

Stigma Times

The Warren County Stigma-Free Communities Initiative is a countywide program which aims to eradicate the stigma associated with mental illness and substance use disorders. We are dedicated to bringing people together to be stigma-free in order to facilitate inclusive communities and individual healing by bringing awareness, building knowledge and fostering compassion through advocacy.

WHAT'S IN THIS MONTH'S ISSUE

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- Coping with Seasonal Depression
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- What is DRCC?
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- Upcoming Events

WARREN COUNTY
PROUD TO BE
STIGMA FREE





Autumn Season of Change



A season of change is here, as we watch the leaves shift from vibrant green to rich shades of red, orange, yellow, and finally brown. This change represents how beautiful it is when we let things go, as we prepare for what is to come after the season. These changes also allow for a space to be puzzled, anxious or excited for what is to come. Then we learn to accept what is new physically and mentally.

“Autumn's hues paint nature's splendid show,
Reminding us of the beauty life can bestow.

Winter's chill brings a tranquil grace.
A time for reflection, in a quieter space.

With gratitude, we embrace each timely shift,

For seasons, like life, offer us a precious gift” - *Catherine Pulsifer*



Agency SpotLight

Warren County Overdose Fatality Review (OFR) Team

Who are we and what do we do?

The New Jersey State Health Department authorized the establishment of local overdose fatality review teams through legislation. The Warren County team is funded with a grant through the Warren County Health Department. Teams conduct comprehensive reviews of confirmed overdose fatalities to better understand individual and population circumstances, resources, and characteristics related to overdose victims. The ultimate goal is to prevent future overdose deaths and related harms within specific localities.

What do OFRs involve?

- Analysis and review of data to understand overdose trends, select cases to review, and provide content for case findings and recommendations.
- Facilitation of a series of confidential individual death reviews by a multidisciplinary team to effectively identify system gaps; missed opportunities for prevention and intervention; and innovative, community-specific prevention and intervention strategies.
- Implement recommendations by presenting recommendations to a governing committee that supports and provides resources for implementation and a framework for accountability for action.

The areas of concern, but not limited to are-

- Understanding the criminal justice system – from arrest to release and re-entry
- Trauma informed care – a high percentage of the cases reviewed have revealed that the individual had experienced some type of trauma that could have led to their use of a substance.
- Support services for family members during an individual's substance use, families also need support to understanding a substance use disorder and how to access services that help families and their loved ones.
- Women's health – the number of cases reviewed have indicated an increase in the percentage of fatalities among women.

Agency SpotLight



The Warren County OFR team are focusing their 2024-25 efforts to gain an in-depth knowledge in these priorities areas to identify gaps, strengths and opportunities to implement change on an individual, community and systematic basis.

Recommendations are being developed to present to community leaders for input on how changes can be implemented, monitored and evaluated with a goal of preventing overdose fatalities.

OFR Multidisciplinary Members
OFR teams need a diverse set of members from disciplines and sectors that represent different agencies and the community. Blending input from public health professionals, public safety agencies, providers, and the community will result in a more complete understanding of the community, the services available, and the decedent's life and interactions

For more information please contact
Mary Jo Harris, WC OFR
Coordinator
mharris@co.warren.nj.us

Men's Mental Health Awareness Month

November brings awareness to the mental health of men, it is a time to not only focus on the month, but to provide support and the resources for those in need. Due to the stigma surrounding men's mental health it can be challenging for men and boys to seek help. Many still feel pressured to hide their emotions and "man up," believing they need to be strong for others. For some, having or admitting to a mental health issue is viewed as a weakness or a threat to their masculinity. Mental health conditions are not signs of personal weakness; they are health issues like any other. Just as you would not feel ashamed to seek a doctor's help for a broken leg, reaching out to a therapist is equally valid.

<https://www.healthline.com/health/mens-health/mens-mental-health-month#takeaway>

How to Support Men's Mental Health Awareness Month

- Normalize getting help
- Motivate men to prioritize their mental health
- Help close the gaps to access for mental health treatments
- Educate and promote the importance of access to care and support
- Provide early intervention and culturally sensitive resources
- Suggest a local support group



ASKING FOR
HELP
IS OK

YOU ARE
NOT ALONE

Seasonal Affective Disorder

What is Seasonal Affective Disorder?

