



CONNECTIONS

Governor Signs Housing Trust Fund Bill At CHAMP Program on August 3

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Acting Governor Richard Codey signed landmark legislation establishing a \$200 million Special Needs Housing Trust Fund on Wednesday, August 3, at the CHAMP Program on the campus of Greystone Park Psychiatric Hospital. The CHAMP (Care and Hope at Morris Plains) Program is operated collaboratively by CBH Care and Community Hope.

Speaking to an audience of over 300 gathered under a tent on the lawn of one of the CHAMP residences, Governor Codey described the new Housing Trust Fund which will create 10,000 new affordable housing opportunities for people with mental illness and other special needs across New Jersey.

“Today, we are ensuring that New Jersey’s most vulnerable residents have a place to call home,” the Governor said. “This landmark legislation will enable people with mental illness to focus on their recovery instead of worrying about where they are going to live. It brings decency to the lives of people with mental illness and relief to the families that care for them. It lets New Jersey begin to do better.”

Governor Codey was joined at the legislation signing ceremony by CBH Care Executive Director Peter Scerbo and Community Hope Executive Director Michael Armstrong who acted as hosts for the event; and by New Jersey Assemblyman Robert



Looking on as Governor Codey signs bill are (left to right) Robert M. Gordon, New Jersey Assemblyman from Bergen County; Sue Devlin, Director of Residential Services, CBH Care; Morris County Freeholder Jack Schrier; and Michael Armstrong, Community Hope Executive Director.

M. Gordon who introduced the bill; Morris County Freeholder Jack Schrier; Raul J. Mendes, Executive Director of Project Live in Essex County; and Joel Wechsler, a graduate of the CHAMP Program who related his experiences before and during his recovery period and lauded the CHAMP Program staff for all their efforts on his behalf.

Governor Codey had proposed the Housing Trust Fund in his State of the State speech last January. Under the new law, the fund will be administered by the New Jersey Housing Mortgage and Finance Agency and supported by bonds issued by the New Jersey Economic Development Authority through its existing unused bond capacity.

The money will be used to develop permanent supportive housing, community residences and other supportive housing arrangements for people with special needs, including mental illness and physical or developmental disabilities. This will help ensure that individuals with special needs have access to meaningful housing alternatives in order to avoid institutionalization and homelessness.

There are 8,000 chronically homeless people in New Jersey, the vast majority of whom suffer from mental illness. The wait for housing in the state system can be up to five years, forcing nearly half of these individuals to live with their aging parents. This housing shortage destroys quality of life, puts

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Governor Codey Allocates \$40 million to Implement Recommendations of Mental Health Task Force

On November 15, 2004, the President of the New Jersey Senate Richard Codey became the Acting Governor of the State replacing the outgoing James McGreevey. On his first day as Acting Governor, Mr. Codey went to Greystone Park Psychiatric Hospital and had breakfast with the patients. He later told the media, "Citizens who are often forgotten and who are often neglected have a high place on my list of priorities." The very next thing he did was to travel to the State House and sign an Executive Order establishing an 11-member Mental Health Task Force to examine issues ranging from housing, jobs and access to services for the mentally ill. After a period of four months, this task force would make recommendations to the Governor as to how the State can better serve its mentally ill residents.

On the evening of June 30, 2005, after reaching agreement on how much property tax relief to give the homeowners in the State of New Jersey, the General Assembly and Senate finally announced the budget for fiscal year 2005-2006 worth \$28 billion. As was anticipated, the Acting Governor listened closely to the recommendations of the Mental Health Task Force, laid out in the report organized by Chairman Robert Davison and included them in this year's State Budget. The Governor recommended \$40 million in new spending to expand critical mental health services. Specifically these new funds will be allocated in the following manner:

- **Mental Health Screening Centers** will receive \$10 million in additional funding to expand mental health screening centers by 50%. This will add approximately 160 new masters level clinicians for emergency screening. Emphasis will be placed in recruiting bilingual clinicians to address the needs of specific client populations.
- **Self-Help Centers** will receive an increase of approximately \$2.1 million to expand outreach and programs at the 27 Self-Help Centers in the State, focusing on specialized therapies and capital improvement of facilities.
- **Post Traumatic Stress Disorder Services** will receive approximately \$800,000 in new funding to reduce the existing waiting list of 250 returning veterans and their families who are suffering with this disorder. Also, these funds will be used to treat future returning military personnel and their families as well as those who have lost loved ones in the Middle East conflicts.
- **Psychiatric Services** will be increased by 25,000 additional hours as a result of the inclusion of \$2.5 million that will be used to increase the counseling time of psychiatrists and advance practice psychiatric nurses.
- **Supportive Services for Permanent Supportive Housing** will receive \$5 million for case management, counseling, medication management, employment training and daily living skills. This will support the first 500 individuals who benefit from the housing opportunities provided by the Governor's Housing Trust Fund.
- **Supportive Employment** will receive \$1 million to enable 450 additional individuals to participate in this program.
- **The Governor's Council on Mental Health Stigma** will receive \$250,000 to develop and implement a coordinated master plan to increase public awareness and understanding of mental disorders.
- **Bilingual and Culturally Competent Services** has been allotted \$1 million to expand bilingual and culturally diverse case management and outpatient services, specifically to serve the mental health needs of the fastest growing ethnic minority populations in the State.
- **Short-Term Care Facilities** will receive \$1 million to implement a pilot program to provide inpatient psychiatric hospitalization in community short-term facilities for up to 30 days.
- **The Community Health Law Project** will receive \$600,000 for increased representation. This project counsels persons with mental illness and their families on entitlements and benefits and often represents persons with mental illness living in boarding homes throughout the state.
- **Re-entry Case Management Services** will receive \$800,000 to implement re-entry case management services, while building on the existing Intensive Case Management and Program for Assertive Community Treatment Services.
- **Specialized Case Management** will receive \$1.5 million to provide case management services in the least restrictive settings to those persons identified as treatment resistant.
- **The College Loan Forgiveness Program for Social Service Graduates** has received a new appropriation of \$3.5 million dollars to be available for New Jersey residents with qualified four-year degrees who work in a state, county or state-contracted nonprofit mental health or social service facility.

- **Residential Healthcare Facilities** have been allocated \$2.2 million to improve facilities and \$1.8 million to serve more individuals with traumatic brain injury, who reside in the home and in community facilities.
- **Children's Services** will receive \$24.5 million to continue the planned expansion of children's behavioral health services.
- **Partial Care Providers** will be limited in number since no funds shall be expended for partial care services to any provider who was not a Medicaid approved partial care provider prior to July 1, 2005.
- **Funds for Medications for Dual Eligibles Under Medicare Part D** will be available only to cover co-payments and non-formulary drugs to pharmacies participating in the Federal Medicare Part D program.
- **Hospital Charity Care** in the 2006 budget has been restored to last year's budget amount of \$583.4 million.

We applaud Governor Codey for his understanding of mental health care needs in the State of New Jersey and for his support of the recommendations of the Mental Health Task Force. The new funds allocated in the fiscal year 2005-2006 budget will be crucial in expanding critical mental health services throughout the State.



Peter Scerbo, L.C.S.W.
Executive Director

Governor Signs Housing Trust Fund Bill

(continued from page 1)

unnecessary costs on citizens and makes recovery much harder.

The establishment of the Housing Trust Fund is another significant step toward reforming and improving New Jersey's mental health care system. As CBH Care Executive Director Peter Scerbo emphasized in his welcoming remarks to the group assembled on August 3, "The signing of this Housing Trust Fund bill addresses the number one priority need of the mentally ill in New Jersey. It will make it possible for non-profit organizations to have the capital dollars necessary to purchase, renovate and create more housing opportunities for the mentally ill in the State of New Jersey."



