

Health Tip

New Diet Guidelines Call for Reducing Calories

The new 2005 diet guidelines recently issued by the U.S. Departments of Agriculture and Health and Human Services call for Americans to slash their caloric intake and exercise at least 30 minutes a day. With the growing concern about obesity in the United States, these guidelines will help you lose weight and still get all the nutrients you need to be healthy. Here are tips to follow:

1. Eat 2 cups of fruit and 2 1/2 cups of vegetables per day. Select a variety from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables).
2. Choose fiber-rich whole fruits and vegetables rather than fruit and vegetable juice.
3. Eat 3 or more servings (1 ounce each) of whole grains each day such as whole wheat bread instead of refined grain white bread or bagels and eat unsweetened breakfast cereals (to reduce risk of heart disease as well as controlling weight).
4. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products such as yogurt or cottage cheese.
5. Choose fats and carbohydrates wisely, restricting trans fat (that can clog arteries). Keep total fat intake to 20% - 35% of all calories consumed, with most fats coming from fish, nuts, vegetable oils and other sources of polyunsaturated and mono-saturated fatty acids. Avoid products high in saturated and trans fatty acids.
6. When selecting and preparing meat and poultry, make choices that are lean, low-fat or fat-free.
7. Choose and prepare foods and beverages with little added sugar or caloric sweeteners.
8. Reduce the amount of salt you eat to about one level teaspoon each day. (Salt is linked to high blood pressure.)
9. If you drink alcohol, drink in moderation—about one drink each day for women and two for men.

Along with the above diet tips, be sure to engage in some regular physical activity each day to achieve a healthy body weight and promote general health and psychological well-being.



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CBH Care

CONNECTIONS

Spring 2005

From the Executive Director...

Governor's Task Force on Mental Health Pays Visit to CHAMP Program

On February 16, the very busy Mental Health Task Force appointed by Acting Governor Richard Codey took the time to visit the CHAMP Program which is jointly operated by Comprehensive Behavioral Healthcare, Inc., and Community Hope of Morris County. The Task Force members used the CHAMP Program as the location of one of their regularly scheduled work sessions and took the opportunity to tour the program and enjoy lunch, before visiting Greystone Park Psychiatric Hospital later in the day. For Task Force Chairman Robert Davison, the former Director of Residential Services at CBH Care, this was somewhat of a "homecoming," since he was instrumental in developing the grant which the New Jersey Division of Mental Health Services funded and which ultimately became the CHAMP (Care and Hope in Morris Plains) Program.

While at CHAMP, the Task Force members toured the residences and the day treatment program. (See photos, page 2.) They spoke with residents and inquired as to how long they had been in the hospital before coming to CHAMP. They also asked the clients how they liked CHAMP and what was different from their experience in other programs.

CBH Care Residential Services Director Sue Devlin, assisted by Assistant Program Coordinator Marco LaPadula, presented an overview of the program for the visitors and answered their questions. She discussed the program's accomplishments since its inception in October 2000 which included the following results.

Successful Community Reintegration

- Six residents successfully transitioned from CHAMP into community-based residences.
- Three consumers moved into less structured group homes.
- Two clients moved into level B or semi-supervised apartments.
- One consumer transitioned from a level B apartment to independent living.
- One resident transitioned from a level B apartment and receives supportive housing services.
- One client moved into an assisted living program with supportive living outreach services.

Employment Training

- One client volunteers for Morris County's Phone Reassurance Program and also has a paid part-time job as a peer counselor for the Mental Health Association of Morris County.
- Three consumers have paid employment at Employment Horizons (Sheltered Workshop).
- One resident is employed part time at STOP & SHOP in a supportive employment program.
- One former resident completed his high school diploma while at CHAMP.

Community Involvement

- Residents participate in the Multiple Sclerosis Foundation's annual Walk-a-thon.
- Consumers participate in the annual National Alliance for Mentally Ill awareness march.
- Consumers attend mental health advocacy rallies at the state capitol in Trenton, NJ.
- Residents volunteer to help the American Cancer Society by stuffing envelopes for its annual fund raising campaign.