December is Seasonal affective disorder (SAD). SAD is a type of depression where some people notice a significant shift in their mood as the seasons change. While it's not classified as a distinct disorder, it is recognized as a form of depression. It typically arises particularly in the fall and winter when sunlight is limited and days are shorter. Many people find their symptoms improve as spring and summer arrive.

hello
WINTER

SYMPTOMS CAN INCLUDE:

- Feeling sad or anxious,
- Feelings of hopelessness
- Loss of interest
- Fatigue and decreased energy
- Oversleeping
- Overeating
- Weight gain
- Social withdrawal
- Lack of appetite
- Irritability and agitation
- Thoughts of death or suicide



**SAINT CLARE'S WELLNESS & RECOVERY
CENTER OF WARREN COUNTY**
908-477-2100

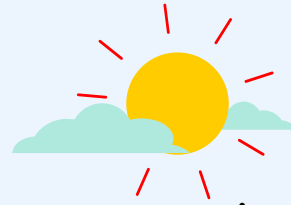
SUICIDE & CRISIS LIFELINE 988

Seasonal Depression

Ways to Manage Seasonal Depression:

Light

Increasing exposure to light could be the answer. Research has demonstrated that light therapy can effectively combat seasonal depression. You can use a light box for your home or office, which emits bright rays. According to research light helps to boost serotonin levels in your brain.



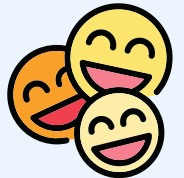
Exercise

Physical activity specifically aerobic exercise can increase serotonin levels in the brain and help maintain those elevated levels for hours after your workout.



Laughter

Laughing with friends and family, enjoying a funny movie, or engaging in activities that uplift your mood can boost serotonin levels in your brain.



Get Outside

Spending at least 30 minutes outside each day, even in the cold winter months. This can help counteract seasonal drops in serotonin. Additionally, research indicates that walking in nature, especially with others can effectively combat depression.

Check the Community Corner for Wellness Walks



Massage

Whether you give yourself a massage or go to a professional. Massages appear to increase your brain and body's levels of serotonin and knock down symptoms of the blues, according to a study from the University of Miami School of Medicine and a separate study from Taiwan.





Tips for the Holidays



A survey by the National Alliance on Mental Illness (NAMI) revealed that 64 percent of individuals with mental health conditions reported a worsening of their symptoms during the holidays. Factors like separation from loved ones, personal grief, the pressure of gift-giving, financial stress, difficult family interactions, and shorter days can create specific challenges for mental well-being during this time of year.

Tips for enhancing your mental health:



- Pay attention to your feelings
- Create a plan for managing stress, sadness, or loneliness (reach out to friends or family members)
- Prioritize self-care (walk, read, catch up on hobbies, meal prep or exercise)
- Take a moment to practice mindfulness
- Engage with your community (attend holiday parties, dinners, support group events or volunteer)
- Acknowledge changes in your mood with the seasons (talk to your doctor or health care provider)
- Avoid triggers that can cause a relapse
- Understand when to reach out for help



<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>





Embracing the New Year 2025

January can feel like a lengthy month, especially for those tackling the task of putting away holiday decorations while others still bask in the season's festivities. Yet, the start of a new year offers a chance to reflect on past challenges and establish achievable goals. It is also a time to reevaluate areas of your life that may no longer align with past aspirations, perhaps focus on a healthier way of life, start a challenge, journal your life experiences or join a social group. January reminds us that it is okay to rest, restart, reset and refocus!!

New Year Recipe



Take twelve whole months.

Clean them thoroughly of all bitterness, hate, and jealousy. Make them just as fresh and clean as possible.

Now cut each month into twenty-eight, thirty or thirty-one different parts, but don't make the whole batch at once.

Prepare it one day at a time out of these ingredients.

Mix well into each day one part of faith, one part of patience, one part of courage, and one part of work.

Add to each day one part of hope, faithfulness, generosity, and meditation, and one good deed.

Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play, and a cupful of good humor.

Pour all of this into a vessel of love.

Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.

