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Governor Codey signs the executive order surrounded by members of the newly-appointed Council on Mental Health Stigma: (l.to r.) Sylvia Axelrod, Elsa Candelero (Chair), Nadine Venezia, Henry Acosta and Debra Wentz.

On October 7, 2005, at the Hackensack facility of Comprehensive Behavioral Healthcare, Inc., New Jersey's Acting Governor Richard J. Codey signed an executive order creating the Governor's Council on Mental Health Stigma. The new Council's goal is to break down the stigmas associated with mental illness and help those suffering from mental diseases to achieve recovery and full social integration.

Before signing the executive order, Governor Codey spoke to the more than 200 assembled for the event. He said, "Stigmas breed discrimination, fear and distrust and deter individuals from seeking help. For New Jersey to reduce the burden of mental illness, stigmas can no longer be tolerated. It is my hope that this Council will serve as a torch-bearer, exposing negative stereotypes and lighting the path to recovery for countless individuals."

Also speaking from the podium were Kevin Martone, Special Assistant Commissioner for Mental Health Services in the New Jersey Department of Human Services; Robert Davison, Chair of the

Governor's Mental Health Taskforce and Executive Director at the Mental Health Association of Essex County; and Elsa Candelario, MSW, LCSW, Executive Director, Hispanic Family Center of Southern New Jersey, Camden, who was named Chair of the new Council on Mental Health Stigma. Welcoming everyone to CBH Care was Executive Director Peter Scerbo.

In her remarks, Ms. Candelario emphasized, "If we are going to achieve real change in New Jersey, the first step must be to start breaking down the barriers of stigma and misconceptions. Mental illness can strike anyone and is no different than any other health related disease—it should be treated with the same respect and compassion."

The new Council is charged with developing a master plan aimed at increasing awareness and understanding of mental disorders and overcoming the stigma associated with mental illness, through the coordinated efforts of new and existing state initiatives. This will include the creation of grass-

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Codey Signs Executive Order Creating Governor’s Council on Mental Health Stigma

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At left, Governor Codey acknowledges the applause of the assembled group. Above, speaking before the signing of the executive order were: (l. to r.) Elsa Candelero, Chair of the new Council on Mental Health Stigma; Robert Davison, Chair of the Governor’s Mental Health Taskforce; Kevin Martone, Special Assistant Commissioner for Mental Health Services, New Jersey Department of Human Services; and Peter Scerbo, Executive Director of CBH Care.

roots programs to promote advocacy and outreach, improve training for professionals and promote research. The Council will also develop and maintain a mental health stigma website and telephone hotline.

The new Council was proposed as part of the recommendations of the Governor’s Taskforce to improve New Jersey’s mental health system. When the Governor stated, “We have now implemented most of the Taskforce’s recommendations,” the audience broke into enthusiastic applause. Governor Codey highlighted the progress made in New Jersey during the last year, especially noting the success of the state’s 27 self-help drop-in centers. These have been well received because of their consumer friendly approach that creates a safe, family-oriented environment with a strong emphasis on recovery.

The new Council will have 11 voting members including the Chair, Ms. Candelario; Vice Chair Sylvia Axelrod, Executive Director of the National Alliance for the Mentally Ill—New Jersey; Henry Acosta, MSW, LSW, Deputy Director, New Jersey Mental Health Institute, Mercerville; George H. Brice, Jr., MSW, Team Leader/Supervisor, Collaborative Support Programs of New Jersey—Atlantic County; Robin Cunningham, retired businessman from Pennington, NJ; Deborah Lerner Duane, President, Lerner Duane Communication, Millburn, NJ; Susan K. Silver, MSW, President and Founder, Brentwood Resources, Montclair, NJ; Christine A. Stearns, Esq., Vice President, New Jersey Business & Industry Association; Nadine Venezia, LSW, Coordinator, Intensive Family Support Services, Comprehensive Behavioral Healthcare, Hackensack,

NJ; Debra L. Wentz, Ph.D., Chief Executive Officer, New Jersey Association of Mental Health Agencies; and Terri Wilson, Deputy Commissioner of the New Jersey Department of Human Services (ex-officio designee). The Council members represent consumers, family members and professionals from the fields of health, mental health, media, government, business, law enforcement and education.

