February 7, 2022

“Peer-Run Respite House and Wellness Center Services”

Speakers: Tracy Dos Santos Rocha, MS, NCC, Manager of New Brunswick Respite House, and Danijela Santos, Manager of Moving Forward Community Wellness Center, of Collaborative Support Programs of New Jersey

Presenters will explain peer-run services in Middlesex County offered by CSPNJ, including the Respite House and the Moving Forward Community Wellness Center in New Brunswick. The Respite House is a safe alternative to inpatient psychiatric hospitalization where staff provide 24/7 peer-to-peer support in working through a behavioral health crisis and guests can develop positive coping skills and become empowered to establish healthy habits and routines. The Community Wellness Center provides a safe place that empowers people in recovery to realize a lifestyle centered on wellness and a balanced state of social, spiritual, financial, occupational, environmental, mental, emotional and physical health.

Register in advance for this meeting at:
https://rutgers.zoom.us/meeting/register/tJYqdOirrjspGNBgj2fV5QEFyHKscnRxhwv5

March 7, 2022

“Understanding Psychiatric Advance Directives and WRAPs”

Speaker: Kelly Uhland, Assistant Director of Education & Outreach, Mental Health Association in NJ

This presentation will provide participants with basic education about New Jersey Psychiatric Advance Directives (PADs) and Wellness Recovery Action Plans (WRAP). The discussion will include the relationship between these two documents and how each is best utilized on their own or in relation to each other. The presenter will provide details on how individuals can access more information about these documents and how to go about completing either or both.

Register in advance for this meeting at:
https://rutgers.zoom.us/meeting/register/tJAsdOGsqTMgNw1-3QWB4AF0RjtekUfk0IT

After registering, you will receive a confirmation email containing information about joining the meeting. Please do not hesitate to call IFSS at 732-235-6184, or NAMI Middlesex at 732-745-0709, if you have questions or need additional assistance.