rutgers University in 1990. He has worked in the field of finance for Falcon Management and Volvo Finance. Other research has included topics in time preference, health economics, labor economics, and behavioral economics. David also provides private classes, workshops and consulting from a holonomic perspective.

**Sylvia Axelrod, MA**, is the Executive Director of NAMI New Jersey. During her tenure at NAMI NJ, Ms. Axelrod has initiated a wide range of programs focused on providing education, support and advocacy for families and consumers. She was also a pioneer in the fight for parity legislation, promoting comprehensive services for mentally ill chemical abusers, and mental health education to reduce the stigma of mental illness across cultures. Ms. Axelrod has served on numerous governmental and stakeholder advisory committees and is currently the Chair of the Governor’s Council on Mental Health Stigma. She has received numerous awards for combating stigma and promoting understanding about mental illness, including the New Jersey Community Health Law Project Ann Klein Advocacy Award, the Eli Lilly “Welcome Back” Award for De-stigmatization, the NJ Psychiatric Association Citizen of the Year Award, and the Kindred Spirit Award.

**William Butler** is the former Systems Advocacy Coordinator of CSPNJ. In 2011, he was named Professional of the Year at Cambridge "Who's Who" registry. Currently, Mr. Butler is a part time maintenance worker at Wegman’s supermarket and the NAMI NJ Consumer Representative to the NAMI Consumer Council.

**Ann Costello** has been a retired elementary school teacher having taught in Bedford, NY and Irvington, NY for over 30 years. She is currently working at Katonah Elementary School, Katonah, NY for the last 12 years and also serves as a Board Member of NEA.BPD, the National Educational Alliance for Borderline Personality Disorder since 2009. With her husband Matt, also a Board Member, they teach Family Connections classes at New York Presbyterian Hospital in White Plains, New York, and also run a monthly ‘Support/Tune-Up’ group for alumni of those classes where people can review and practice the course’s DBT-based skills. Ann also coordinates the NEA.BPD's monthly 'call-in' for Family Connections leaders old and new.

**Matt Costello** is writer, teacher and Board Member of NEA.BPD, the National Educational Alliance for Borderline Personality Disorder. He has created and taught Gifted and Talented programs for schools districts in New York State, and has mentored teams around the world working on all facets of media. Matt has also written novels, games and television for major global companies. He and his wife Ann, also a Board Member, teach Family Connections classes at New York Presbyterian Hospital in White Plains, New York, and they also run a monthly ‘support’ group for
alumni of those classes where people can review and practice the course’s DBT-based skills.

**Scott Fine** has been an Atlantic County resident for the past seven years. He has worked as a Stainless Steel distributor for 31 years, and has been married for 37 years to Fern Fine, who is a board member of NAMI Atlantic County. Fern and Scott have two sons and two grandsons. His youngest son was diagnosed with a serious mental illness in 2010. Faced with this, Scott took the NAMI Family-to-Family Education program in 2010, and found it so effective that he decided to become trained as a Family-to-Family education teacher himself. It has been very satisfying for him to see so many Atlantic county families attending and graduating from the Family-to-Family program. In 2013, Scott was trained by NAMI National to present the advocacy program, NAMI Smarts, and has successfully delivered the presentation several times. In 2014 Scott went to Washington DC on behalf of NAMI NJ and met with Congressman and Senate liaisons to advocate for urgent need for child and adolescent psychiatrists. He is a member of the Inter-branch advisory committee on Mental health initiatives, and has delivered presentations on mental illness and the Courts to Atlantic County Court Administrators.