You're bound to have a *Happy New Year!*



by Author Unknown

<http://www.makefunoflife.net/new-years-day/recipe-for-a-new-year>

Disaster Response Crises Counselor

A Disaster Response Crisis Counselor (DRCC) is a volunteer who joins an Emergency Response Network to address community needs during a disaster. These counselors receive training in disaster response, behavioral health, and crisis counseling, among other areas, and work alongside various partners within the statewide emergency response network. A clinical background is not required, as the crisis counseling program focuses on providing support rather than traditional mental health services.

The credentialing process consists of a series of steps including the application and possible interviews. Participants are also required to attend designated training and to undergo fingerprinting and background checks within two years of starting the application process. There is no cost to the applicants, and you must complete the four required trainings.

For more information or to apply go to www.njdrcc.org

You can also contact your Mental Health Administrator for more information at (908)475-6331.



Suicide Prevention Starts Here

The mission of QPR is to save lives and reduce suicidal behaviors through innovative, practical, and proven suicide prevention training. They believe that quality education empowers individuals from all backgrounds to make a positive impact in the lives of those around them.

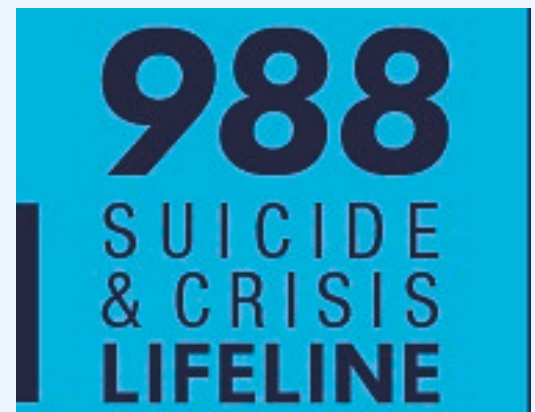
How Can You Help?

- Learn about suicide prevention and share that knowledge with others
- Create a list of resources to partnership and support
- Get involved by volunteering with local organizations and committees
- Advocate for prevention programs and support for families and individuals
- Sign up for Question, Persuade and Refer (QPR) training

Contact Christine Miller for more information on QPR Training at 908 454-4470 or christine.miller@centerffs.org



THERE IS HELP, IF THERE IS HOPE



WHO TO CALL

Center for Family Services
Family Crisis Intervention Services
24-hour hotline
908 454-5141

Children's Mobile Response
and Stabilization Services
24 hours, 7 days a week
877 652-7624

Center for Family Services
Intensive Outpatient Services
908 689-1000

Domestic Abuse & Sexual Assault
Crisis Center of Warren County
24 hours, 7 days a week
908 453-4181

Parent to Parent
Addiction Services, Inc
908 223-1951

New Hope IBHC
Withdrawal MANAGEMENT,
Short term Residential
732 946-3030

Saint Clare's Wellness &
Recovery Center of
Warren County
908-477-2100

2NDFLOOR
888-222-2228
YOUTH HELPLINE
www.2NDFLOOR.org

NEW JERSEY
ADDICTION
HELPLINE
1-844-REACHNJ
reachnj.gov (1-844-732-2465)
REACH
NJ

GET HELP 24/7:



TrevorText

Text START to 678678



TrevorChat

TrevorChat.org



TrevorLifeline







































866.488.7386

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

NJ CONNECT
for recovery 855-652-3737
a helpline for family and friends

NJ Crisis Services: Who Should I Call?

There are many types of emergencies. What number is best to call during a crisis?

Someone to Call For...	988 SUICIDE & CRISIS LIFELINE Behavioral Health Crisis	9-1-1 Emergency Response	2-1-1 New Jersey Basic Needs
 24/7 services			
 Serves adults			
 Serves youth ¹			
 Overdose in progress or medical emergency			
 Fire			
 Immediate rescue required ²			
 Crime			
 Suicide attempt in progress			
 Someone is a threat to self or others			
 Mental health crisis			
 Substance use crisis			
 Suicidal thoughts			
 Crisis stabilization ³			
 Follow-up services			
 Referrals			

¹**For children/youth under 21**, contact PerformCare (877-652-7624) which provides a family-centered, community-focused, single point of entry to obtain services for behavioral health, intellectual/developmental disabilities, or substance use. Available 24/7. Parent/legal guardian consent required for youth under 18.

²**Immediate rescue required** for self-injury, serious threats of harm to self/others, severe disorientation, and/or agitation, etc.

