

A WEALTH OF KNOWLEDGE

VOLUME 12, NO 21

DECEMBER 11, 2009

THE NEWSLETTER OF

NAMI-Greater Monmouth



The National Alliance on Mental Illness (NAMI)-Greater Monmouth • POBox 31 • Holmdel NJ 07733 • 732-4NAMI-4U
www.namimonmouth.org • "Monmouth County's Voice on Mental Illness" • An affiliate of NAMI NEW JERSEY

Hot News

On Tuesday, December 15, immediately before our regularly scheduled support group meetings, NAMI-Greater Monmouth will pick nine scholarships, each valued at \$75. Open to any member living with a mental illness, people will have the opportunity to win one day of training:

- on January 23 at the New Jersey Coalition of Mental Health Consumer Organizations (COMHCO) conference in Long Branch, or
 - on March 18 or 19 at the Collaborative Support Programs-NJ (CSP-NJ) Wellness and Recovery Conference in Edison.
- If you want to be in this drawing you must either come to the meeting, or notify Jay immediately (jyudof@hotmail.com), and indicate which of the conferences you would prefer.

On Monday, January 25, NAMI-a new NAMI Connection Peer will take place on the fourth 6-7:30pm at McGrath Towers, need the help of our members word about this new group and consider printing or making a group schedule which is on someplace where people will help publicize this group in to speak at your church, put up etc.), please contact us. Nami.greater.monmouth@nami.org.

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Greater Monmouth will launch Support Group in Keansburg. It Monday of every month, from 25 Hancock St., Keansburg. We and friends in spreading the all of our other groups. Please copy of the updated support page 2 and getting it posted see it. If you are willing to some direct fashion (get us in a large poster in your school,

On Friday, January 29, we will start our NAMI BASICS Education Class in Freehold. This course will run every Friday night through February 26, and is an excellent way for family caregivers of any child/teen with a mental illness/emotional disorder to learn about disorders, coping, self-care, and the relationship of these conditions with the educational system. Contact Pradeep or Shrabanee today. 609-259-7139. pradeepshah@att.net.

On Monday, February 22, we will start our Family-to-Family Education class in Colts Neck. This course will run every Monday night through May 10, and is an excellent way for family caregivers of anybody living with a mental illness to learn about disorders, coping, and self-care. Nearly 250,000 people have taken this course nationwide and in Canada since it began. This class (the 27th for Monmouth County) is filling fast. Contact Brenda today. 732-786-8850. bpauwels@optonline.net.

On Wednesday, April 7, we will conduct our spring speaker program at Colts Neck Community Church. This program will be a **Health And Wellness Fair**, and will include some combination of health screenings and information about various health conditions. Healthy potluck supper at 6:30. Program 7:30-9. We are looking for health providers who may be interested in being a part of this. Please contact us. Nami.greater.monmouth@nami.org.

While we did not get sufficient attendance at our Teen/Young Adult NAMI Connection group to keep that group going, we are very interested in offering programming (support, educational, and/or recreational) to meet the needs of 18-25 year olds. We can only do this with your interest and involvement. If you are ages 18-25, and would be interested in being involved in organizing/running some NAMI-Greater Monmouth Teen/Young Adult programming, e-mail Nami.greater.monmouth@gmail.com. We are especially interested in current students at Brookdale or Monmouth!

NAMI-Greater Monmouth

*Provides Peer-Led Support Groups
For People Living With Mental Illness in Themselves or a Family Member*