At top, Governor Codey is welcomed to the CHAMP Program grounds by CBH Care Executive Director Peter Scerbo.

The audience of over 300 listened intently to remarks by leaders in government and organizations prior to the signing of the bill.



Speakers included (first row) Governor Codey, Peter Scerbo, New Jersey Assemblyman Robert Gordon, (second row) Morris County Freeholder Jack Schrier, Executive Director Raul Mendes of Project Live, and Joel Wechsler, a graduate of the CHAMP Program.



Division of Mental Health Services Approves Funds to Expand CHAMP Program

CBH Care and Community Hope, the two agencies which have partnered to develop the CHAMP (Care and Hope at Morris Plains) Program, have spent months seeking funds and approvals from various entities in order to move forward on the much-needed expansion of the CHAMP Program. Their efforts have finally come to fruition. Here is the story.

The CHAMP Program was originally begun in 2000. In this program, clients discharged from Greystone Park Psychiatric Hospital in Morris Plains go to live in group homes on the grounds of the hospital. The state-funded residency program is operated collaboratively by CBH Care and Community Hope, a Morris County based agency. Its goal is to help stabilized patients gradually make a smooth transition back into the community. The program began with three facilities on Ruth Davis Drive: one house for MICA (mentally ill chemical abuse) clients, one house for clients who were resistant to discharge from Greystone, and a third house used for a day program and administrative office space. The program was very successful and plans were made for expansion.

In November 2004, the Morris County Freeholders voted unanimously to lease three additional houses on Ruth Davis Drive to CBH Care and Community Hope

for expansion of the CHAMP Program. These three houses would provide for an additional 15 patients being discharged from Greystone and increase the total number of clients being served at CHAMP to 25. The new homes, however, have been abandoned for many years, are in poor condition and need major renovations. One especially has interior mold growth and will need to be assessed by a licensed environmental specialist before renovations can begin.

In January 2005, CBH Care and Community Hope submitted a Home Funds Application to the Community Development Program in Morris County seeking funds to renovate the three houses. The application was followed up with a strong presentation to the committee members by Peter Scerbo, Executive Director of CBH Care; Michael Armstrong, Executive Director, Community Hope; and Julia Amhet, Director of Development, Community Hope. They emphasized the need for the Home Funding in making this important project a reality. Early in February, the project was awarded \$275,000 in renovation funds.

The two executive directors then requested a meeting with Ann DeMuro, Assistant Director of Mental Health Services, to discuss acquiring operational

funds from the Division of Mental Health Services to staff these three additional homes. Ms. DeMuro was pleased that funds for renovations had been secured and stated that she wanted to see the facilities come on-line in order to reduce the patient census at Greystone, which had reached approximately 600. Though she did not have the funds at hand, she said she would discuss the matter with Alan Kaufman, the Director of the Division of Mental Health Services.

In May 2005, CBH Care and Community Hope finally received word that the staff from the Northern Region had located funds and would like to negotiate a new contract to expand the CHAMP Program. Over a series of four meetings, the Division's senior staff and the partnering agencies agreed on a new operations contract for the CHAMP Program that will be phased-in beginning in September, with full implementation by December, coinciding with the completion of the housing renovations.

As Mr. Scerbo emphasizes, "Though it took a great amount of time and many discussions with different state, county and regional entities, we are pleased that we finally have our plans in order to expand the CHAMP Program and to serve more clients."

FREE FREE FREE Screenings for Depression to be held on October 6

CBH Care will again provide free confidential screenings for depression on Thursday, October 6, National Depression Screening Day. The free screenings are being coordinated by Doreen J. Bobby, LCSW, Director of Counseling Services at CBH Care.

Ms. Bobby emphasizes, "Depression is a very treatable illness. The free screenings offer to the public an opportunity for early identification and prevention of the debilitating effects of depression. Early diagnosis of depression can lead to appropriate biological and psychological treatment. We encourage people to participate in

this free program to learn about, understand and treat this disorder."