Among the many who attended the signing of the executive order on October 7 were: State Senator Loretta Weinberg; State Assemblyman Gordon Johnson; Valerie Larosiliere, Assistant Director, Northern Region, New Jersey Division of Mental Health Services; Bergen County Freeholder Valerie Vanieri-Huttler; Hackensack Mayor Marlin Townes; Kimberly S. Ricketts, Executive Director of the Governor’s Taskforce on Mental Health; Bergen County Executive Dennis McNerney; Denise Krieg, First Vice President, CBH Care Board of Trustees; Helen Kuruc, President, CBH Care Foundation; and Michael Armstrong, Executive Director, Community Hope in Morris County.

The Governor chose to create the new Council on October 7 during the 15th Annual Mental Illness Awareness Week. The weeklong observance was created by a presidential proclamation in 1990 to focus attention on the high incidence of mental illness in America. This year’s theme is “Leveling the Playing Field” and the purpose is to educate the public about mental illness and reduce the stigma that motivates society to discriminate against people with mental diseases.



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Bergen County Executive Dennis McNerney, State Assemblyman Gordon Johnson, Bergen County Freeholder Valerie Vanieri-Huttler, and State Senator Loretta Weinberg at the signing ceremony.



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More than 200 supporters and press attended the signing of the executive order creating the Governor's new Council of Mental Health Stigma.



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- Attending the signing ceremony were:
- a. Sue Devlin, CBH Care's Director of Residential Services, and Valerie Larosiliere, Assistant Director, Northern Region, New Jersey Division of Mental Health Services;
 - b. Hackensack Mayor Marlin Townes and State Assemblyman Gordon Johnson;
 - c. New Jersey's First Lady Mary Jo Codey;
 - d. Peter Scerbo, CBH Care Executive Director and George Brice, Jr., Supervisor, Collaborative Support Programs of New Jersey, Atlantic County;
 - e. Helen Kuruc, President of the CBH Care Foundation, and Denise Krieg, First Vice President, CBH Care Board of Trustees;
 - f. Michael Armstrong, Executive Director, Community Hope in Morris County.



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Reflections on the Past Year at CBH Care

As the holiday season approaches and we edge closer to the end of 2005, I think it is important to reflect upon all of the good things that have happened during the year at Comprehensive Behavioral Healthcare, Inc.

■ CBH Care was awarded additional funding by the New Jersey Division of Mental Health Services to hire a Psychiatric Advanced Practice Nurse for the Outpatient Department at our Lyndhurst office. The new Advanced Practice Nurse (APN) provides services as a member of an integrated treatment team under the supervision of the medical director. The APN develops plans for the treatment and management of physical and mental problems. These plans include a special emphasis on addressing medication education counseling and medication non-compliance, teaching consumers and their families about the side effects of taking medication, how to take medication and the benefits of adherence to the regime. The APN also provides evaluation, medication management, individual, group and family counseling as well as supportive services.

■ Expansion of the CHAMP Program: In 2004, the Morris County Freeholders took over the responsibility for most of the 700 acres of what was once the campus of Greystone Park Psychiatric Hospital. In March 2005, the New Jersey Division of Mental Health Services began construction on what will be a new state-of-the-art 550-bed psychiatric hospital to serve the residents of the Northern Region. The remaining land has been given to Morris County and will be developed for recreational use with a portion being leased to non-profit organizations. Since the CHAMP Program began in 2000, CBH Care and its partner, Community Hope, Inc., have leased from the State of New Jersey for \$1 per year (plus the cost of water and utilities) the three original CHAMP houses. Upon taking stewardship of the land, the Morris County Freeholders felt that three additional houses also located on Ruth Davis Drive should be turned over to the CHAMP Program and agreed to a long-term lease for \$1 per year.

These new facilities are currently in poor condition requiring total rehabilitation in order to make them usable as transitional residences. In late March, the executive directors of both Community Hope and CBH Care met with Community Development in Morris County and presented a proposal requesting funding for the total rehabilitation of these facilities. The committee was very receptive to the request and granted \$275,000 in Home Improvement Funds to complete the renovations. With the lease agreement from the Morris County Freeholders and the grant from Community Development in hand, the agency directors then approached the Division of Mental Health Services for operations funding to bring the three additional houses on line to expand the CHAMP residential continuum to 25 former Greystone patients. By the end of June a new grant agreement was developed in the amount of \$1,600,000. The projected date of the expansion start-up is the end of January 2006.