The Board and staff of CBH Care are most pleased that the Acting Governor's Mental Health Task Force took the time to visit our CHAMP Program. Prior to leaving, the Task Force members expressed their approval as to the quality of the program, the morale of the residents, and the attractiveness of the facilities. They also expressed their willingness to return for a future visit and we have issued a warm invitation for them to come again. We look forward to the recommendations of the Task Force when it reports back to the Acting Governor on how New Jersey can better serve its mentally ill citizens.

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

Governor's Task Force Visits CHAMP



Members of the Governor's Task Force on Mental Health visited the CHAMP Program on February 16. In photos above, they are welcomed into one of the CHAMP residences (at left); and are briefed on the CHAMP Program at luncheon with administrators (at right). Posing (in middle photo) are (left to right) Peter Scerbo, Executive Director of CBH Care; Robert Davison, Chairman of the Task Force; Joel Wechsler, a CHAMP Program client; Kim Ricketts, Executive Director of the Task Force; and Michael Armstrong, Executive Director of Community Hope.

Morris County Community Development Committee Awards Renovations Grant to Expand CHAMP Program

Last year the Morris County Freeholders took over the responsibility for most of the 300 acres of what was the campus of Greystone Park Psychiatric Hospital. The New Jersey Department of Mental Health Services has begun the process of building a new psychiatric hospital with a maximum of 550 beds. Acting Governor Richard Codey, speaking at the March 15 demolition ceremony, stated, "This will begin a new era for Greystone—a new state-of-the-art psychiatric hospital will be built on the site of what is known as the old Dormitory Building and all of the services will be housed within one modern facility, unlike the century-old facility that is being replaced. Patients and staff will not have to venture from one building to another for services and this will be a more efficient and cost effective operation." The new plan calls for the old administration building and the cottages to continue to be operational, but all other dilapidated buildings will be taken down.

The remaining land has already been handed over to Morris County and will be redeveloped for recreational use with

a portion being leased to non-profit organizations. Since the CHAMP Program began in 2000, CBH Care and Community Hope of Morris County have leased from the State of New Jersey for \$1 per year (plus the cost of water and utilities) the three houses where CHAMP is currently located on Ruth Davis Drive. Upon taking stewardship of this land, Morris County Director of Human Services John Bonami, suggested to the Morris County Freeholders that three additional houses located on Ruth Davis Drive should also be turned over to the CHAMP Program for use as group homes to primarily serve Morris County residents awaiting discharge from the State Hospital. The Morris County Freeholders unanimously agreed to a long-term lease for the sum of \$1 per year per house and they were turned over to CBH Care and Community Hope.

The facilities are currently in poor condition requiring a total rehabilitation, since they have been neglected by the State for a number of years and have fallen into a state of disrepair and decay.

However, on March 15, Executive Director Michael Armstrong and Director

of Development Julia Ahmet of Community Hope, along with CBH Care Executive Director Peter Scerbo, met with the Community Development Committee in Morris County and presented a proposal requesting funds for the total rehabilitation of these facilities. The Community Development Committee was very receptive to the proposal and granted \$275,000 in Home Investment Funds to complete the renovations. The next step is to meet with the Division of Mental Health Services to request operational funds to bring these facilities on line, possibly during the winter of 2006.

CBH Care Executive Director Peter Scerbo expressed appreciation for the grant saying, "Our most heartfelt thanks to the Morris County Department of Human Resources, the Board of Freeholders and the Community Development Committee for their support and confidence in the CHAMP Program. We will be able to serve many more clients as soon as these three residences are renovated, staffed and operational."

'Suicide Awareness and Prevention' Training Workshop Co-sponsored By CBH Care, Holy Name Hospital



Attendees at the April 1 training workshop heard three outstanding speakers: (left to right) Pritesh J. Shah, MD, John Kalafat, PhD and Barbara S. Maurer, LPC, CTS.