Ms. Bobby continues, "If you have been feeling 'down' for more than a few weeks or have difficulty functioning in daily life, you may be suffering from this common but serious illness. Clinical depression affects more than 19 million American adults each year. If you are concerned about your well-being or that of someone close to you, call CBH Care for a free screening."

For locations and hours of the screenings at CBH Care facilities in Bergen County, call Ms. Bobby at 201-646-0333.

CBH Care Named Postpartum Depression Center for Bergen County

CBH Care has been named the Postpartum Depression Center for Bergen County, according to information recently received by Executive Director Peter Scerbo from the Division of Mental Health Service of the State of New Jersey. As recommended by the Governor's Mental Health Task Force, there will be 21 such centers, one located in each county in the state. An appropriation of \$4.5 million was placed in the budget for fiscal year 2005-06 to screen and treat mothers, especially the uninsured and those of Hispanic origin, as well as to implement a broad-based Postpartum Depression Education Program.

Beginning on July 19, 2005, an extensive media campaign was launched via the major radio, television and cable networks using case vignettes depicting mothers exhibiting symptoms of postpartum depression. New Jersey First Lady Mary Jo Codey is also featured making the statement, "You do not have to do this alone." This commercial message also highlights the 24-hour, 7-day per week hot line number where callers can find help with this very serious problem.

CBH Care Receives Funds For New Van

Peter Scerbo, CBH Care Executive Director, has announced that the Bergen County CIACC (Children's Interagency Coordinating Council) has awarded CBH Care \$16,104 toward the purchase of a new van for the New Directions Program.

New Directions is CBH Care's after-school partial care program—a comprehensive therapeutic program for adolescents and their families. The program was developed especially for preteens and teenagers, ages 11 through 17, who are in need of intensive, structured therapy two to four evenings a week to address serious emotional problems. The program offers: group therapy, individual therapy, art therapy, family therapy, parent education workshops, parent support groups, computer lab, cooking group and dinner, tutorial assistance, recreational outings, psychiatric evaluation, medication monitoring and on-going psychiatric assessment.

Mr. Scerbo stated, "We are most appreciative of the support from the Bergen County CIACC. The donation will help us acquire a new van which is crucial to the success of the New Directions Program since we provide transportation to and from the program as needed."

Callers who contact the hot line will speak to a trained mental health professional who will assist them in receiving help from a local center in their county, such as CBH Care. Callers to the hot line from Bergen County will be linked to CBH Care's Access Center which will assign the caller to a qualified therapist who arranges for an initial assessment, on-going treatment, psychiatric evaluation and medication counseling. Callers will be engaged in a 10-12 session treatment sequence followed by participation in an on-going support group if necessary.

The program is not free; callers will be asked to utilize their insurance, Medicaid, or pay a sliding scale fee. However, those individuals without resources will be subsidized by the Division of Mental Health Services for this treatment. No caller will be denied service because they cannot afford to pay a fee!

Any Bergen County resident experiencing symptoms of postpartum depression may seek assistance by calling the 24-hour hot line at 1-800-326-3838 or call the CBH Care Access Center at 201-964-0334.

New Jersey First Lady
Mary Jo Codey:
***"You do not have to do
this alone."***

Health Tip

Why Veggies are Important!

The new 2005 Dietary Guidelines for Americans emphasizes cutting calories; maintaining a healthy body weight; reducing salt and sugar intake; and eating whole grains, fat-free milk, lean meat and fish—and lots of fruit and vegetables (at least 4 1/2 cups per day).

Why this increased emphasis on fruit and vegetables? Researchers have found that consuming more fruits and vegetables will decrease the risk for stroke, type 2 diabetes and certain types of cancer. A particular protein (called nrf 2) even spurs cells to produce enzymes that detoxify cancer-causing substances. Some of the best vegetables to activate this protein are broccoli, cauliflower, Brussels sprouts and green leafy vegetables such as spinach. A diet rich in dark green leafy vegetables can also help to stabilize, if not reverse, Age Related Macular Degeneration, one of the leading causes of vision loss in America.

