



MENTAL HEALTH NOTES

The Mental Health Association in Southwestern New Jersey

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FALL 2006

From the Executive Director...



Jack has lived in the Hilltop Boarding Home for the past five years. He has spent the better half of his 55 years in and out of psychiatric hospitals and treatment programs. When The MHASWNJ first brought "The Gathering," MHASWNJ's boarding home outreach program, to Hilltop, Jack attended activities but remained silent. Each week, he would go along (silently) for the group activity...an evening at the Echelon Library...a night bowling at the Superdrome...ice cream at "Creamys"....a haircut at the Berlin Mart....one night a Karaoke machine was the center of the group's activities....Jack picked up the microphone and sang a song....

The MHASWNJ envisions a community in which individuals with mental illness can reach their fullest potential. We believe that in addition to clinical treatment, an individual coping with a mental illness also wants and needs the opportunity to obtain gainful employment, enjoy being with family and friends, practice his religion, vote - in other words, to participate fully in the community and to live a meaningful and productive life.

The MHASWNJ joins The Mental Health Association in New Jersey and the National Mental Health Association in supporting the Recovery & Wellness movement in the state and federal government. A diagnosis of mental illness should not constitute one's identity. When the "person in recovery" has encouragement and support in addressing his physical, emotional, intellectual, and social needs, he is no longer a prisoner of his mental illness.

The MHASWNJ is proud to continue our 50-year tradition of encouraging, supporting, and assisting people in recovery so that they may be active members in their communities.

- Mary Lynne Reynolds, MPA

The MHASWNJ Welcomes New Board Members



J. Philip Kirchner and his wife, Karen, reside in Haddonfield, NJ. Phil is a shareholder and attorney at Flaster/Greenberg P.C. in Cherry Hill, NJ. Phil concentrates his practice on resolving business disputes, including complex litigation of all types of business issues in both the federal and state courts of NJ and PA, and in the federal courts of NY.

Phil joined The MHASWNJ (Continued on p3)

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One of the truly amazing facets of the Vision Building model is its ability to help others beyond those immediately involved in the construction and marketing of the project. This year, J. Philip and Karen Kirchner are the proud owners of the Vision Building home and have graciously selected The Mental Health Association in Southwestern New Jersey to be the beneficiary of the proceeds of the Vision Building Show Home. The success of Vision Building on Moore Lane will enable the agency to heighten the public's awareness of the signs and symptoms of mental illnesses in children and the critical importance of seeking treatment for these disorders. The MHASWNJ is hopeful that among those who hear this message are people who will recognize a young person who is struggling with a mental illness and will lead him to the mental health treatment he needs and deserves.



vision
BUILDING
ON MOORE LANE



How will Vision Building on Moore Lane actually generate public interest? CN8, the television sponsor of the project, has produced a show about the entire project and will highlight the progress of the home renovation, The MHASWNJ, and the project sponsors. The show is being produced by Rich Noonan Productions and will be hosted by Connie Colla, CN8 TV personality. CN8 will run a six-week promotional schedule, including close to 2,000 commercial spots. The commercials will air on a wide variety of cable channels including CN8, MSNBC, HGTV, and the

Food Network. With all of this media coverage, the hope is that the Designer Show Home will receive between 3,000 and 5,000 visitors from the time it opens on October 28th to when it ends on November 19th (**Designer Show Home Tour Tickets \$20**). The house is located at 256 Moore Lane in Haddonfield, NJ. You may also visit www.vision-building.com to view photos of the home and to learn more about the project. A very special thank you to the vendors and businesses that have supported this innovative project: ABC Discount Appliances, Archer & Greiner, P.C., CN8, Closet Gallery, DuBell Lumber, Grasshopper Lawn Services, Inc., Hi-Fi Sales, Hutchinson Plumbing Heating Cooling, raphael webscapes, llc., South Jersey Magazine, Suburban Home & Garden, Suburban Lumber, Viking, and Wolfson Custom Homes - your graciousness is welcomed!



SPOTLIGHT ON...CAMWERCS

Camden, Work, Experience, Rehabilitation, and Collaborative Services

In September, staff and students of The CAMWERCS Program visited the Vision Building Show Home as part of a field trip. Four students attended the trip along with Robert Piekarski, Ed.M., CAMWERCS Program Director and Rosy Briones, CAMWERCS Job Developer. The students and staff met with



general contractor and home builder, Brian Wolfson of Wolfson Custom Homes, and received a guided tour of the show home with an explanation of the various occupations represented at the site such as: tile & floor installation experts; interior designers; construction workers; and woodworking experts.

Additionally, as part of the field trip, The CAMWERCS students and staff met with Rich Noonan of Rich Noonan Productions, who is conducting filming for a documentary that will air in November of this year on CN8, The Comcast Network. Students and staff were interviewed for the documentary and then had a chance to ask questions of the TV crew, Rich Noonan, and Brian Wolfson.