Over 200 healthcare professionals participated in the continuing education session on "Suicide Awareness and Prevention" co-sponsored by CBH Care and Holy Name Hospital on April 1. Held at Bergen Community College in Paramus, the all-day workshop concentrated on "Youth and Geriatric Risk Factors" and "Impact on Those Left Behind."

Workshop Speakers

Speakers at the training session were John Kalafat, PhD; Barbara S. Maurer, LPC, CTS; and Pritesh J. Shah, MD.

Dr. Kalafat is a faculty member at Rutgers Graduate School of Applied and Professional Psychology. He has published widely on suicide prevention and program evaluation and is co-author of "Lifelines School-Based Youth Response Program."

At the April 1 workshop, Dr. Kalafat reviewed risk factors for youth suicide as well as evidence-based prevention efforts and provided attendees with resources for youth suicide prevention initiatives. Dr. Kalafat told his audience, "Suicide is someone's attempt to solve a problem. If you have a client who has depression or anxiety, you should automatically assess for suicide. Tragically, in 2002, suicide was the third leading cause of death among young people ages 15-19 and 15-24; only accidents and homicides occurred more frequently."

Ms. Maurer is a Licensed Professional Counselor and Certified Trauma Specialist credentialed by the Association of Trauma Stress Specialists (ATSS), a trained art therapist, a Critical Incident Stress Debriefing, as well as an EMDR therapist, and a clinician with 17 years experience in clinical and administrative supervision. She has served as Director of the Trauma Institute and of the Trauma in

Youth Program for Care Plus in Paramus, NJ. Currently in private practice, Ms. Maurer is a consultant for several New Jersey organizations providing "Risk Assessment".

At the training session, Ms. Maurer told her audience, "Someone with a family history of suicide is nine times more likely to die by their own hand." She counseled attendees on how they can help survivors of the suicide of a family member or friend, emphasizing, "For each person who has died (by suicide), they leave behind 10 loved ones. Based on this estimate, approximately nine million Americans became survivors of suicide in the last 25 years." She said, "There is no time frame for healing from suicide. Survivors should not expect that their lives will return to their prior state."

Dr. Shah is in private practice in Westwood, NJ, counseling adult patients in his office and also providing consultation services to over 30 nursing homes in New Jersey. After graduating from a medical school in India, Dr. Shah did his residency training at Bergen Regional Medical Center and fellowship training in forensic psychiatry at New York University Medical Center. In 1996, while he was Director of Forensic Psychiatry at Elmhurst Hospital, Elmhurst, NY, and Assistant Professor in Psychiatry at Mt. Sinai Medical School in New York, Dr. Shah was named "Teacher of the Year" at Elmhurst Hospital.

At the workshop, Dr. Shah focused on the older population in this country. He told attendees, "Amongst the elderly, for every four attempts at suicide, one is completed." He emphasized that stress is "a very significant cause of completed suicides" and should be assessed in all older clients.

Planning Committee

The workshop was planned by CBH Care's 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, Counseling Services; Jan Damiano, Executive Secretary; Elise Feller-Link, LCSW, Outpatient Therapist; Dale Goldberg, Senior Secretary, Hackensack; Beth Mazzarella of the CHAMP Program; Lisa Nobilione, Human Resources Clerk; and Karen Schmidt, Human Resources Specialist. The Committee worked with representatives of Holy Name Hospital in setting up the workshop.

Ms. Venezia emphasizes that the Committee's goal in setting up these programs is to provide outstanding training opportunities at a convenient location and for a reasonable fee. Ms. Buchholz points out that, though the sessions are planned primarily for staff from mental health agencies, they can also be of benefit to others including teachers, law enforcement officers, nurses and other healthcare professionals, all of whom are invited to attend.

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

More Workshops Planned

The next all-day training session, scheduled for next fall, will focus on "Identifying and Working With Gangs and Potential Gang Members" and speakers will include members of the Bergen County Gang Task Force.

