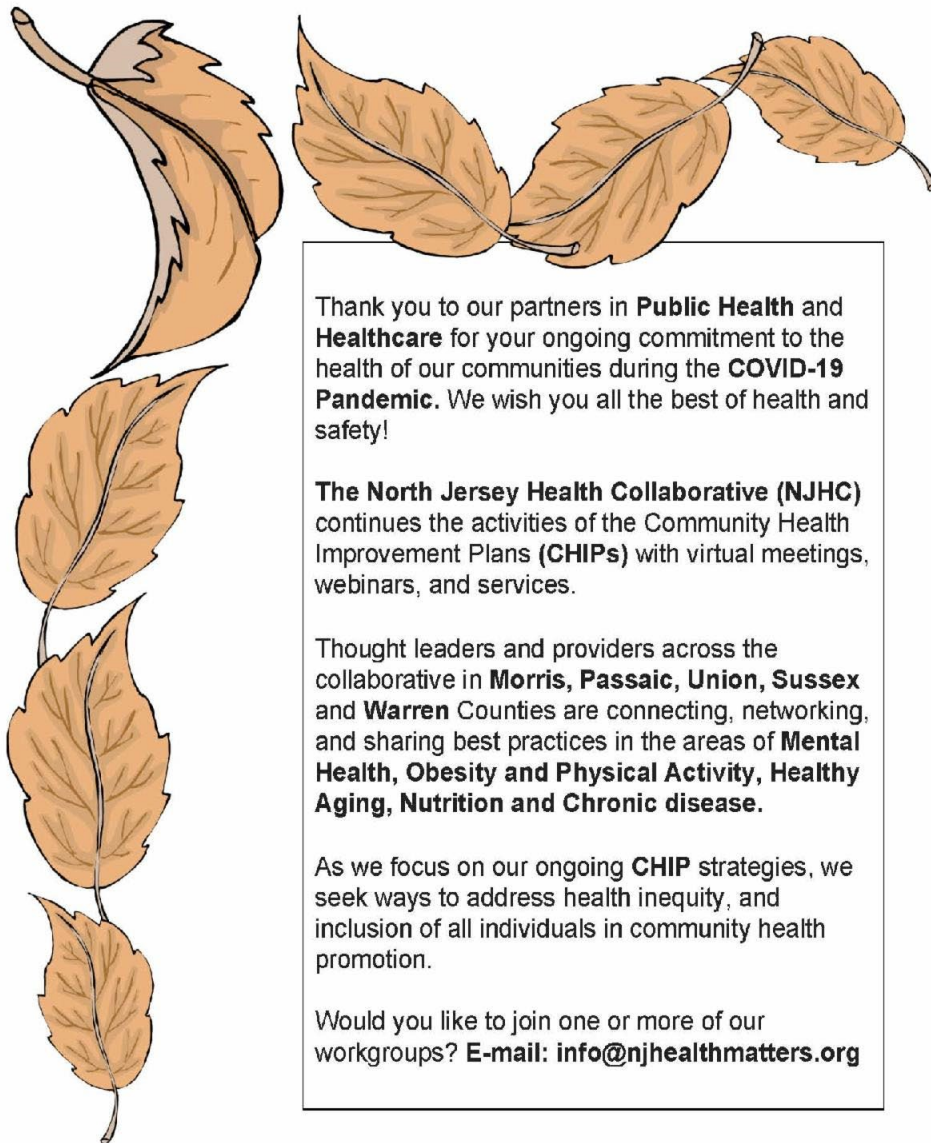


North Jersey Health Collaborative

health matters



Fall 2020 Newsletter



Thank you to our partners in **Public Health** and **Healthcare** for your ongoing commitment to the health of our communities during the **COVID-19 Pandemic**. We wish you all the best of health and safety!

The North Jersey Health Collaborative (NJHC) continues the activities of the Community Health Improvement Plans (**CHIPs**) with virtual meetings, webinars, and services.

Thought leaders and providers across the collaborative in **Morris, Passaic, Union, Sussex** and **Warren** Counties are connecting, networking, and sharing best practices in the areas of **Mental Health, Obesity and Physical Activity, Healthy Aging, Nutrition and Chronic disease**.

As we focus on our ongoing **CHIP** strategies, we seek ways to address health inequity, and inclusion of all individuals in community health promotion.