Town	NAMI Connection Support, for people living with a mental illness	Family-to-Family Support, for family members/caregivers of someone with a mental illness	Notes
Colts Neck	Colts Neck Community Church, 25 Merchants Way. First and Third Tuesday of every month, 7-8:30pm		Two separate groups in adjacent rooms.
Farmingdale		History House, Girl Scouts of the Jersey Shore, 242 Adelpia Road. First Tuesday of every month, 7-8:30pm.	This is a SAMHAJ (South Asian Mental Health Awareness in Jersey) Family Support group, only for family members from India and various other South Asian family origins. RSVP required for this meeting only. Contact: Shrabanee at 732-533-7632.
Freehold	Freehold Self-Help Center, 17 Bannard St. Every Thursday, 5:30-7pm.	Health Awareness Center, Rooms 1 and 2, CentraState Medical Center. First Monday of every month, 7-8:30pm.	Limited transportation offered for the NAMI Connection meetings. Call 732-625-9485.
Keansburg	McGrath Towers, 25 Hancock St. Fourth Monday of every month, 6-7:30pm. (first group January 25)		
Red Bank		Swenson Center, First Baptist Church, 84 Maple Ave. First Monday of every month, 7-8:30pm.	

All groups are open to members and non-members, and there is no charge to attend!

NAMI-Greater Monmouth Also Offers:

- ***Scheduled speaker meetings and recreational events***
- ***Educational courses for family members***
- ***Community speaker programs about mental health recovery and community resources***
- ***Specific training programs for law enforcement and K-12 school personnel***
- ***Volunteer Opportunities***

NAMI-Greater Monmouth

POBox 31 • Holmdel NJ 07733 • 732-4NAMI-4U • www.namimonmouth.org

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Fund Development, Marketing, Public, and Community Relations Committee Pursues

Goals

By Susan Reese

The NAMI-Greater Monmouth Summer Retreat held at the home of VP - Membership Brenda Pauwels produced a renewed vision for the NAMI-Greater Monmouth organization.

Under the leadership of Dr, Paramdeep Sahni, the Fund Development committee held its first event aimed at realizing one of its seven goals. The informational light supper was held at CentraState Medical Center.

Invited guests were urged to help grow the organization using their unique talents. In a round table discussion that came after Sahni's PowerPoint lecture and the video "Documenting Our Presence," all were able to share their views and offer ways that they could serve the organization.



Shrabanee Shah was in charge of catering the event.



Rita Lapushinsky and Connie Chirgotis offered valuable insight regarding hospital routines and practices.



Lynda McDonald, Mary Hischer and husband John Hischer listen to the presentation. Lynda suggested a support system for caregivers who find themselves in the emergency room with a loved one.



Dr. Pradeep Shah and Susan Reese greet guests.


Mental Health Association of Monmouth County
 An Affiliate of



MENTAL HEALTH AMERICA

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 732.542.2477 Fax
 MHA@mentalhealthmonmouth.org
www.mentalhealthmonmouth.org



The New Jersey Psychiatric Rehabilitation Association
proudly supports
NAMI-Greater Monmouth

We invite you to learn more about the science of psychiatric rehabilitation, and how psychiatric rehabilitation practitioners partners with people and families to support empowered

Two New Members Join NAMI-Greater Monmouth's Board of Trustees

by Susan Reese

Recently added to the Board are two new members, Vicky Nelson and Lilly Abreu, who bring talent and experience that benefit the entire organization.



Vicky Nelson is a member of the Red Bank School Board and the Monmouth County Board of Alcohol and Drug Abuse Services, a substitute school teacher, and the facilitator of NAMI Greater Monmouth's Red Bank support group. She is a decorative painter with her own business since 1984, a trained paper hanger, and a former decorative painting professor at Brookdale Community College.



Many NAMI members first met Vicky at our picnic, where she demonstrated her body painting talents.



Lilly Abreu, who is also new to the Board, brings a knowledge of the Latino community and a fluency in Spanish. Lilly has worked as a translator in a variety of situations. Her youth and enthusiasm help her connect with younger members of the community.



Lilly credits Jay Yudof, our VP of Programs, as an influential force in getting her involved with NAMI-Greater Monmouth and thanks Jay, Helene, and the rest of the Board for the opportunity to volunteer. "I was introduced to Jay by Martha Silva, the coordinator of NAMI NJ en Español, several months ago. Since then Jay has given me the opportunity to accompany him during visits to various behavioral and mental health care centers. I have also been involved in hospital outreach. Jay is an invaluable resource, supportive, and of course very funny. Jay's dedication and commitment are contagious!"