For more information about future workshops or to be placed on the mailing list to receive fliers about upcoming sessions, phone Jan Damiano, CBH Care Executive Secretary, at 201-935-3322.

CBH Care Services Receive High Marks in Customer Satisfaction Survey

For the fifth time in six years, CBH Care has outscored the national average in a customer satisfaction survey conducted by Mental Health Corporations of America (MHCA).

This year's survey, conducted in November 2004, collected confidential responses from more than 300 CBH Care clients and forwarded them to the National Data Center for Customer Satisfaction (NDCCS) in Tallahassee, FL. NDCCS processed the raw data and prepared an analytical report comparing CBH Care client responses to more than 47,000 responses from 135 mental health centers from across the country.

"We are thrilled with the results," said James M. Cooney, Associate Executive Director for CBH Care. "Despite the tremendous pressure which the lack of adequate state funding has placed on all agency staff, clinical and administrative alike, our customers have validated our commitment to quality."

While 95.6% of the customers surveyed said they would recommend the CBH Care organization and its services to others, the highest marks came in the four survey dimensions of Personal Therapy (98%), the Physical Environment (97%), Client/Staff Interaction (99%), and Overall Outcome and Reputation (98%)/

Satisfaction level, CBH Care rating and MHCA national average.

Dimension	Satisfaction Level	CHBCare Rating	MHCA National Average
Personal Therapy	98%	3.88	3.76
Physical Environment	97%	3.76	3.69
Client/Staff Interaction	99%	4.15	4.02
Overall Outcome & Reputation	98%	4.00	3.90
Recommend Organization & Services		95.6%	95.2%

CBH Care also did extremely well in the Personal Therapy dimension which includes measures traditionally associated with program outcomes. Some of these outcome-related measures are:

- Opportunity to participate in decisions about your treatment.
- Extent to which your individual needs were addressed
- Appropriate therapies and interventions offered.
- Ability of services to meet your needs.
- Availability of staff to talk with you.
- Length of time between making appointment and seeing the psychiatrist.
- Length of time between making appointment and seeing the therapist/counselor.

Mr. Cooney pointed out, "Although a difference of one tenth of a point may not seem like much most of the time, it can be statistically significant in a national survey of this size. It is not surprising that we did so well in the Client/Staff Interaction dimension which includes measures such as professionalism, courtesy, attention to privacy, degree of confidentiality, etc., because we have a great staff team. They deserve all the credit."

CBH Care Staff Makes Donation to Tsunami Relief

In January, immediately after the devastating tsunami hit several Asian countries, several members of the CBH Care staff expressed interest in helping the tsunami victims. Subsequently, Executive Secretary Jan Damiano sent a memo via e-mail to every person on the CBH Care staff at all seven locations inviting staff to contribute. The staff responded and over \$1,300 was collected and sent to the Red Cross to assist in the relief efforts.

SAVE THE DATE!

Sixth Annual Golf Outing Set for Monday, September 26 at

Wild Turkey Golf Club—named one of the top golf courses in the state by *New Jersey Monthly* magazine in 2004—will again be the location for the CBH Care Foundation's Sixth Annual Golf Outing scheduled for Monday, September 26, 2005.

Wild Turkey is the newest of several courses attached to the Crystal Springs Resort in Hamburg, NJ. Designed by Roger Rulewich, former protégé/partner of Robert Trent Jones, Sr., Wild Turkey was constructed in 2001 with topography described as "basin and ridge." It combines the sheer expansiveness of the basin with the rugged, multi-elevated nature of the ridge. Wild Turkey Golf Club is located at 1 Wild Turkey Way, Hardyston, NJ.

The tournament donation of \$200 for each participant will include a noon luncheon barbecue, golf carts, green fees, practice range and gourmet dinner at the clubhouse after the afternoon of golf. A modified shotgun start will take place at 1:00 p.m. All golfers will be eligible to win any of the special contests including the hole-in-one, longest drive and closest to the pin, as well as the gross and net prizes, raffles and door prizes.