■ CBH Care's Program to Assist the Homeless received a three-year HUD Grant Renewal. CBH Care 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 in Bergen County.

■ CBH Care is honored to be named "Postpartum Depression Center for Bergen County." As was recommended by the Governor's Mental Health Taskforce, there will be 21 such centers, one located in each county in the state. An appropriation of \$4.5 million dollars was placed in the budget for fiscal years 2005-2006 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.

■ "Suicide Awareness and Prevention" and "Postpartum Depression and Menopause" were two of the themes of the major continuing education workshops jointly sponsored by CBH Care and Holy Name Hospital this year. Hundreds of mental health, primary health and educational professionals attended these training sessions to further their professional growth as well as to meet the requirements toward licensure. In addition, CBH Care continues to provide for its own staff a series of in-service trainings for professional development as well as training sessions on topics required by the Division of Mental Health Services.

■ Visits from Governor Codey: We were greatly honored to have Governor Richard Codey visit CBH Care on two special occasions this year. The first visit took place in August when the Governor chose the CHAMP Program as the site for the signing of the Housing Trust Fund Bill. This bill will provide funds to develop permanent supportive housing, community residences and other supportive housing arrangements for people with special needs. Providing these people with meaningful housing alternatives will help prevent institutionalization and homelessness. The second visit came in October, when the Governor chose our Hackensack office as the site to announce the formation of "The Council on Mental Health Stigma." The work of this Council is vitally important since stigma is a major barrier to those with mental illness in seeking treatment. According to Governor Codey, "Stigma breeds discrimination, fear and distrust and deters individuals from seeking help." Of the 40,000,000 Americans nationally who suffer some form of mental illness, less than half will seek professional help for their symptoms due to stigma. CBH Care's own Nadine Venezia, Supervisor of the Intensive Family Support Services Program, was appointed to the Council. Also visiting on this day was Bob Davison, former Director of Residential Services at CBH Care who is now Executive Director of the Mental Health Association of Essex County and serves as Chair of the Governor's Mental

Sixth Annual Golf Outing Most Successful for Foundation

Health Taskforce; Kevin Martone, Assistant Commissioner of Mental Health Services, also a former social worker in our Adult Partial Care Program; and Henry Acosta, a former staff member in Adult and Adolescent Residential Services who is currently Deputy Director of Changing Minds—Advancing Mental Health for Hispanics.

- Governor's Mental Health Taskforce visits CHAMP Program: In February, the very busy Mental Health Taskforce took the time to visit the CHAMP Program using it as the site of one of its regular work sessions. While at CHAMP, the Taskforce members toured the residences and the day treatment program. They also spoke with the residents and inquired how long they had been in the hospital before coming to the program, how they liked CHAMP and how it differed from other programs they had experienced. Taskforce members expressed how impressed they were with the program and wished us continued success.
- Finally, we are happy to report that CBH Care, Inc. closed-out the past fiscal year with a small surplus. We are grateful to all of our staff for their efforts in making this past year a financial success.

As we look ahead to the new year, we know that the need for CBH Care's services and programs will continue to grow. We assure you that we will utilize all of our resources as efficiently and effectively as possible to meet those needs in 2006 and beyond.



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

Nearly 100 golfers participated in the CBH Care Foundation's Sixth Annual Golf Outing held on September 26 at Wild Turkey Golf Club in Hardyston, NJ. It was the Foundation's most successful event yet with more golfers participating than in any previous year.

After a barbecue luncheon, a modified shotgun start took place at 1:00 p.m. Golfers motored throughout the course in golf carts sponsored by the Bogle Insurance Agency. The practice range was provided by Arlington Plumbing & Heating, the practice greens by the Damiano family and Inserra Supermarkets, and the beverage cart by Ambrosio & Ambrosio. All golfers were eligible to win a variety of contests and prizes. The major prizes were offered for the Hole-in-One contests: (1) A Chrysler 300M provided by Bigelow Motors, (2) a \$10,000 check courtesy of Valley National Bank and (3) a set of airline tickets supplied by Mutual of America.