The Dietary Guidelines encourage people to choose a variety of fruits and vegetables each day and to make sure to select from all five vegetable sub-groups several times a week: dark green, orange, legumes, starchy vegetables, and other vegetables. Fiber-rich fruits and vegetables are also recommended.

Eating plenty of fruits and vegetables is especially easy in the summer and early fall months when we have fresh, locally grown produce from which to choose. Delicious New Jersey tomatoes, peaches, sweet corn and many other fruits and vegetables are plentiful and can help keep us healthy and happy.

CBH Care Foundation Schedules Sixth Annual Golf Outing September 26



The CBH Care Foundation's Sixth Annual Golf Outing is scheduled for Monday, September 26, 2005. Again, it will be held at Wild Turkey Golf Club, named one of the top golf courses in the state last year by *New Jersey Monthly*. Wild Turkey is the newest of several golf courses attached to Crystal Springs Resort in Hamburg, NJ. Designed by Roger Rulewich (former protégé/partner of Robert Trent Jones, Sr.), the Wild Turkey topography is described as "basin and ridge." Besides the two unique terrain challenges, Wild Turkey's other distinctive elements include dramatic elevation changes; long, treeless expanses; and a quarry lake. Wild Turkey is located at 1 Wild Turkey Way, Hardyston, NJ.

The tournament donation of \$225 will include a noon Bar-B-Q luncheon, green fees, golf carts, practice range and buffet dinner at the clubhouse. A modified shotgun start will take place at 1:00 p.m.

All participants will be eligible to win the longest drive contest, hole-in-one contest, straightest drive contest, closest to the pin contest, gross and net prizes, raffles and door prizes.

Co-chairs of the Golf Outing are Foundation President Helen Kuruc, Professor of Mathematics at Essex County College in Newark; and Honorary Trustee Gabe Ambrosio, Lyndhurst attorney and former state senator. Both Ms. Kuruc and Mr. Ambrosio encourage all friends and supporters of CBH Care to participate in this annual Foundation event. All funds raised by the CBH Care Foundation are used to support the non-profit charitable services provided by Comprehensive Behavioral Healthcare. The Foundation is a 501 (c) (3) organization and all contributions are tax deductible. The Foundation is seeking sponsors for all the special contests and prizes as well as a large turnout of golfers.

For more information on the Golf Outing, registration and/or sponsorship, contact James Cooney, Associate Executive Director, or Jan Damiano, Executive Secretary, at 201-935-3322 or log on to our website at: www.cbhcare.com

Bloomingtondale's Benefit Set for October 27

Bloomingtondale's annual fall fund raising event will be held on Thursday, October 27, 2005. Both the Board of Trustees and staff of Comprehensive Behavioral Healthcare are urging all of the agency's friends and supporters to participate in the Bloomingtondale's Shopping Benefit which raises funds for over 100 local charities—including CBH Care.

This is the ninth year that Bloomingtondale's has planned this event. Last year over \$200,000 was raised to support the participating charities. The event takes place from 10:00 a.m. to 10:00 p.m. at all four Bloomingtondale's locations in New Jersey: The Shops at Riverside, Short Hills, Willowbrook and Bridgewater.

Discount tickets for the Shopping Benefit are \$10 each, with 100% of the proceeds benefiting the participating charities. Tickets may be purchased in advance from the CBH Care Board of Trustees and staff members. (The full amount is tax deductible since it goes directly to the charity.) This ticket entitles the holder to 15% storewide savings on virtually everything in the store for all purchases up to \$299 and 20% on purchases of \$300 or more made on a Bloomingtondale's credit card.