Would you like to join one or more of our workgroups? E-mail: info@njhealthmatters.org

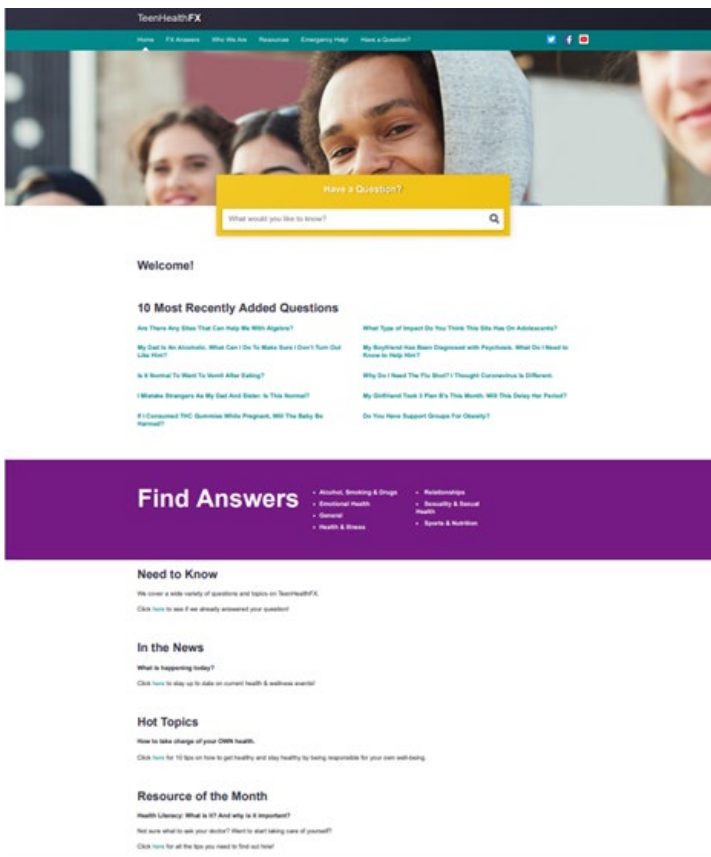


Public Health

Click [HERE](#) to download the recorded webinar and presentation slides

"Looking Ahead to Cold and Flu Season: How We Can All Play a Part in Preventing the Spread of Coronavirus-COVID-19 and Influenza" was presented on **October 27, 2020.**

Public Health Nurse Helen Giles, RN BSN, of the Mount Olive Health Department and **Courtney Sartain MPH, Epidemiologist** of the Warren County Health Department shared their insights and highlighted important information in an engaging presentation.



Atlantic Health System Children's Health and Goryeb Children's Hospital are excited to announce the relaunch of their award-winning website

www.TeenHealthFX.com.

The goal of **TeenHealthFX.com** is to provide teens with an online resource for any and all of their questions regarding health, relationships, their body and

their sexuality. In addition to being an online health resource for teens, the site is intended to help access medical, mental health, and other support services for those who live in Northern New Jersey.

The vision of **TeenHealthFX.com** is to empower adolescents to improve their health through individual responsibility.



COVID-19 is contributing to a national mental health crisis. For those who have been on the long road to recovery after contracting **COVID**, recovery can be slow, confusing, scary and frustrating. One of the more challenging aftereffects of **COVID** can be something known as "**Brain Fog.**" This can present as having memory loss, difficulty concentrating or grasping for the right words.

Atlantic Behavioral Health will offer the free upcoming four part series beginning November 16, 2020.

If you would like additional information or have questions please contact:.

Jennifer Carpinteri, LSW
Manager, Atlantic Behavioral Health
Community Services
P: 973-525-8853
Jennifer.carpinteri@atlantichealth.org



New Jersey

STAY INFORMED OF COVID-19 GOVERNMENT ANNOUNCEMENTS, PROGRAMS AND SERVICES

For current information & help with basic needs, read NJ211's COVID-19 web pages or dial 2-1-1. For alerts/updates, text NJCOVID to 898-211. Live help on COVID-19 information is available. Speak to a healthcare professional at 1-800-962-1253.