Though no golfers made a hole-in-one, many golfers were lucky enough to win prizes in the other contests:

- 1st Place Low Gross: Mel Knight won with a score of 76
- 2nd Place Low Gross: Zack Yamba with a score of 77
- 1st Place Low Net: Rock Edwards won with a score of 72
- 2nd Place Low Net: Steve Russell, also with a score of 72 (The tie was broken on the 3rd Handicap Hole—Edwards had par, Russell had a bogey.)
- Closest to the Pin contest on Hole #2, sponsored by Community Hope, Inc., was won by Jim Gibbons at 6'9"
- Closest to the Pin contest on Hole #16, sponsored by Steininger Behavioral Care Services, was won by Greg Ambrosia at 7'3"
- Longest Drive contest, sponsored by Janet Czermak, was won by Steve Russell (runner-up was Joseph Geraghty)
- Straightest Drive contest, sponsored by Helen Kuruc, was won by Joe Cifune.

After an afternoon of golf, everyone returned to the clubhouse where they enjoyed a gourmet buffet dinner followed by the presentation of the golfing awards plus the raffle and door prizes. Donors who provided the prizes and gifts included: Gabe Ambrosio, Bally's, Bergen Record,

Phil Bogle, Jan Damiano, Clarion Office Supply, Leonard & Co. Jewelers, Bob Jablonski, Helen Kuruc, Peter Scerbo, Marie Piserchia, Roma Ristorante, John Sofia Jewelers, and Valley National Bank.

Tee sponsors of the Golf Outing included: Accutemp, Advance Housing, American Painting Contractors, Ambrosio & Ambrosio, Bergen County Glass, Bergen's Promise, Built Rite, Carpet Network, R. DeLuca Assoc., Durante Mason & Asphalt Paving, Eastern Essential Cleaning Service, Engle & Fricke, Inc., Essex County College, Field Communication, Frank's Truck Center, Friendship House, Globe Tire Service, Hometown Inspections, In Memory of Marie Battista, In Memory of Joseph and Jack Navattta, In Memory of Capt. James A. Motisi, USMC.

Other sponsors were: Mario Marghella, Michael's Salumeria, Molly Maids, Morris Plains Pharmacy, Mutual of America, William O'Hea, Otis Graphics, Parson's Appliances, Plaid Motors, Walter Politzer, Recruit Savvy, Scerbo Family, Shaw's Locksmith, SIKA Corporation, Stan's Sunoco, Star Electrical Contractors, Sonia Stark Creative Services, Mary Tong, Vol Tech Electric, Anne Warner Public Relations and The Water Store by Bellaqua.

CBH Care Foundation President Helen Kuruc, who is Professor of Mathematics at Essex County College and also served as Co-Chair of the Golf Outing, said, "September 26 was a very successful day for the CBH Care Foundation and the Comprehensive Behavioral Healthcare clients we support in so many ways. We had a great day—the golf course was challenging, the prizes were plentiful, and we had wonderful support from our many friends and donors. Whether you played golf, donated gifts, prizes or money, or sponsored a hole or one of the special contests, thank you for participating."

CBH Care Honorary Trustee Gabe Ambrosio, Lyndhurst attorney and former state senator who also served as a Co-Chair of the Golf Outing, said, "We especially appreciated the dedication and support of the large turnout of golfers who braved the weather to join us on September 26. The event keeps growing each year and we are already planning the Seventh Annual Golf Outing for September, 2006."

Postpartum Depression: What is it? How can it be treated?

In the past few months, 'postpartum depression' has been talked about and written about in the public media more than ever before. Well-known people and celebrities in the worlds of sports, theatre, show business and politics have shared their views on the subject through interviews, articles and even full-length books. Just what is postpartum depression and what are the latest treatments recommended by experts in behavioral healthcare?

Joyce Venis, RNC, Director of Nursing at the Princeton (NJ) Psychiatric Center, is a member of Acting Governor Codey's New Jersey Postpartum Depression Taskforce and is a nationally recognized expert in both ante partum and postpartum depression disorders. She was recently the keynote speaker at the November 4 conference on Postpartum Depression & Menopause co-sponsored by CBH Care and Holy Name Hospital (see story on page 7).