Nelson Leading Preparations for Fair Season

NAMI-Greater Monmouth has long been aware that going to town fairs, the county fair, community health days, etc., is a great way to meet people who can benefit from being aware of NAMI and trying out our groups and programs. Coordinating the range of dates, application process, supplies and equipment, etc. is a big challenge, and is one of the reasons why we do not go to these events. Vicky has taken on this task. If you would like to help her in this effort, or can help get us into an event in your town or organization, please contact her. paintedback@aol.com.

News from Collaborative Support Programs-NJ

NAMI-Greater Monmouth is proud of our close relationship with Collaborative Support Programs-NJ (CSP-NJ), the statewide peer operated mental health services agency headquartered in Freehold. We want to share the following "newsbytes."

The CSP-NJ operated Self-Help Centers in Freehold and Neptune City have launched new "Peer Employment Support Groups." Running twice per month, these groups follow a model designed by a university supported employment program. They give people pursuing psychiatric recoveries a chance to discuss issues like:

- Should I go back to work?
- What is a better choice now - work or school?

- How can I preserve some benefits while earning a decent salary?
- What can help me get through the stress and stigma possibilities of an interview?
- Now that I'm working, how can I stay employed during the ups and downs of my recovery?
- What services, supports, and laws are there to help me find, get, and keep work?

Call the centers for meeting times and free local transportation. Freehold Self-Help Center: 732-625-9485. CARE Self-Help Center in Neptune City: 732-455-5358.

CSP-NJ now has donation programs to accept donations of furniture and major household items and make them available to people served by the agency. Contact Mark Duffy at 732-780-1175. mduffy@cspnj.org. They can also accept auto donations. Unlike other charity donations where your car is sold commercially, and a small amount of money goes to the charity, working cars are actually put into the hands of NJ residents pursuing psychiatric recoveries, enabling people to pursue employment and other valued roles. Call Lynne Blecher-Garafano @ 732-780-1175. lblecher@cspnj.org

CSP-NJ's **FREE Words of Wellness** e-newsletter publishes both

- a monthly content newsletter, featuring stories about various aspects of Wellness and Recovery, and
- a monthly calendar, featuring notice of a wide variety of events.

Subscribe by sending an e-mail to nleditor@cspnj.org.

CSP-NJ has scheduled its annual wellness conference, Ensuring Social Inclusion by Focusing on Personal and Community Wellness, for March 18-19, 2010 at the Pines Manor in Edison. Workshop topics scheduled include:

- Wellness Together: It's a Family Affair
- Wellness Coaching: A New Method to Foster Social Inclusion
- Physical Activity & Exercise
- Building Real Economic Impact for Americans with Disabilities
- How Sharing Wellness Narratives Impacts Valued Social Roles

Did You Know

That you can go to the calendar pages on www.namimonmouth.org and print out a convenient page-a-month calendar of the groups and events listed here.

- Financial Wellness: A Strategy for Social Inclusion

Watch the **Words of Wellness** newsletter for more details!

CSP-NJ's Financial Fitness and Training initiatives have scheduled a wide variety of **FREE** sessions for members of the mental health community, and will also be operating a Volunteer Income Tax Assistance (VITA) site in Freehold, featuring tax preparation help which is aware of the issues around poverty and public benefits. Many of the trainings will be in Freehold and Eatontown, and the VITA site will be in Freehold.. Watch the **Words of Wellness** newsletter for more details!

We congratulate NAMI-Greater Monmouth Trustee Laura Yudof for being elected to CSP-NJ's Board of Trustees!

Calendar

Tuesday, December 15

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
 - 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support
- Colts Neck Community Church, 25 Merchants' Way.