The trip met one of the main goals of The CAMWERCS Program, which is vocational exploration and exposure to professionals working in the world of work. The field trip was a definite success and students and staff alike are looking forward to their next "business" trip.

Being There Program puts a Positive Face to Mental Illness



The Being There Program has been one of The MHASWNJ's star programs since its inception two and a half years ago. The program offers high school and college students the experience to hear a first-person account of a young person's battle with mental illness as well as his wellness and recovery process. A Being There presentation offers audience members the chance to share their knowledge about mental illness, misconceptions about mental illness, and an open discussion about the different mental illness diagnoses, symptoms, and treatments.

One of the additives that makes Being There so successful is the speakers that share their stories so openly and honestly. As an audience member at a Being There presentation at her high school in 2005, Cindy Friedman was drawn to the program because of her own battle with anorexia. Cindy spoke with the Being There program coordinator, Leanne Focht, after the presentation and expressed her interest in becoming a Being There speaker. Cindy felt the need to share her story with others to educate them about anorexia and the battle that people face when suffering with this debilitating disease.

Over the past year and a half, Cindy has proven to be an incredible and effective speaker for the program. Earlier this year, Cindy and her mother appeared on the CN8 morning program, along with The MHASWNJ's Executive Director, Mary Lynne Reynolds. Cindy and her mother spoke openly about Cindy's struggle with anorexia and its affects on her family and friends. She continued her story by stating how much Being There has afforded her the opportunity to speak about the seriousness of anorexia and its devastating effects on a person's body and mind.

Cindy's presentation provides a realistic perception of a young person in our community who has experienced anorexia and now lives a full and meaningful life. Cindy has turned the adversity in her life into an opportunity to educate and inspire other youth. If you are interested in scheduling a free presentation, please contact Leanne Focht at 856.966.6770 x221 or via email at lfocht@mhaswnj.org.

Board of Directors (Con't from p1)

Board of Directors in May of this year. He has said that he and his wife "selected [The] MHASWNJ as the charity we wanted to work with because it is local, the good work it does is realized locally, the money we hope to raise for [the agency] will be spent locally. In addition, we were familiar with the agency from having attended in The Bell Ball, which is one of its big fundraisers."

Chief Thomas J. Garrity, Jr. (also inducted in May) is the chief of police in Collingswood, NJ. He has been in this role since 1996. He resides in Collingswood, NJ with his wife, Rose, and two children, son TJ and daughter Tara. Chief Garrity became interested in The MHASWNJ and mental health after the death of an inmate with mental illness at the Camden County Jail in 2004.



Chief of Police
Thomas J. Garrity Jr.

After learning about this senseless tragedy, Chief Garrity learned about an innovative police program entitled "CIT" (Crisis Intervention Team) that was being used in Memphis, TN. The CIT diversion model is a partnership between the police department, advocacy groups (such as The MHASWNJ), and the mental health system. Police officers within the police department volunteer to participate in a 40-hour training program that teaches them how to recognize psychiatric and substance abuse problems, de-escalate crises, and link individuals to resources in the community.

He comments that "I see this program [CIT] and the area of [mental health] as the next big ground shift for law enforcement. It changes the way we deal with people suffering with mental illness and it provides a better service to the people in need as well as their families. I did not become a Police Officer to place someone in the County Jail or other confinement. I think officers are frustrated with the current system and are looking to serve the mentally ill population in a more positive and professional manner."

UP & COMING

THE SECOND ANNUAL MENTAL HEALTH CONFERENCE ON CHILDREN

The MHASWNJ's spring symposium will be held on Friday, April 27, 2007 from 7:30 a.m. to 3 p.m. and is entitled, "Raising Emotionally Healthy Children in Today's World." The event will be held at The Enterprise Center @ BCC in Mt. Laurel, NJ. The keynote speaker is Dr. Michael Bradley, author of "Yes, Your Teen is Crazy" and the recently released, "The Heart and Soul of the Next Generation." Dr. Bradley has worked with children, adolescents, and their families in treatment settings ranging from jails, to social service agencies, to private practice. His professional experience with children encompasses virtually every aspect of youth work. In addition to working as a licensed psychologist, Dr. Bradley holds specialized certification in the treatment of substance abuse disorders from the American College of Professional Psychology. He is also a member and Fellow of the American College of Forensic Examiners, and is called upon to give expert courtroom testimony.



2006 Conference on Children

Workshops scheduled to be offered: Why Do it Hurt? Understanding Self-Injury; The Developing Brain; Internet Safety; Raising a Thinking & Problem Solving Child; Obesity & Youth; Promoting Strengths in Youth: A Route to Greater Happiness; The Impact of a Parent's Mental Illness on His Child's Mental Health; and The Emotional Impact of Divorce. If you would like to be put on the mailing list for this symposium, please contact us at 856.966.6767 and visit our website for continuing details at www.mhaswnj.org.



12th Annual Bell Ball Revelers!!