³**Crisis stabilization** provides short-term care for an individual experiencing an acute mental health or substance use crisis.

Updated September 2024



STATE OF NEW JERSEY
Phil Murphy, Governor | Tahesha L. Way, Lt. Governor



DEPARTMENT OF HUMAN SERVICES
Sarah Adelman, Commissioner

Community Corner & Events

NAMI Warren County Support Groups

NAMI Family Support Group

1st Saturday of the Month 10:00-11:15 pm

Habitat for Humanity

31 Belvidere Avenue, Washington NJ 07882

3rd Tuesday of the month 7:00-8:15 pm

Center for Family services

492 Route 57, Washington NJ 07882

Register at www.namiwarren.org

Mental Health First Aid Training

Friday November 14th 9:30-2:30

Centenary College Lackland Center Hackettstown NJ

Join instructors Narda Ludena and Mikolaya Nynka for a blended Mental Health First Aider course in person with online prework required.

Email counselingcenter@centenaryuniversity.edu to register and for more information.

Wednesday Wellness Walks with Warren County Parks

Once a month join Warren County naturalist Jennifer at 10:00 am as she leads walkers through breathtaking paths and natural reserves.

****Length and time frame will vary for each location****

Register with Jennifer Correa-Kruegel by email, jkruegel@co.warren.nj.us or call 908-763-8013

Veterans Day Celebration

Sunday November 10th 1:00-4:00 pm

Pavillion at the Harmony Recreation Fields

3003 Belvidere Fields Phillipsburg NJ

Lunch and refreshments for Veterans, Family members and active military. Hosted by the Fred T Grotenhuis Veterans Community Center Project. Rain or Shine. Register at giulia51@verizon.net by November 7th.

Shippin Manor

Sunday November 10th 1:00-4:00 pm Main floor tours

December 1 & 8: Victorian Candlelight Tours

Reservations for the first three hours are limited to 10 per hour; opens

November 1st (908) 453-4381 or email Gina (grosseland@co.warren.nj.us).

Reservations for hourly tours (11 am, 12 pm, and 1 pm) that include full tour and music and walk-ins (2-4pm) to view only the décor

Community Corner & Events Cont.

SHE Symposium

Wednesday November 13th 11:00-2:00

Join Center for Family Services' SHE program for the 2nd annual SHE Symposium. Hear from guest speakers within the field of pregnancy and recovery, and explore topics on mental health, medication-assisted treatment, and harm reduction.

For more information, please contact Diana Figueroa at 856.271.5559 or dianafigueroa@centerffs.org

Winter Wellness: Tips for Families Navigating the Holidays and Winter Break Atlantic Health System Virtual Webinar

Thursday November 21st 6:00 pm

Join Atlantic Health System for an informative virtual webinar for families during the holiday season. Presented by Nicole Thomas, MD, FAPA and Sarah Keir, MSW, LCSW, who will offer expert insights on wellness strategies and how to identify challenges that may occur during the holidays. They will bring valuable knowledge and resources to support children as well as adolescents who will have the opportunity to ask questions. **To register visit**

https://atlantichealth.zoom.us/webinar/register/WN_5ur7RzWvQvOmUqlo2wQc5A#/registration

First Fridays Series

December 6 @ 3:30 - Veteran Services and Volunteer Opportunities

110 Church Street Hackettstown NJ 07840

Hackettstown Public library is hosting First Friday Series throughout 2024. These events are free and presented by the Warren County Department of Human Services.

Belvidere Tree Lighting and Winter Fest

Saturday December 7th 12:00-8:00 pm

It is that special time of year when we come together to brighten our spirits and embrace the holiday season. Come out and enjoy the holiday crafts, shopping, outdoor skating and the tree lighting ceremony.

For information, please visit <http://www.belviderenj.net>

Tri County CMO Training Department

Is offering iMPACTFUL film screenings to schools and community partners. Select one or more films from the Mental Health Trilogy to watch as a community. Each screening will be followed by a panel discussion. If interested, please contact TCCMO Training Depart.