Thursday, December 17

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Thursday, December 24

No NAMI Connection group this evening

Thursday, December 31

No NAMI Connection group this evening

Saturday, January 2

NAMI-Greater Monmouth conducts a Family-to-Family Potluck Breakfast on the first Saturday of every month at the Millstone Community Center. This group is open only to people who have taken our Family-to-Family education course. RSVP is required. 732-533-7632. pradeepshah@att.net.

Monday, January 4

On the first Monday of every month, from 7-8:30PM, **NAMI-Greater Monmouth** conducts 2 simultaneous Family-to-Family support groups for people who care about someone with a mental illness:

- Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, Freehold
- Swenson Center, First Baptist Church, 84 Maple Ave., Red Bank.

NAMI Middlesex County and **UMDNJ University Behavioral Healthcare (UBHC)** have scheduled a **FREE** educational session: Erika Reading of **NAMI NEW JERSEY** will present on The Battle of the Bulge: Weight Gain and Mental Illness from 7-9pm at UBHC, Room D201, 671 Hoes Ln., Piscataway.

Tuesday, January 5

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
 - 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support
- Colts Neck Community Church, 25 Merchants' Way.

On the first Tuesday of every month, at 7pm, **NAMI NEW JERSEY** and **NAMI-Greater Monmouth** conduct our monthly South Asian Mental Health Awareness in Jersey (SAMHAJ) support group for people of South Asian Origin dealing with mental illness in a family member. Girl Scouts of the Jersey Shore, 242 Adelphia Road, Farmingdale. 609-259-7139.pradeepshah@att.net. PLEASE CALL BEFORE ATTENDING.

Thursday, January 7

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Sunday, January 10

NAMI Mercer New Jersey will host its annual "Night Out with NAMI" fundraiser. Dr. Richard Kogan, psychiatrist and concert pianist will perform the works of Frédéric Chopin and discuss the healing power of music in the composer's life. 609-799-8994. www.namimercer.org.

Tuesday, January 12

NAMI Mercer New Jersey will host *Hearing Distressing Voices: A FREE Workshop for Family Members* at its offices in Lawrenceville. 7:30-9pm. 609-799-8994. www.namimercer.org.

Wednesday, January 13

On the second Wednesday of every month, **NAMI-Greater Monmouth** conducts our board meeting from 7-9pm at Colts Neck Community Church, 25 Merchants Way. Open to all members.

Thursday, January 14

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

The *Career Connections Employment Resource Institute* has scheduled a **FREE** employment training, *Criminal Justice Involvement*, presented by Steve Fishbein, MS, CRC, LRC at the MHANJ offices in Cedar Grove: Registration is required. www.cceri.org.

Tuesday, January 19

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
 - 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support
- Colts Neck Community Church, 25 Merchants' Way.

Thursday, January 21

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Friday, January 22

UMDNJ Robert Wood Johnson Medical School, Division of Addiction Psychiatry will present *Motivational Interviewing - Basics & Beyond* on Friday, January 22, from 8:30 am to 5:00 pm at Liberty Plaza, 335 George Street, New Brunswick. Trainers include Marc L. Steinberg, PhD and Patricia Dooley, MA, LPC, CTTS. A basic understanding of Motivational Interviewing is a prerequisite for this

training. http://ccoe.umdj.edu/catalog/medical/pdf/10MR20a_Jan2210.pdf.

Friday, January 22 - Sunday, January 24

The New Jersey Coalition of Mental Health Consumer Organizations (COMHCO) annual conference is scheduled on January 22-24 at the Ocean Place Hotel, Long Branch. Registration Deadline is Monday, December 28, 2009. comhco@aol.com.

Monday, January 25

On the fourth Monday of every month, from 6-7:30PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at McGrath Towers, 25 Hancock St., Keansburg.

Friday, January 29

First night of NAMI BASICS course in Freehold. See paragraph on page 1.