THE THIRTEENTH ANNUAL BELL BALL - SAVE THE DATE

Thirteen years and still going strong! The 13th Annual Bell Ball is going Worldwide!! Join us as The Bell Ball goes to Brazil - a night of flare, fun, and salsa dancing (if you're so inclined). The event will be held at the beautifully renovated Loews Hotel in Philadelphia on Saturday, March 10, 2007. The evening will feature music by Montage and will be complemented with a Silent Auction, Raffle Drawing, Dinner, and of course DANCING! We hope you'll be there with your comfy shoes on to do the Bossa Nova, Rumba, and Samba!! If you would like to receive an invitation to this highly anticipated and marvelous event, please contact us at 856.966.6767 and visit our website at www.mhaswnj.org for Bell Ball updates.

GREAT TASTE - COOL JEWELS

Join us for The Second Annual FALL FUNdraiser sponsored by McNelis & Sherry, Inc., Fine Jewelers in Haddonfield, NJ. Judi & Jack McNelis are hosting the benefit to increase awareness about mental wellness in the community and to raise funds for community non-profits, including The MHASWNJ. The event will be held from November 12th to November 18th of this year. When you purchase a \$20 ticket, you will receive a coupon booklet that can be used at 20 different restaurants and businesses in the area. Don't miss the Preview Party on November 12th from 12 noon to 4 p.m. at The McNelis' store at The Shops @ 116 Kings Hwy. East. Come and sample "Great Tastes" from participating Chefs and Trunk Shows by David Yurman, Kwiat Diamonds, Mikimoto Pearls, and Temple St. Clair. Five percent of sales during the week will benefit Mental Wellness Initiatives.





The MHASWNJ News Bin



WEDNESDAY WORKSHOPS WITH WORKS RITE



For the past three years, the staff of the Works Rite TANF/GA Program have been offering informative and educational workshops on Wednesday mornings to its clients. Each week, the theme is different but is always centered around job development skills. Clients also receive “real-life” training on how to maintain and balance a checkbook, how to budget funds, how to access interview clothing, and how to develop and preserve self-esteem, self-confidence, and self-worth.

The 40 clients served by the staff in a year also receive visits by guest speakers at their workshops, inspirational trainings, and field trips to places of interest for job placement. The goal of the program is to obtain and retain meaningful employment by the clients and to offer them hope that wellness and recovery is possible and that working is a huge necessity in achieving that goal.

If you would be interested in offering a presentation for the Works Rite clients, please contact Anthony Davis, Program Coordinator for Works Rite, at 856.966.6770 or adavis@worksrite.org.

HOLIDAY DRIVE

The MHASWNJ will host its Annual Holiday Drive for residents of boarding homes living with a chronic mental illness. Last year, we were able to serve more than 100 residents with personal care packages and \$40 gift cards to Wal*Mart and TARGET. We would like to repeat last year’s success and offer a \$40 gift card and a stocking full of toiletries to boarding home residents. Please send your donation to The MHASWNJ Holiday Drive, 505 Cooper Street, Camden, NJ 08102. For further details and information about the drive, please contact Kelli Cochran-West at kcochranwest@mhaswnj.org or Nancy Weber at ber501@comcast.net. We wish all of you the best of the holiday season and many joys for the coming year.



The 2005 Jingle Bell Ball

WE CARE COMMITTEE - ADVOCACY, SUPPORT, and COMPASSION

In the beginning of this year, a group of five consumers from area boarding homes decided that there was a need for peer to peer advocates and leadership amongst fellow boarding home residents. What came of that was the WE CARE COMMITTEE. Dave Crawley, Kathy Mulherin, Franklin Scott, Steve Cheyne, and Michelle Dunlap, make up the committee that meets on a monthly basis. The objective of the committee is to represent boarding home residents in Camden County, NJ and to take requests for needed items from their fellow residents. For instance, a resident comes to one of the committee members and requests a coat, a new pair of shoes, or a new pair of glasses. The committee discusses the request and either accepts or denies the person’s request. Once a request is accepted, members of the committee reach out to community groups, businesses, and local churches to see if the item can be donated or funded so that the individual who requested it may receive it. For details about WE CARE COMMITTEE, contact Janice Campbell @ 856.966.6770 x229.



Dave Crawley



Kathy Mulherin

NEWS TO USE

FREE EDUCATIONAL TRAINING AVAILABLE

The MHASWNJ offers free programs to the community on mental health & mental wellness topics. Programs are tailored for each audience from children to adults. Please contact Richard Watkin @ 856.266.2403 to arrange.

WE ARE SELLING OUR BUILDING

The end of an era!!
The MHASWNJ Office Building located at 505 Cooper Street, Camden, NJ is for sale. Asking price is \$449,900
Contact Mary Lynne Reynolds @ 856.966.6767

Thank You to our Agency Sponsors who help us fulfill our mission each day:

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FALL 2006

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Camden, N.J.

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