Again, the Co-chairs of the benefit event 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.

Ms. Kuruc urges golfers to mark the September 26 date on their calendars. She says, "You won't want to miss this day of good golf and good food—all for a good cause. You will be helping the Foundation support the many programs and services provided by Comprehensive Behavioral Healthcare for the citizens of northern New Jersey. Our goal for 2005 is to surpass last year's records in the number of golfers participating and the amount of funds raised."

Mr. Ambrosio says, "The Wild Turkey Golf Course is a great place to play with many challenging holes. I am pleased that we are going back again this year. All golfers will enjoy playing this course, regardless of their handicap."

The CBH Care Foundation is a 501 (c) (3) organization formed to support the non-profit charitable services provided by Comprehensive Behavioral Healthcare. Contributions to the Foundation are tax deductible. The Foundation is seeking sponsors for all the special contests and prizes as well as a large turnout of golfers.

For further information on the Foundation's Sixth Annual 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 the website at: www.cbhcare.com



CBH Care Awarded Funds to Hire Psychiatric Advanced Practice Nurse

In February, 2005, Comprehensive Behavioral Healthcare, Inc. was awarded additional funding by the New Jersey Division of Mental Health Services to hire a Psychiatric Advanced Practice Nurse (APN) for the Outpatient Department in the CBH Care Lyndhurst office. This is the second APN grant that CBH Care has received. The first occurred four years ago and the APN hired with those funds is employed at the CBH Care Hackensack office.

Advanced Practice Nurse is an umbrella term that includes nurse practitioner (NP), clinical nurse specialist (CNS), certified nurse-midwife (CNM), nurse anesthetist (CRNA or ANCC) with a specialty in adult psychiatric mental health. Advanced Practice Nurses have been providing primary and preventive healthcare for over 35 years and more recently psychiatric services. They work in all 50 states in a variety of settings including hospitals, nursing homes, businesses, and private practice. Advanced Practice Nurses can evaluate and treat patients with acute illness or chronic conditions such as depression. They also can prescribe medications, order and evaluate laboratory screens, x-rays and other diagnostic tests. Some APNs have their own private practice, but most work under a collaborative agreement with a physician. The APN is certified by the New Jersey Board

of Nursing as an Advanced Practice Nurse in Psychiatric/Mental Health with Prescriptive Authority.

At CBH Care, the APN will provide services as a member of an integrated treatment team and will deliver services to consumers in accordance with an approved joint protocol and practice agreement with the CBH Care Medical Director, Jan Kurdwanowski, MD. The APN will complete health histories, including substance usage and abuse by the seriously persistently mentally ill consumers that come to CBH Care and will develop a plan for the treatment and management of physical and mental problems. Treatment and management plans will include a special emphasis on addressing medication counseling and medication non-compliance to teach consumers and their family members about side effects, how to take medications, and the benefits of adherence to the regimen. The APN will provide individual, group and family counseling as well as supportive services.

Peter Scerbo, CBH Care Executive Director, said, "We are grateful for this funding and look forward to adding this new position to our professional staff roster so that we can continue to meet the varied treatment needs of the seriously persistently mentally ill in our community."

Health Tip

Making the Most of Your Visit to the Doctor

Office visits to physicians average 17 minutes in length according to recent surveys—the same as it has been for over 10 years. But both physicians and patients have expanded their agendas; more information needs to be communicated in the same amount of time. Patients today are more knowledgeable about health, getting information off the Internet, from drug ads, etc., and have more questions they want to ask their physicians. Doctors are burdened with reams of paperwork and need to ask a lot of straight biomedical questions so that insurance companies will not penalize them. There is little time to ask about patients' lives and the environment in which they live or help them with preventive activities.