Thursday, January 28

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

UMDNJ University Behavioral Healthcare (UBHC) will host the 7th Annual Best Practice, Best Outcomes Conference entitled *Fulfilling the Wellness Promise* from 9:00am-3:30pm, at the Imperia, 1714 Easton Avenue, Somerset. This program which will feature

- Joe Parks, MD, President of the National Association of State Mental Health Program Directors (NASMHPD) Medical Director Council
- Paolo Del Vecchio, MSW, Associate Director for Consumer Affairs at SAMHSA¹'s Center for Mental Health Services (CMHS).

UBHC has shown an interest in attracting peers and family members to this program by keeping the peer/family member registration fee at \$35.00. The registration deadline is January 14. For further information call 732-235-9282 or e-mail eatonsm@umdj.edu.

¹ US Substance Abuse and Mental Health Services Administration.

Monday, February 1

On the first Monday of every month, from 7-8:30PM, **NAMI-Greater Monmouth** conducts 2 simultaneous Family-to-Family support groups for people who care about someone with a mental illness:

- Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, Freehold
- Swenson Center, First Baptist Church, 84 Maple Ave., Red Bank.

NAMI Middlesex County and **UMDNJ University Behavioral Healthcare (UBHC)** have scheduled a FREE educational session: Brandi Davison of UBHC will speak on *Get to Work with Supported Employment* from 7-9pm at UBHC, Room D201, 671 Hoes Ln., Piscataway.

Tuesday, February 2

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
 - 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support
- Colts Neck Community Church, 25 Merchants' Way.

On the first Tuesday of every month, at 7pm, **NAMI NEW JERSEY** and **NAMI Greater Monmouth** conduct our monthly South Asian Mental Health Awareness in Jersey (SAMHAJ) support group for people of South Asian Origin dealing with mental illness in a family member. Girl Scouts of the Jersey Shore, 242 Adelphia Road, Farmingdale. 609-259-7139. pradeepshah@att.net. PLEASE CALL BEFORE ATTENDING.

Thursday, February 4

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

The **Mental Health Association of Monmouth County's** Intensive Family Support Services program hosts a series of FREE educational programs open to members of the community. Programs take place on the first Thursday of select months from 7:30-9pm, at the Eatontown Library, 33 Broad St. Tonight, "Ask the Nurse:" with Lori

Romer, RN. For information, contact Julie at 732-542-6422. Julie_mha@yahoo.com.

Saturday, February 6

NAMI-Greater Monmouth conducts a Family-to-Family Potluck Breakfast on the first Saturday of every month at the Millstone Community Center. This group is open only to people who have taken our Family-to-Family education course. RSVP is required. 732-533-7632. pradeepshah@att.net.

Wednesday, February 10

On the second Wednesday of every month, **NAMI-Greater Monmouth** conducts our board meeting from 7-9pm at Colts Neck Community Church, 25 Merchants Way. Open to all members.

Thursday, February 11

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Tuesday, February 16

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

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 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support

Colts Neck Community Church, 25 Merchants' Way.

NAMI Mercer New Jersey will host **Advocating the Best Health Care for Your Special Kid, A FREE presentation by Lauren Agoratus**, at its offices in Lawrenceville. 7:30-9pm. 609-799-8994. www.namimercer.org.

Thursday, February 18

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Friday, February 19

The New Jersey Psychiatric Rehabilitation Association (NJPRA) will host a "Hearing Distressing Voices Workshop" at Monmouth Mall, Eatontown. The morning session begins at 10AM, ending at 12PM. The afternoon session begins at 2PM ending at 4PM. Registration: \$25 (includes a food court gift card) Registration Deadline is Friday, February 5. www.njpra.org.

Monday, February 22

On the fourth Monday of every month, from 6-7:30PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at McGrath Towers, 25 Hancock St., Keansburg.

First night of NAMI Family-to-Family Education course in Colts Neck. See paragraph on page 1.

Thursday, February 25

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Monday, March 1

On the first Monday of every month, from 7-8:30PM, **NAMI-Greater Monmouth** conducts 2 simultaneous Family-to-Family support groups for people who care about someone with a mental illness:

- Health Awareness Center, Rooms 1 and 2, CentraState Medical Center, Freehold
- Swenson Center, First Baptist Church, 84 Maple Ave., Red Bank.

Tuesday, March 2

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Colts Neck Community Church, 25 Merchants' Way.

On the first Tuesday of every month, at 7pm, **NAMI NEW JERSEY** and **NAMIGreater Monmouth** conduct our monthly South Asian Mental Health Awareness in Jersey (SAMHAJ) support group for people of South Asian Origin dealing with mental illness in a family member. Girl Scouts of the Jersey

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Thursday, March 4

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The **Mental Health Association of Monmouth County's** Intensive Family Support Services program hosts a series of **FREE** educational programs open to members of the community. Programs take place on the first Thursday of select months from 7:30-9pm, at the Eatontown Library, 33 Broad St. Tonight, psychiatrist Carolyn Matflerd, MD will present on Post-Traumatic Stress Disorder (PTSD). For information, contact Julie at 732-542-6422. Julie_mha@yahoo.com.

Saturday, March 6

NAMI-Greater Monmouth conducts a Family-to-Family Potluck Breakfast on the first Saturday of every month at the Millstone Community Center. This group is open only to people who have taken our Family-to-Family education course. RSVP is required. 732-533-7632. pradeepshah@att.net.

Wednesday, March 10

On the second Wednesday of every month, **NAMI-Greater Monmouth** conducts our board meeting from 7-9pm at Colts Neck Community Church, 25 Merchants Way. Open to all members.

Thursday, March 11

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Friday, March 12 - Saturday, March 13

UMDNJ Robert Wood Johnson Medical School, Division of Addiction Psychiatry will offer a two-day continuing education training on March 12-13 in New Brunswick. Treating Tobacco Dependence in Mental Health Settings is designed for psychiatrists, psychiatric nurses, and other mental health professionals. <http://rwjms2.umdnj.edu/pdapweb/TreatingTobacco.htm>.

Tuesday, March 16

On the first and third Tuesdays of every month, **NAMI-Greater Monmouth** runs our peer and family support groups, featuring:

- 6:45-7pm - Library Hours for anyone to browse and members to borrow from our "Klitzman-Harris Memorial Library."
 - 7-8:30pm - separate support groups, each led by trained volunteer NAMI members
 - NAMI Connection Peer Support
 - NAMI Family-to-Family Support
- Colts Neck Community Church, 25 Merchants' Way.

NAMI Mercer New Jersey will host a **FREE Panel Discussion on Spirituality** at its offices in Lawrenceville. 7:30-9pm. 609-799-8994. www.namimercer.org.

Thursday, March 18

Every Thursday from 5:30-7PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Thursday, March 18 - Friday, March 19

Collaborative Support Programs-NJ will conduct its annual wellness conference, **Ensuring Social Inclusion by Focusing on Personal and Community Wellness** at the Pines Manor in Edison. See more details on page 5. www.cspnj.org.

Monday, March 22

On the fourth Monday of every month, from 6-7:30PM, **NAMI-Greater Monmouth** conducts a NAMI Connection peer support group at McGrath Towers, 25 Hancock St., Keansburg.

Wednesday, March 24

The **Ocean County Library** will host a **FREE** special program on teen depression from 6-8pm (registration at 5:30) at the library, 101 Washington St., Toms River.

- Adults will attend a presentation on the topic conducted by Dr. Jerome Bubrick is a clinical director of the Child Study Unit of Hackensack University Medical Center.
- Teens will attend a discussion on the topic, and see a presentation of NAMI's In Our Own Voice: Living with Mental Illness.

Thursday, March 25

Every Thursday from 5:30-7PM, *NAMI-Greater Monmouth* conducts a NAMI Connection peer support group at Freehold self-Help Center, 17 Bannard St. Call 732-625-9485 to ask about limited local transportation.