CO-TREATMENT - HOLISTIC ALZHEIMERS CARE

Unicity Healthcare with Arbor Terrace and Inspired Memory Care Announce a Free On-Demand CEU Course, "Co-Treatment-Holistic Alzheimer's Care"

[Register Here](#)

Co-Treatment-Holistic Alzheimer's Care

ON-DEMAND CEU COURSE

Sunday, November 8 – Sunday, November 15

Co-Treatment – Bringing the Team Together to Provide a Holistic Approach for Clients Living with Alzheimer's Disease and Related Dementias

Participants will learn key considerations in incorporating therapeutic recreation and other disciplines in the co-treatment of persons living with Alzheimer's disease and related dementia. This course will explore the use of creative modalities for engagement in rehabilitation and other therapies.

2.0 Continuing Education Contact Hours approved for the following health care professionals: New Jersey Social Workers, Certified Case Managers, Administrators, Certified Therapeutic Recreation Specialists, and Activity Professionals.

REGISTER NOW AT ArborCompany.com/Holistic

Presented by Nettie Harper and Kelly Gilligan, Co-Founders Inspired Memory Care, Inc.

*Course #3144, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Inspired Memory Care, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 05/20/2020 - 05/20/2022. Social workers completing this course receive 2 General Social Work Practice continuing education credits.

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM-registered board certified case managers. The course is approved for 1 CE contact hour(s). Activity code: 100041740 Approval Number: 200136650.

This program has been approved for Continuing Education for 2.0 total participant hours by NAB/JNCERS – Approval #20210531-2-A65809-IN.

The approval number for your Continued Education program is NCCAP500870-21. This session content is CE Pre-Approved by NCTRC and relates to the Behavioral Health and Geriatrics specialization area designations *



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CarePlus New Jersey Support Team For Addiction and Recovery (STAR) Serves Individuals in Morris, Passaic, and Warren Counties

help is just a phone call away

Support Team for Addiction Recovery (STAR)

Support Team for Addiction Recovery (STAR) services through CarePlus was designed to serve individuals in the counties of Passaic, Morris, and Warren who have a history of Opiate Use. STAR is a voluntary service that works with individuals to stabilize their recovery within their communities.

Program Goals: address the opioid crisis by increasing access to treatment and support, promoting stabilization through community resources, and reducing opioid relapse through case management and peer recovery support services.

Specialized Services:

- Case Management to ensure that individual's concrete needs are met in the various domains, including housing, finances, vocational, and educational.
- Peer Recovery Specialist support to work with individuals to support and strengthen their capacity to engage in meaningful recovery.

These services are offered in the community and out of these three locations

Morris County:
415 Speedwell Ave
Morris Plains, NJ 07950

Warren County:
370 Memorial Parkway
Phillipsburg, NJ 08865

Passaic County:
66 Hamilton St
Paterson, NJ 07505

For more information or to make a referral...

Jenna Paparozzi, LCSW/Assistant Director
at 201-494-6270 or JennaPa@CarePlusNJ.org

Hours are flexible based on individual needs.

There is no fee for service for this grant funded program.



Care Plus NJ, Inc. Headquarters 610 Valley Health Plaza, Paramus, NJ 07652 | ph 201-265-8200
For more information on the services offered by CarePlus, visit www.CarePlusNJ.org

**County Council For Young Children
Project creates a supportive and safe
environment where parents and families
collaborate with local community providers and
stakeholders as active partners to improve the
well-being of children age eight years and under.**



Resolving Conflict Through Better Communication

Elisabeth Davidson, MAED, TED, Certified Protective Factors Trainer, Norwescap's Morris County Council for Young Children (MCCYC) Project

Conflict is a normal part of life and learning to resolve it is a helpful skill when talking about health topics because different goals and needs may clash. Elisabeth Davidson, who has worked with parents and community providers with the **Morris County Council for Young Children** within **Norwescap** and **DCF** for over five years, uses a conflict-resolution process to bring people closer together. She approaches discussions in a cooperative manner by managing conversations so the stakeholders do not drift further apart and are not locked into their own perspectives.

A best practice, whole person approach is applied to resolve conflicts on the scale of health. Some are below the prevention line, in-crisis, and vulnerable because they are in poor health. Some are at the prevention line, while others fall above the prevention line and are stable, safe, and thriving because they are in good to excellent health. Interacting and trying to resolve conflicts with people whose lives and backgrounds are different requires humility. The communication of differences should be done in a collaborative, mutually respectful, compassionate, and empathetic way.