Discount tickets may also be purchased at the door of Bloomingtondale's, but CBH Care will receive an additional \$5 for each person holding a pre-sold ticket who attends the event. And 75 ticket holders from each charity must stop in at a Bloomingtondale's that day for the charity to receive its share of the tickets sold at the stores. Therefore, it is very important for all friends and supporters of CBH Care to (1) get your tickets in advance from CBH Care and (2) actually visit a store on October 27.

Storewide entertainment has been planned at all four of Bloomingtondale's New Jersey stores throughout the day of the Shopping Benefit. According to Melissa Roman, Public Relations Manager for Bloomingtondale's, The Shops at Riverside, she is planning cooking demonstrations and tastings, fashion events highlighting fall 2005 trends, children's events with a Halloween theme, product demonstrations and musical entertainment.

Again serving as the CBH Care coordinator for the Bloomingtondale's Shopping Benefit is Executive Secretary Jan Damiano. For more information about the event and how to purchase tickets, call Ms. Damiano at 201-935-3322.



Registration Form for Golf Outing September 26

Registration for Golf

Foursome \$900

1. _____
2. _____
3. _____
4. _____

Individual Golfer \$225

Will attend dinner only \$50

Sponsorship \$ _____

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Registration for Sponsorships

Hole Sponsors	\$150
Practice Green/Range	300
Closest to the Pin	500
Straightest Drive	500
Longest Drive	500
Hole-in-One	500
Golf Carts	1,000
Beverage Cart	1,500
Luncheon Bar-B-Que	1,000
Buffet Dinner	1,500
Tournament (includes foursome)	2,500

Please mail Golf and/or Sponsor Registration
 along with check to: The CBH Care Foundation
 c/o Comprehensive Behavioral Healthcare
 516 Valley Brook Avenue
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'Postpartum Depression' is Theme Of Fall Training Seminar

"Postpartum Depression" is the topic for the Continuing Education Workshop scheduled for Friday, November 4. Co-sponsored by CBH Care and Holy Name Hospital, the all-day training seminar will be held at Bergen Community College in Paramus, NJ.

Mental health care practitioners as well as other healthcare and education professionals from the area are all invited to attend the training session from 8:30 a.m. to 3:30 p.m. Attendees can receive 6 CEUs for participating.

Keynote speaker at the Continuing Education Workshop will be Joyce A. Venis, RNC, psychiatric registered nurse who is President of Depression After Delivery, Inc., and Director of Nursing at Princeton Family Care Associates, Princeton, NJ. Other speakers will be Gloria Bachman, MD, Director of the Women's Health Institute and Chief of the Obstetrics/Gynecology Service at Robert Wood Johnson University Hospital, University of Medicine and Dentistry of New Jersey, New Brunswick; and Margaret Kilibwa, PhD, clinical nutritionist, research scientist, and Clinical Assistant Professor at the Women's Health Institute of Robert Wood Johnson Medical School.

CBH Care has conducted successful continuing education workshops for behavioral healthcare professionals for many years and is a registered New Jersey professional development provider.

Planning the November 4 workshop is the CBH Care Continuing Education Committee co-chaired by Nadine Venezia, LSW, Coordinator, Intensive Family Support Services, and Catherine Buchholz, LCSW, Program Coordinator in Adult Partial Care. Others on the Committee are: Kristen Ambrosio, LCSW, Staff Clinician, Adult Partial Care; Doreen Bobby, LCSW, Director of Counseling Services; Jan Damiano, Executive Secretary; Dale Goldberg, Senior Secretary, Hackensack; Beth Mazarella, Social Worker, CHAMP Program; Melissa Middleman, LCSW, Program Coordinator, Adolescent Partial Care; Lisa Nobilone, Training and Orientation Administrator, Karen Schmidt, Human Resources Coordinator, and Sharad Wagle, MD, Chief of Psychiatry, Holy Name Hospital.

For more information about this and other planned workshops or to be placed on the mailing list to receive fliers about upcoming sessions, phone Jan Damiano at 201-935-3322.



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