**Steve Fishbein, MS, CRC, LRC**, is currently the Manager of Justice Involved and Veterans Services, Office of Treatment & Recovery Support, Division of Mental Health and Addictions Services (DMHAS). In this capacity he is responsible for all of the division’s criminal justice programs, including Drug Court, coordinating substance abuse (SA) treatment services and sits on the Drug Court Advisory Committee. On the mental health side, he oversees jail diversion and re-entry services for persons with mental illness and co-occurring mental illness and SA disorders in 15 counties. He assists in fostering police based interventions such as Crisis Intervention Teams (CIT) throughout the state. He was a member of the Supreme Court Interbranch Advisory Committee on Mental Health Initiatives and is the current co-chair of the Interbranch Implementation Committee. Previously he was on the Governor’s Task Force on Reducing Recidivism. He was an active appointed member to the Study Commission on Violence. He monitors the Cop to Cop helpline program contract and works to increase police suicide awareness. He is trained by The National GAINS Center, PRA to conduct Sequential Intercept Mapping of the Criminal Justice, Mental Health and Substance Abuse system. He is also the liaison for veteran’s services and sits on New Jersey’s Veterans Services Enhancement Team. He had been the division’s liaison with DVRS for the past 34 years. He oversaw other mental health services including include Illness Management and Recovery, Integrated Treatment for Co-occurring Disorders through a learning community and Wellness Coaching. Steve has an MS in Rehabilitation Counseling, is a certified and licensed Rehabilitation Counselor and has over 40 years of experience as a practitioner, supervisor, administrator and trainer in vocational and psychiatric rehabilitation. He is an Adjunct Clinical Instructor in the Department of
Psychiatric Rehabilitation & Behavioral Health Care of Rutgers-SHRP. He has a number of awards, articles and publications including a Dean’s Citation from Rutgers, The Mort Gati Award from NJPRA, Rebecca McDonald Leadership Award from NJAPSE and the New Jersey State Parole Board’s 2009 Partnership Award.

**Seth J. Gillihan, PhD,** is a licensed psychologist and Clinical Assistant Professor of Psychology in the Psychiatry Department at the University of Pennsylvania. Dr. Gillihan specializes in empirically-supported cognitive-behavioral therapy (CBT) and mindfulness-based interventions for obsessive-compulsive disorder (OCD), anxiety, insomnia, and depression. He has lectured nationally and internationally on the delivery of these treatments, including exposure and response prevention (ERP) for OCD. His publications include research articles and book chapters on the effectiveness of CBT for OCD, posttraumatic stress disorder, anxiety, and depression, how CBT works, the use of brain imaging to study psychiatric disorders, and a co-authored book with Janet Singer on recovery from severe OCD. Dr. Gillihan maintains a clinical practice in Haverford, PA.

**Ray Gonzalez** has 37 years of direct services (casework for a wide range of clients), administration (CEO of state psychiatric hospital; founded and led PLAN of Northeast Ohio for 21 years and since 2009, is the Executive Director of the Center for Cognition and Recovery) and program development for persons recovering from mental illnesses. He has a MSW from Ohio State University. Mr. Gonzalez has been a NAMI member for 28 years; has co-lead four CET groups; has presented on CET at over 105 local, regional and national conferences; and has helped established 36 CET Programs in 12 states.

**Michael C. LaSala, PhD, LCSW,** is associate professor at the School of Social Work at Rutgers University and has been a practicing psychotherapist and teacher/trainer for 30 years. His research and clinical specialties are the couple and family relationships of gay men and lesbians. Dr. LaSala’s book entitled: *Coming out, coming home: Helping families adjust to a gay or lesbian child* (Columbia University Press) describes the findings and practice implications of a National Institute of Mental Health funded qualitative study of 65 gay and lesbian youth and their families. Other examples of Dr. LaSala’s work can be found in over 25 journal articles and his blog for Psychology Today (http://www.psychologytoday.com/blog/gay-and-lesbian-well-being). Dr. LaSala is a much sought after speaker on gay and lesbian couple and family issues and has recently presented workshops, keynotes, and plenaries in Sweden, Canada, Finland, Estonia, Italy, and throughout the U.S.. Further information on Dr. LaSala’s work can be found on his website http://drmichaellasala.com
**Speaker Biographies (cont.)**

**Margaret Molnar** is the Special Assistant for Consumer Affairs at the New Jersey Division of Mental Health Services where she serves as both an internal systems change agent and leader in transforming New Jersey’s mental health system to a wellness and recovery-based model. Through the use of her personal lived experience of working through her own recovery from serious mental illness and supporting the empowerment and involvement of other consumer leaders across the state, she has ensured that the consumer voice is represented at all levels of policy and decision-making throughout the state. Ms. Molnar is responsible for the programmatic oversight of peer-operated services on a statewide basis, and works very closely with the 33 peer-operated community wellness centers throughout the state. She has advocated and assisted in the development of new consumer-operated services in the state such as a statewide Peer Recovery Warm-Line; Self-help centers on the grounds of state psychiatric hospitals; the hiring of peers to work in designated screening centers and on ICMS Teams; and the development of three peer-operated crisis respite programs. Margaret Molnar’s proudest accomplishment is her lived experience with serious mental illness, which has given her the insight and passion to be a tireless advocate and visionary. She has compassionately educated others throughout her career.

**Mark Perrin, MD,** currently serves as Board President on the NAMI NJ Board of trustees. He has been an Educating the Educators Program Presenter and is the author of “Psychiatric Medications for Children”. Mark has served as President of the NJ Parent’s Caucus and has served as Chair on the NJ Community Mental Health Citizens Advisory Board, the State Mental Health Board and the Warren and Sussex County Mental Health Boards and as a member of the Governor’s Task Force on Mental Health Children’s Committee. He is a family member with two sons who suffer from a mental illness. After completing his bachelor’s degree at Princeton University, he earned his MD Degree at NYU School of Medicine. He has been a physician for 50 years and currently serves as the Medical Director at Crystal Lake Healthcare & Rehabilitation Center which has become a residence for many individuals with serious and persistent mental illness.

**Ann Reilly, MA, MSW, CPRP,** is an Assistant Professor at Rutgers University; Department of Psychiatric Rehabilitation and Counseling Professions, teaching Psychiatric Rehabilitation courses on an undergraduate level. She is currently involved in teaching all NJ supportive housing provider agencies Psychiatric Rehabilitation/strengths based approach to assisting individuals in becoming members of their communities. The focus is on methods of communication, goal setting, and skills teaching. Ms. Reilly has presented at state and national conferences on these and other topics; including Community Support Services, Wellness Coaching, Person Centered Planning; and Illness Management and Recovery. She is particularly
interested in promoting the inclusion of Peer Providers in all phases of support for individuals working toward recovery.

**Janet Singer** is an advocate for OCD awareness, with the goal of spreading the word that obsessive-compulsive disorder, no matter how severe, is treatable. In 2008, her eighteen-year-old son Dan suffered from OCD so debilitating he could not even eat. Today, thanks to exposure and response prevention (ERP) therapy, he is a young man living his life to the fullest. Janet is the author of Overcoming OCD: A Journey to Recovery, published by Rowman & Littlefield in January 2015. The critically acclaimed book is a story of hope and the power of family, interwoven with expert commentary by Dr. Seth Gillihan. Janet is the founder of OCD Network to Recovery, which connects those suffering with OCD to those who have recovered. Her own blog, ocdtalk (www.ocdtalk.wordpress.com) currently reaches readers in 176 countries. She has been an invited speaker at OCD conferences and writes regularly for PsychCentral as well as Mentalhelp.net. She has also been published on many other web sites including Beyond OCD, Anxiety and Depression Association of America, and Mad in America.

**Robert G. Stern, MD,** is a board certified psychiatrist on staff at Staten Island University Hospital and Clinical Associate Professor in the Department of Psychiatry at Rutgers University Robert Wood Johnson Medical School in Piscataway, NJ. For the past 30 years, Dr. Stern’s clinical work and research have focused on the treatment of patients with severe mental illness, with particular emphasis on those with schizophrenia. Dr. Stern has published over 100 articles, book chapters and abstracts. Dr. Stern graduated from Sackler School of Medicine, University of Tel Aviv and completed his residency training and fellowships at Mount Sinai School of Medicine in New York City. Dr. Stern is the recipient of the 2012 NAMI Exemplary Psychiatrist Award.

**Elder Rev. Kevin E. Taylor** is the co-pastor, along with Rev. Janyce L. Jackson Jones, of Unity Fellowship Church Newark, which they founded in December 2012 after bringing their separate NJ works together in the metropolis that is Newark, NJ. Taylor is also an accomplished TV producer, creating projects for BET Networks--Notarized, Access Granted, Lifted, Lyrically Speaking, VideoLink and Parallel Paths to name a few—as well as writing for the likes of Natalie Cole, Regina Belle, Karyn White, Terence Jenkins of E! News and many others. Taylor is also a best-selling author with JADED, ENVY, BECAUSE HE LIVES and MEET THE HENDERSONS being his novel offerings and UNCLUTTER, IT'S TIME FOR SOME ACTION and GET OFF YOUR ASS + DO SOMETHING his empowerment tomes. Pastor Taylor has been in the pastorate for 15 years and in ministry for nearly 2 decades, with a lifetime of social justice works with political campaigns, The Whitman Walker Clinic and the DC Coalition of Black Lesbians, Gay Men, Bisexuals and Transgenders among his works as a young man in his native home of Washington, DC. Taylor is a proud father and grandfather.
**Speaker Biographies (cont.)**

**Jill Trimboli** has been working as an employment specialist with APL Associates for the past 4 years. She has over 7 years of experience working with individuals who have disabilities. As an employment specialist, Jill works one-on-one with people who are looking to find work but may struggle with the job searching process. She also provides support to the individuals once they have obtained a position. Jill holds an Associate’s degree from Brookdale Community College in Social Sciences, and is currently working on her Bachelor’s degree in Psychology from Rutgers University.

**April Wilson, MS, CPRP, CPC,** is the president of NAMI Essex and Passaic Counties and the former Mental Health Coordinator of the Crisis Intervention Team (CIT) Training program in Essex County. She is employed by Collaborative Support Programs of New Jersey (CSPNJ) as the Program Coordinator of The Passaic County Wellness Respite Services and the Mental Health Association of Essex County (MHAEC) as the Health and Wellness Coordinator. April has been with CSPNJ for seven years where she has served as a Recovery Trainer within New Jersey State Psychiatric Hospitals and Community Liaison at Greystone Park Psychiatric Hospital in Morris Plains. She also works part time as the Health and Wellness Coordinator for the MHAEC. She is a Certified Psychiatric Rehabilitation Practitioner and a Certified Professional Life Coach. April currently serves as the coordinator of the Consumer Panel Coordinator of the CIT Training Program in Essex County and is the founder and president of Believe in You Coaching LLC. She has also served as a Youth Minister at Agape House in North Plainfield and the former Assistant Cub Master of Pack 8 Cub Scouts in East Orange. April is a Doctoral candidate at Montclair State University. In her free time she enjoys swimming and bicycling. April is the proud mother of a son who she absolutely credits for her survival in her dark days. She also enjoys spending time with her niece, nephews and great niece. April is a lifelong resident of Essex County and new homeowner in the City of Newark. When asked how and why she is involved in so many areas, she responds "To whom much is given, much is required.” She credits her faith and family for her success.