@trainingdepartment@tricounty.org

If you would like to learn more about volunteer opportunities or ways to get involved contact (908) 475-6231 or email rbooth@co.warren.nj.us

PEOPLE MATTER,TM WORDS MATTER

— ARE YOU USING DESTIGMATIZING LANGUAGE ABOUT **SUICIDE**? —

Language matters in compassionate care, especially in behavioral health care, and that doesn't mean just what you say in front of a patient. What you say behind closed doors with co-workers can be the seed for stigma and perpetuate discrimination against a person based on a physical or mental health disorder. The topic of suicide, and the sometimes-stigmatizing language around it, must be handled with compassion. The language you use can be an important factor in whether or not a person decides to seek care.

IF YOU HEAR THIS...

- ▶ People who talk about their thoughts or urges to commit suicide do so because they want attention.
- ▶ Someone who really wants to end their life is beyond help, and there's nothing we can do.
- ▶ The patient committed suicide.
- ▶ The patient had an (un)successful suicide attempt.
- ▶ I deal with a lot of suicidal patients.
- ▶ If we talk about suicide, it will put the idea in their heads.
- ▶ I'll kill myself if I miss my bus/I'd rather shoot myself than do that/This task makes me want to jump off a bridge

**[THESE TERMS PROPAGATE MYTHS
AND FALSEHOODS THAT CAN
PREVENT PEOPLE FROM GETTING
THE HELP THEY NEED.]**

TRY SAYING THIS....

- Talking about suicidal thoughts is an important first step for someone with suicidal ideation, and can lead to seeking professional help.
- Suicide is preventable. Nine out of 10 people who attempt suicide will not go on to die by suicide.*
- The patient died by suicide.
- The patient attempted suicide/The patient died by suicide.
- I work with patients experiencing suicidal thoughts or who have attempted suicide.
- Talking about thoughts of suicide reduces its stigma and normalizes these conversations, allowing for open conversations that can lead to the person seeking help.
- Joking about or using suicide in hyperbolic manner can increase stigma.

**[THESE DESTIGMATIZING WORDS SHOW
COMPASSION AND UNDERSTANDING,
WHICH CAN LEAD TO TREATMENT.]**

*Source: www.hsph.harvard.edu/means-matter/means-matter/survival
Special thanks to Laurel Ridge Treatment Center for their guidance on this language.



American Hospital
Association™



Celebrating Our Journey Together

As we celebrate 2024 the two-year anniversary of our newsletter, we want to take a moment to express our heartfelt gratitude to each of you. Your support and commitment to the stigma-free community have been invaluable.

Together, we have raised awareness, fostered understanding, and created a safe space for those affected by stigma. Your contributions—whether through sharing personal stories, participating in discussions, or spreading the word—have made a real difference in countless lives.

Thank you for being an integral part of this journey. We look forward to continuing our work together and making an even greater impact in the years to come!

With appreciation,
Warren County Proud to Be Stigma Free



For more information, please contact Warren County Department of Human Services
(908) 475-6331

Wellness Word Search

N	E	N	O	I	T	A	E	R	C	E	R	G	A
O	E	R	E	L	A	X	A	T	I	O	N	W	E
I	X	H	M	M	L	E	R	I	C	C	E	N	T
T	T	T	U	O	K	R	O	W	R	O	G	E	M
A	N	L	S	T	G	G	M	T	E	M	N	H	A
T	E	A	I	I	N	N	A	A	A	F	I	E	S
I	M	E	C	V	I	I	T	L	T	O	L	A	S
D	R	H	T	A	D	R	H	K	I	R	D	L	A
E	E	L	I	T	A	U	E	I	V	T	O	I	G
M	W	A	G	I	E	O	R	N	E	I	O	N	E
O	O	T	Y	O	R	L	A	G	T	O	D	G	M
D	P	N	O	N	A	O	P	S	E	I	V	O	M
S	M	E	G	M	N	C	Y	G	A	M	E	S	T
N	E	M	A	V	R	E	X	E	R	C	I	S	E

AROMATHERAPY
 RECREATION
 CREATIVE
 MOTIVATION
 YOGA
 READING
 MEDITATION
 EXERCISE
 MOVIES
 RELAXATION
 EMPOWERMENT
 MENTALHEALTH
 COLOURING
 MUSIC
 WORKOUT
 COMFORT
 HEALING
 MASSAGE
 DOODLING
 TALKING
 GAMES
 TEA