The process of conflict resolution increases understanding, expands awareness, and offers new insights into how stakeholders and healthcare providers can explore options together. Health topics are often very complex, and through positive and strengths-based conversations, one elicits information on the determinants of his or her health. One should weigh the pros and cons and see the facts from different perspectives, always respecting others' viewpoints so one does not make people feel defensive and avoid polarized, destructive patterns.

Parents and community partners have their own beliefs, attitudes, internal cognition, and responses to tensions. They may not have the whole health picture. Which conflicts may prevent them from getting to the next health goal? One starts with one's thought processes and assesses how one organizes and regulates his or her cognition, perceptions, reasoning, language, behavior, and expression of needs and concerns.

Active Listening and Dialogue Help to Clarify Solutions

A person may feel a stress incident working with their healthcare providers and may communicate their lack of access to healthcare and information. They may reveal a significant medical condition and diagnosis that is impacting their emotional and physical health and work. As stakeholders actively listen during the health meetings, they should strive to gain knowledge to make better decisions concerning his or her rights and responsibilities, universal prevention and precaution measures, education regarding preventable conditions, lifestyle modification, identification of health conditions, recognition of risks and benefits, examination of findings, physical exam components, review and interpretation of results, and safe use of medications. By asking questions, one also learns whether the issue has to do with cultural and religious beliefs related to healthcare and offer flexible health maintenance suggestions that may be adapted within his or her personal family context.

The multifaceted solutions become clearer as one dialogues and considers the factors, including the social determinants of health, the challenges that he or she experiences, the work underway, and the effort to reach consensus.

For information contact Elisabeth Davidson at davidsonsone@norwescap.org www.norwescap.org



New Support Texting Service Offers New Jerseyans Gateway to Vital Emotional Support in English and Spanish During COVID-19 Pandemic

New Jerseyans now have a way to request free, confidential emotional support via text. By texting NJHOPE to 51684, New Jerseyans may request a call from a trained crisis counselor. The new platform also provides people the choice to opt in for comforting and nurturing care messages delivered in via text to help them cope with emotional stress on a longer-term, ongoing basis. These services are available in English and Spanish.

In addition to the new texting option, individuals may call for emotional support and referrals by dialing New Jersey MentalHealthCares Helpline at 866-202-HELP (4357), daily from 8 a.m. to 8 p.m. Multilingual services are available, including Spanish. Requests for crisis counseling and information about a vast variety of virtual support groups are also available as necessary, including Spanish language groups, through both the Helpline and texting service.

The texting service offers mobile engagement which may be especially appealing to younger residents and others who have access to and prefer using a cell phone.

These services are provided free-of-charge in response to the ongoing COVID-19 pandemic through the New Jersey Hope and Healing Crisis Counseling program (CCP). The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services is offering the CCP through a (FEMA/SAMHSA) grant.

"The new text line is an important tool as New Jersey residents continue to cope with the realities of COVID-19," said Racheal O'Dea, a Director at the MHANJ who is leading the Association's New Jersey Hope and Healing texting service. "It is evident that this pandemic is greatly impacting the mental and emotion well-being of young Americans. Coupled with the New Jersey MentalHealthCares Helpline and virtual support groups, New Jerseyans now have access to a variety of free, confidential services to provide support in a manner that best suits their needs."

[About The Mental Health Association in New Jersey](#)

Meet our Leadership Team!

Officers

President: Sherilyn Cognetti, retired, Fanwood-Scotch Plains YMCA & Peer Leader for Health and Wellness for the NJ YMCA's, Union Co. Chronic Disease Coalition; Rutgers New Jersey Cancer Institute Advisory Board, Livestrong at the YMCA Trainer and Peer Leader.

President-Elect: Maureen Cianci, RN, Sussex County Division of Health

Treasurer: Trevor Weigle, Health Officer Mount Olive Township

Secretary: Amy Lewis, MPH, MCHES, Health Educator
Westfield Regional Health Department

Executive Director of The NJHC:

Laura O'Reilly-Stanzilis RN, MSM

Thank you to all of our funding partners, Chairs, and all of our volunteers who keep the NJHC moving forward.

Are we on your schedule?



*Stay tuned to our activities and
our partners' events by checking
our calendar frequently:*

[NJHC Meeting and Events
Calendar](#)

Share with us on Facebook and Join us on LinkedIn:

