

East Rutherford Stigma Free Mental Health Free Trainings

Bergen County is Proud to Be Stigma-Free!

FAMILY EDUCATION WORKSHOPS

Presented by Comprehensive Behavioral Healthcare's
Intensive Family Support Services

These workshops are for families who have an adult relative with a mental illness.

Family Education meets from 7 pm to 9 pm at:

New Bridge Medical Center: Behavioral Health Building, Room E218

230 East Ridgewood Ave., Paramus, NJ 07652

If interested in attending, please contact Intensive Family Support Services: (201) 646-0333

WEEK 1: January 29, 2019

OVERVIEW OF MENTAL ILLNESS

Presented by Tara Glaser, LCSW, Asst. Program Coordinator of ALSP at CBHCare

Discussion of Schizophrenia, Major Depressive Disorder, Bipolar Disorder and other mental illnesses

WEEK 2: February 5, 2019

PSYCHOTROPIC MEDICATIONS

Presented by Dr. Jack Dang, Medical Director at CBHCare

Learn important facts about medications that treat mental illness

WEEK 3: February 12, 2019

CO-OCCURRING DISORDERS: MENTAL ILLNESS AND SUBSTANCE ABUSE

Presented by Regina McKenna, LCSW, LCADC, Substance Abuse Clinician

Discussion of widely abused substances and treatment options

WEEK 4: February 19, 2019

THE HOW TO'S OF HELPING SOMEONE WITH SEVERE MENTAL ILLNESS

Presented by Melissa Citron, LPC, Program Coordinator of ALSP at CBHCare

Discussion of warning signs, treatment avenues, voluntary/involuntary hospitalization, discharge planning, communication

WEEK 5: February 26, 2019

COMMUNICATION STRATEGIES FOR LOVED ONES

Presented by Antonio L. Rivera, MSW, LCSW, LCADC, Director of Outpatient Services at CBHCare

Learn how to improve communication with someone who has a mental health condition

WEEK 6: March 5, 2019

THE STEPS TO ACCESS HOUSING IN BERGEN COUNTY

Presented by Kristina Portella, LAC, PATH Coordinator

Kristina will provide information about temporary housing (the Housing, Health, and Human Services Center), case management vouchers, etc.

WEEK 7: March 12, 2019

PLANNING FOR THE FUTURE

Presented by Nicole C. Tomlin of Hinkle, Fingles, Prior, and Fischer

Discussion of Psychiatric Advance Directives, Trusts, Power of Attorney, Medical Proxy, and Guardianship

WEEK 8: March 19, 2019

FAMILY ADVOCACY

Presented by a Family Affiliated with IFSS and NAMI

One family's recovery journey will be discussed, and suggestions/feedback about how to best advocate for a loved one will be provided.

**Michele Hart-Loughlin, Division Director
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