Wednesday, April 7

6:30 potluck dinner. 7:30-9 program. NAMI-Greater Monmouth Health & Wellness Fair, Colts Neck Community Church, 25 Merchants Way, Colts Neck. See paragraph on page 1.

Thursday, April 8

The *Mental Health Association of Monmouth County's* Intensive Family Support Services program hosts a series of **FREE** educational programs open to members of the community. Programs take place on the first Thursday of select months from 7:30-9pm, at the Eatontown Library, 33 Broad St. Tonight, Susan Simmons-Alling, APRN, BC will present on Bipolar Disorder. For information, contact Julie at 732-542-6422. Julie_mha@yahoo.com.

Wednesday, April 21-Thursday, April 22

The *New Jersey Association of Mental Health Agencies (NJAMHA)* will host its annual conference at the Pines Manor, Edison. www.njamha.org.

Thursday, May 6

The *Mental Health Association of Monmouth County's* Intensive Family Support Services program hosts a series of **FREE** educational programs open to members of the community. Programs take place on the first Thursday of select months from 7:30-9pm, at the Eatontown Library, 33 Broad St. Tonight, Jay Yudof, MS, CPRP will lead a presentation and panel discussion on Peer Support in Mental Health. For information, contact Julie at 732-542-6422. Julie_mha@yahoo.com.

Saturday, May 29

The *Consumer Provider Association in NJ (CPANJ)* will host its annual conference at Rutgers Cook College Center, New Brunswick. CPANJ provides valuable resources for current and future peer providers and for agencies seeking to increase their peer provider workforce. www.cpanj.org.

Wednesday, June 2

UMDNJ University Behavioral Healthcare (UBHC) will host New Jersey's first *Mental Health Quality Improvement Fair*. For further information call 732-235-9282 or e-mail eatonsm@umdnj.edu.

Thursday, June 3

The *Mental Health Association of Monmouth County's* Intensive Family Support Services program hosts a series of **FREE** educational programs open to members of the community. Programs take place on the first Thursday of select months from 7:30-9pm, at the Eatontown Library, 33 Broad St. Tonight, Mark Sullivan, LCSW will present on Mental Illness/Chemical Abuse. For information, contact Julie at 732-542-6422. Julie_mha@yahoo.com.

Saturday, June 12

NAMI NEW JERSEY will conduct its annual conference on at the Crowne Plaza, Monroe Township. www.naminj.org.

Sunday, June 13 - Thursday, June 17

The *United States Psychiatric Rehabilitation Association (USPRA)* has scheduled its annual conference in Boise, Idaho. www.uspra.org. The scholarship deadline is February 15. www.uspra.org/i4a/pages/index.cfm?pageID=3723

Monday, June 28 - Wednesday, June 30

The *Points of Light Institute* and the *Corporation for National and Community Service* will conduct the *National Conference on Volunteering and Service* in New York City. www.volunteeringandservice.org.

Wednesday, June 30 - Saturday, July 3

NAMI will conduct its annual convention at the Hilton Hotel, Washington, DC. www.nami.org.

Wednesday, October 29 - Sunday, October 3

Alternatives 2010, the only national mental health conference organized by and for people diagnosed with mental illnesses. will take place at the Hyatt in Anaheim/Orange, California.

Wednesday, November 17-Friday, November 19

The *Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders* will take place on November 17-19 in Washington, DC. <http://wmhconf2010.hhd.org>

Membership Application

Please complete both columns and return with your check (payable to NAMI-Greater Monmouth) to:

NAMI-Greater Monmouth
POBox 31 • Holmdel NJ 07733

NAME(s) _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE (_____) _____
 E-MAIL _____@_____
 Amount Enclosed \$ _____

Would you like your newsletters
 ___e-mailed or ___mailed

Annual dues are \$35 per household. If you cannot afford regular dues, you may pay any amount you wish from \$3-\$35.