Ms. Venis explains, "Postpartum depression (PPD) has been around since the beginning of time. PPDs are very real, all too common occurrences that have been denied, overlooked, mistreated and misunderstood. The most familiar of the PPDs are the 'blues,' a common response to childbirth easily treated with support and reassurance that usually resolves fairly quickly. Postpartum depression usually develops within the first six weeks after delivery and is the most common of all the postpartum mood disorders. It can be treated very effectively with psychotherapy and medication. Both are seen as very effective treatments of PPD."

According to Ms. Venis, some common symptoms are tearfulness, sadness, guilt, sleep disorders, eating disorders, fear of being alone and feelings of inadequacy in coping with motherhood. A woman may feel detached from her infant, and may also experience irritability, fatigue and poor concentration. Some risk factors that can influence postpartum depression are unresolved issues, a previous episode of postpartum illness, history of mood illness, sexual abuse in childhood, lack of a support system, being raised by an alcoholic or dysfunctional family, isolation from family or friends, other medical problems, loss of a child, unplanned or unwanted pregnancy and unmet childhood needs.

Karen Kleinman of the Postpartum Stress Center in Rosemont, PA, has issued some suggested "Tips for the family" for postpartum patients. Included are these: Do not assume that if the new mom looks good, she feels fine. Do not assume PPD will get better on its own. Do not tell her it is normal to feel this way after having a baby. Encourage her to get a comprehensive evaluation. Let her know that you are there if she needs you.

An article by John M. Smith, CSW, presents some recommended "Tips for husbands." These include the following. Learn about PPD so you can better understand and relate to your wife. Find help in childcare, preparing meals or housekeeping. Utilize any

available resources including help from extended family, friends or community resource professionals. Take special care to develop ways to meet your own needs relating to health, fitness and emotions. Talk to a friend, pastor or counselor when you are feeling stressed. Remember the new mother will return to her previous self in time. Remind other family members of this. Only when a husband is able to maintain his own emotional and physical well-being will he be able to effectively care for his family.

Doreen J. Bobby, LCSW, Director of Counseling Services at CBH Care, points out that the New Jersey Division of Mental Health Service recently named CBH Care as the Postpartum Depression Center for Bergen County. It is one of the 21 such centers (one in each county in the state) recommended by the Governor's Mental Health Taskforce to screen and treat mothers, especially the uninsured and those of Hispanic origin.

Ms. Bobby emphasizes, "Postpartum depression is very treatable. Women do not have to suffer in silence anymore. There are multiple resources available for women and their families. Do not be afraid to ask for help. If you or a loved one is experiencing any postpartum symptoms, please call the Postpartum Helpline at 1-800-328-3838 for 24/7 assistance or you can call CBH Care's Access Center directly. Callers will be assigned to a qualified therapist who will arrange for an initial assessment, on-going treatment, psychiatric evaluation and medication counseling. Today, postpartum depression is readily treatable with professional help."

CBH Care Needs Your Help

As we near the end of calendar year 2005, we are again asking you to help us by making a contribution to CBH Care. Your donation will enable us to continue our vitally needed work throughout Bergen County and beyond. We provide many services with minimal or no compensation and rely on your support to keep these services available to those who cannot afford the care by themselves. Please use the enclosed envelope to send us your tax-deductible donation. We can assure you that whatever you give will be used wisely and will help families as well as individuals in our Northern New Jersey community cope with today's problems. We thank you for your contribution and deeply appreciate your continued support.

—Peter Scerbo
Executive Director

Continuing Education Workshop Held On 'Postpartum Depression & Menopause'



Presenters at the November 4 workshop were: (l. to r.) Keynote speaker Joyce Venis, RNC, of the Princeton Psychiatric Center; Liz Swagzdis of Roebling, NJ, and Hyla Nusbaum of Princeton Junction, panelists who assisted Ms. Venis by sharing their personal experiences; Gloria Bachman, MD, of the University of Medicine and Dentistry of New Jersey, who spoke on Mood Aspects of Menopause; and Margaret Kilibwa, PhD, who talked about Nutritional Therapies in Menopausal Health and in Postpartum Depression.

CBH Care and Holy Name Hospital co-sponsored another continuing education training session on November 4 at Bergen Community College in Paramus, NJ. Three widely recognized speakers presented the latest information on “A Woman’s Life Cycle: Postpartum Depression & Menopause.” Mental health care practitioners as well as other healthcare and education professionals from the area participated in the all-day workshop.