To make the most of your visit to the doctor, here are some guidelines to follow:

- Write down your health problems with the most important at the top of the list. Record your current symptoms by time, frequency and severity. Also jot down notes on your past medical history, especially if this is your first visit to this doctor.
- Write down the questions you want to ask, again with the most important first.
- Make a list of all the medications you are taking (both prescription and over-the-counter) to share with the doctor. If you are allergic to any drugs, be sure to mention these also.
- If you are pregnant or could be pregnant, tell the physician.
- If x-rays, ECGs, MRIs or laboratory tests have already been performed relating to your illness, attempt to obtain these reports and films and bring them with you.
- Listen well to your doctor's diagnosis, treatment options and instructions. If you do not understand any part, keep asking questions until it is clear to you—whether about physical activity, taking medications, follow-up visits, risks involved in treatment, or financial costs. Take notes to help you remember everything that was discussed.
- Follow all treatment instructions after your visit, report any possible medication side effects or worsening of symptoms, and keep your follow-up appointments.

When it comes to health care, it is as much about quality time as it is about quantity of time. Come prepared when you have an office visit with your physician, making sure that you have all the background information you need to share and that you can ask appropriate questions. This will help your doctor make the correct diagnosis and prescribe the best treatment for your particular health problem.

CBH Care Program to Assist Homeless Receives 3-Year HUD Grant Renewal

Housing Counseling Social Services

In February 2005, Comprehensive Behavioral Healthcare, Inc., received word that the HUD grant which funds the homeless case management program was renewed for another three years. This grant is part of HUD's Continuum of Care for the homeless. The total amount of the grant is \$390,000, payable at the rate of \$130,000 per year and its focus is to provide outreach mental health services to the homeless mentally ill who frequent Bergen County. The CBH Care program is called the Project for Assistance in Transition from Homelessness (PATH).

Despite the best efforts of Bergen County's community mental health and hospital systems, some previously hospitalized mentally ill consumers do not follow through with the recommended aftercare services. Some refuse services at the time of discharge from the hospital, while others repeatedly fail to show for appointments at their local mental health center.

Symptoms of Clients

The symptoms of these clients are severe and persistent mental illness combined with lack of adequate and secure living arrangements which make them difficult to engage in agency based programs. Because they do not avail themselves of community support systems, these difficult consumers become the frequent users of local emergency room services, are repeatedly hospitalized and often become homeless. Also, since they are not engaged in treatment, they frequently turn to alcohol or some other abused substance to control or mask the symptoms of their illness.

The PATH Program is designed to intervene in the all too frequent cycle of hospitalization, discharge, rejection of services, homelessness and re-hospitalization experienced by these consumers. A professionally trained team of case managers reaches out to the homeless mentally ill throughout Bergen County, at the shelters, in the bus stations or on the street. The PATH case managers encourage these very vulnerable individuals to utilize available services and to make regular contacts with local behavioral and primary healthcare providers to improve their lives and minimize the risk of future hospitalizations and continued homelessness.

The services of the PATH Program are available to adults who (1) have a primary diagnosis of serious persistent mental illness, or mental illness and a substance disorder, and (2) are homeless or at imminent risk of becoming homeless. During

Services of PATH Program

The PATH Program provides the following services:

- Identifies and reaches out to mentally ill individuals who have not accepted traditional services at mental health centers.
- Assists in finding appropriate housing.
- Involves consumers in regular, ongoing supportive services provided outside of the traditional community mental health center.
- Coordinates an ongoing specially tailored case management program of mental health and other supportive services.
- Provides advocacy services on behalf of the clients to ensure they obtain needed services.
- Provides supportive services to family members, relatives and friends.

the last fiscal year, 174 mentally ill clients used the services of this program. If you know of someone who can benefit from this program, call the CBH Care PATH Program at 201-646-0333.

Executive Director Peter Scerbo says, "We at CBH Care are very pleased that the HUD grant was renewed. The PATH Program is a vital resource in Bergen County and this grant will enable us to continue to help the homeless mentally ill to maintain a regular treatment regime and to increase their self-esteem, physical well being and quality of life."



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Design: SHK/Stark Creative Services
Printing: Otis Graphics, Inc.