**Jay Yudof** is a Certified Psychiatric Rehabilitation Practitioner, holding an MS in Psychiatric Rehabilitation from UMDNJ and several courses towards his PhD. Jay serves as NAMI New Jersey’s Recovery Programs Coordinator. He has both training and experience providing, assessing, and supervising Psychiatric Supported Employment, has published materials on the topic, and presents widely on the topics of employment and education in the community. His private practice includes both supported employment services and providing trainings for Consumer Providers (people dealing with mental health issues going to work in the mental health and social services field). He is active in both the Consumer Provider Association in NJ and the NJ Psychiatric Rehabilitation Association.
Providing Information, Referral & Public Education and Awareness

Self-Help Support Group Facilitator Training and Consultation

  Education Programs and Conference
  Newsletter, Website and Publications
  Legislative and Public Policy Advocacy
  Family Support Act Workgroups
  Law Enforcement Education Program
  School Education Programs -
    Educating the Educators
    Every Mind Matters
  Family-to-Family Education Program

    NAMI Basics
    Children’s Information Services
    Intensive Family Support Staff Training
    Veterans Issues Advisory Committee
  Leadership Training and Development

  SAMHAJ - South Asian Mental Health Awareness
  CAMHOP - Chinese American Mental Health Outreach

    NAMI NJ en Español Program
  AACT-NOW! - African American Mental Health Outreach
  National Institute of Mental Health Outreach Partnership

  “In Our Own Voice - Living with Mental Illness” Consumer Speaking Program
  Expressive Arts Network - “People With Mental Illness Enrich Our Lives”
  Family Participation in DMHS Site Reviews

  “Hearts and Minds” Consumer Presentation Wellness & Recovery Program

    NAMI Connection Support Groups
    NAMI SMARTS for Advocacy
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Lorrie Baumann, MA
Director, School Education Programs
Jay Yudof, MS, CPRP
Recovery Program Coordinator
Jill Zwick
Coordinator & Trainer, In Our Own Voice
Carol McGough
Children’s Issues Information Coordinator (NAMI Basics)
Jaquese Armstrong
Expressive Arts Network Poetry Coordinator
Winifred Chain
Southern Region Coordinator, AACT-NOW!
Melanece Walker, MA
Program Family Specialist, AACT-NOW!
Donna Williams
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At PerformCare, we are committed to providing specialized, high-quality care for New Jersey children and families challenged by behavioral and emotional issues, substance use, and developmental and intellectual disabilities.

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We are committed and dedicated to the needs of People in Recovery
Congratulations
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The New Jersey Association of Mental Health and Addiction Agencies, Inc. (NJAMHAA) applauds NAMI NJ for the support you have provided to countless individuals and families with their leadership in education, advocacy and information!

We are proud to share the same goals of reducing the stigma associated with mental health, continuing strong advocacy and raising awareness about the needs individuals with mental illness have.

NJAMHAA is looking forward to your continued success!

Debra L. Wentz, PhD
Chief Executive Officer
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Community Hope provides residential recovery services to more than 220 individuals with serious mental illness daily and has saved 1,000 veterans from homelessness this year, including many struggling with PTSD, addiction and other mental health issues.
Best wishes to NAMI New Jersey from Rajiv Malhotra and the Infinity Foundation

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NAMI New Jersey

Celebrating

30 Years

1985–2015

of improving the lives of individuals
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Center For Wellness (CFW) aims to be a premier provider of substance abuse and mental health treatment services on an intensive outpatient, partial care, and outpatient basis.

CFW has been founded by Dr. Gagandeep Singh, a double board-certified psychiatrist. With a dedicated team of professionally licensed clinicians, CFW aims to provide evidence based, ethical, and clinically unparalleled treatment.

We provide group & individual counseling, and employ evidence based treatment modalities which include motivational interviewing and other creative/wellness based interventions. We pride ourselves on placing ethics and patient care above our monetary gains, and truly adhere to this philosophy. Please contact us if you, or someone you know, needs help!

NAMI New Jersey thanks 30th Anniversary Boosters

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Congratulations to NAMI, NJ on your 30th Anniversary and the Fight Against Stigma!

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NAMI Morris applauds the tireless efforts of the trustees, Sylvia Axelrod and the talented staff on behalf of New Jersey families affected by mental illness.