Featured Speakers

Leading off the conference was Joyce A. Venis, RNC, Director of Nursing at Princeton Psychiatric Center, and President of Depression after Delivery, Inc., a national non-profit organization. Recognized for her expertise in mood disorders, pregnancy, ante partum and postpartum disorders, peri-menopause and menopause, she set the stage for the day’s discussions on postpartum depression (PPD) and menopause. As a PPD survivor herself, Ms. Venis could speak from both the patient’s perspective and that of a professional in the field. She outlined the common symptoms of PPD and risk factors that can influence PPD. (See Clinical & Research Update, page 6)

Gloria A. Bachman, MD, Associate Dean for Women’s Health, Professor of Obstetrics and Gynecology and Professor of Medicine at the University of Medicine and Dentistry of New Jersey, is also Director of the Women’s Health Institute and Chief of the OB/GYN Services at Robert Wood Johnson University Hospital. Dr. Bachman spoke on “Mood Aspects of Menopause.” She discussed features of cognitive aging and dementia, the physiological effects of estrogen that have the potential to affect brain functioning, the effects of postmenopausal hormone therapy and endogenous estrogen on cognition in postmenopausal women, and the effects of hormone use on the risk and treatment of Alzheimer’s disease.

Margaret Kilibwa, PhD, Clinical Assistant Professor, Women’s Health Institute of the Robert Wood Johnson University Hospital, is a clinical nutritionist and research scientist whose writings have been published widely and who holds three patents for her work on developing innovative healthful products. At the

training seminar, she presented “Nutritional Therapies in Menopausal Health” and also “Nutritional Therapies in Postpartum Depression.” To help relieve symptoms in both categories, she recommended a healthful diet and regular exercise. For menopausal health, Dr. Kilibwa suggests reducing saturated fat in the diet, eating seafood and soy foods regularly and increasing fiber from whole grains and fresh vegetables. For postpartum depression, she suggests eating whole, organic foods; getting 5-9 servings of fruits and vegetables per day; increasing dietary fiber; eating seafood often; increasing the intake of olive oil, walnuts, soy foods and flaxseed; and increasing water intake to 8 glasses per day.

Planning Committee

Planning the November 4 training workshop were CBH Care’s Continuing Education Committee members: Co-Chairs Nadine Venezia, LSW, Program Coordinator, Intensive Family Support Services, and Catherine Buchholz, LCSW, Program Coordinator, Adult Partial Care; 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 Mazzarella, Social Worker, CHAMP Program; Melissa Middleman, LCSW, Program Coordinator, Adolescent Partial Care; Lisa Nobile, Training and Orientation Administrator; and Karen Schmidt, Human Resources Coordinator. Working with the Committee was Sharad Wagle, MD, Chief of Psychiatry, Holy Name Hospital.

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

The next training seminar is being planned for early Spring 2006 on the subject of gangs in Bergen County.

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

How to Avoid Colds and Flu This Winter

With the winter season approaching, what are the best ways to help you and your family avoid getting colds and, worse yet, suffering from the flu? Here are some suggestions to follow.

- Get a flu shot. This is still your best defense against the flu and it is a must for infants, the elderly and people with chronic asthma or cardiovascular disease—those most at risk. You can also ask your physician about the nasal spray vaccine that is just as effective and should be widely available to healthy children and adults from ages 5 to 49.
- Wash your hands often and avoid touching your eyes, nose or mouth. This is still the single most effective way to stop the spread of colds.
- Use alcohol-based instant hand sanitizers when it is inconvenient to wash your hands, especially before meals. These can be easily carried in women's handbags, men's briefcases or pockets and children's backpacks and book bags. In school, they should be used after borrowing someone else's pen, pencil or textbook, and after science or computer labs where equipment is shared.
 - Wipe off computer keyboards, telephones and other home and office machines regularly.
 - Get plenty of sleep—seven or eight hours per night.
 - Eat a healthy diet with lots of fruits and vegetables.
 - Drink extra water—at least eight glasses per day.
 - Drink alcohol in moderation.
 - Exercise regularly—at least three days a week.
 - Avoid close contact with people who are sick.



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