By becoming a member, you:

- ▶ automatically become a member of our local, state, and national organizations.
- ▶ will receive regular newsletters from all of these groups
- ▶ are invited to our conferences, conventions, and other important events.
- ▶ identify yourself with thousands of other NJ residents, and over 250,000 members nationwide, as caring about mental illness and those who deal with it

Our membership and other information is never shared with anyone outside NAMI

Have you taken the NAMI Family-to-Family Course? YES NO

Would you be interested in taking this course? YES NO

Have you taken the NAMI BASICS Course? YES NO

Would you be interested in taking this course? YES NO

In what ways would you be interested in helping to support Mon-mouth County people and families dealing with mental illness? - check all that apply/please tell us about your other passions and talents!

- Write article or book review for NAMI newsletter
- Organize or participate in clothing/toiletry drives
- Deliver literature to hospitals, doctors, libraries, churches, etc.
- Work the NAMI booth at county or town fairs and other events
- NAMI Outreach to inform physicians, clergy and other sources of support
- Housing advocacy
- Educate the Educators
- General volunteer for miscellaneous activities as needed (Specialized training is provided for the following volunteer roles)
- Family Support Group facilitator
- NAMI Connection Group Facilitator
- Co-Teacher for Family-to-Family Education Course
- Co-Teacher for De Familia a Familia Course in Spanish
- Co-Teacher for NAMI BASICS
- “In Our Own Voice” Presenter
- Law Enforcement Educator

John Garafano Brings His Practices for Wellness to NAMI-Greater Monmouth

By Susan Reese

NAMI-Greater Monmouth held our fall speaker meeting on Wednesday, October 14 at Colts Neck Community Church. Our featured speaker was John Garafano, BS, Certified Psychiatric Rehabilitation Practitioner, Certified Fitness Trainer, who presented “Alternative and Complementary Practices for Wellness.” John works in the Institute for Wellness and Recovery Initiatives of Collaborative Support Programs-NJ (www.cspnj.org).



John Garafano

John challenged his audience to share with him the alternative and complementary practices that they use. The silence eventually gave way to a flood of practices that many among the group use or have used, including yoga, meditation, exercise, acupressure, massage, pilates, reiki, biofeedback, and good nutrition, among others.

“Alternative practices,” he explained, “can be defined as any practice that is used to replace a traditional medical treatment for a specific condition, while complementary practices are used at the

same time and in addition to traditional medical treatment.”

In his personal story, John revealed that the practice that brought him from 202 to 134 pounds involved eating six small meals a day and exercising six times a week.



John agreed that the offerings at the potluck supper were good choices for a healthy meal.



NAMI-Greater Monmouth President, Helene Kalkay, and Brenda Pauwels, Vice-President of Membership, prepare to join the buffet line.

What can you do for NAMI?

Because you are reading this newsletter, chances are that you understand the value of NAMI-Greater Monmouth.

If this is so, it may be time to think about giving back to our association. Of course, monetary

donations are always welcome, but other ways of contributing are just as valuable:

- Could you visit with family members at a hospital once or twice a month while a loved one is experiencing symptoms and a hospital stay?
- Do you have a relationship with your school, police department, senior center, church or temple, first aid squad, personnel department, scout troop, etc., which would enable you to arrange a NAMI Information presentation or the distribution of NAMI literature?
- Do you have a business or professional practice that would make available NAMI literature?
- Can you donate an evening or two a month to give people rides to our support groups (Colts Neck, Freehold, Red Bank, and hopefully new groups in or around Neptune and Keyport)?
- Can you help us schedule and staff a NAMI booth at your "town day," or a NAMI table at a school health fair, etc.?
- Do you have ideas for getting the word out about NAMI which are not listed?

Please let us know how you can help! 732-4NAMI-4U or nami.greater.monmouth@nami.org.



The Nation's Voice on Mental Illness

NAMI-Greater Monmouth
POBox 31
Holmdel NJ 07733
www.namimonmouth.org
732-4NAMI-4U

***Come to our support groups -
NOW in Colts Neck, Farmingdale,
Freehold, Keansburg, and Red Bank***