



CONNECTIONS

Partnership Program to Operate 10 Villas On Grounds of Greystone Psychiatric Hospital

The Partnership Program, operated collaboratively by CBH Care and Community Hope (a Morris County based agency), will soon complete renovation and have in operation a total of 10 houses or “villas” on the grounds of Greystone Psychiatric Hospital in Morris Plains, NJ. Five villas are now in operation with the others expected to be renovated and staffed by October.

The Partnership Program serves stabilized patients being discharged from Greystone who go to live in group homes on the grounds of the hospital. The goal of the program is to help consumers make a smooth transition back into the community.

Greystone Psychiatric Hospital is in the process of tearing down several old buildings at the same time it is completing a new state-of-the-art facility. Patients who are stabilized are being welcomed into the Partnership Program while patients who still need more extensive care will be transferred to the new hospital and the old hospital will close.

Susan Devlin, MA, Director of Residential Services at CBH Care, points out that, when the 10 villas are in operation, eight will serve as residences staffed 24 hours a day, and two will be used for day treatment programs. She states, “We are close to having full staff now. We have residence managers for each villa who work in shifts with staff members, plus six clinical managers, one of whom is a co-occurring illness specialist who provides dual diagnosis care, and we have a benefits counselor. We are fortunate to have Tiffany Oakes, LCSW, who joined us in December, 2006, as the Program Coordinator for the Partnership Program. We have been extremely busy as we phase in the newly renovated villas into the program.”

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Jodee Blanco to Present Workshop On School Bullying in October



Jodee Blanco, *New York Times* best selling author, activist and youth advocate, will present a special workshop on school bullying on Friday, October 19 at Bergen Community College, Paramus, NJ. This Continuing Education Workshop is co-sponsored by CBH Care and Bergen’s Promise (which works with children in crisis in Bergen County). The workshop is open to all healthcare professionals in the area as well as teachers, coaches, counselors, school administrators, parents, police officers, those who work with youth groups, and others who are interested in solving the growing problem of school bullying.

Ms. Blanco is the author of “Please Stop Laughing at Me...One Woman’s Inspirational Story” and the creator of the acclaimed anti-bullying education program, “It’s NOT Just Joking Around!” Due to her profound personal experience as a survivor of adolescent peer abuse, and her access to the inner workings of the American school system, she has become one of the nation’s most qualified experts on the subject. Ms. Blanco’s innate understanding of why kids abuse other kids continues to be a catalyst for change in hundreds of schools across America. In addition to her seminars and speaking engagements in middle and high schools, she is now influencing the social climate at university campuses with her anti-hazing

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Partnership Program on Grounds of Greystone Psychiatric Hospital

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Ms. Oakes says she is working closely with the Greystone staff to identify people who are ready for discharge. She notes, "The whole process has gone very smoothly. Greystone staff are very responsible and we have an extremely good ongoing relationship."

Peter Scerbo, Executive Director of CBH Care, states, "The expansion of the Partnership Program is helping create a continuum of care. Clients are discharged from Greystone into the Partnership Program. When they are ready, they are then transferred to our Supportive Housing Program. Three of these group homes are scheduled to open by December on the grounds of Greystone. In this program, clients experience less than 24-hour supervision and are eventually discharged back into the community. It is a complete continuum of care and CBH Care is pleased to play a major role in providing these services to the citizens of New Jersey."



Scenes at the newly renovated villas operated by the Partnership Program on the grounds of Greystone Psychiatric Hospital in Morris Plains, NJ.

From the Executive Director...

Wellness is Not Just a State of Mind



For many years, CBH Care has recognized the important link between behavioral healthcare and primary medical care and has made efforts to insure that CBH Care consumers have the opportunity to receive both mental and primary healthcare services.

This philosophy of integrated care was reinforced recently by Peggy Swarbrick, PhD, Director of the Institute for Wellness and Recovery Initiatives, Freehold, NJ. Dr. Swarbrick spoke at the July meeting of the Bergen County Mental Health Board. She said, “There is a serious health crisis for those individuals suffering with mental illness—they are becoming physically ill and dying. The mentally ill are developing chronic medical diseases that significantly shorten their lives. People with psychiatric disabilities die 15 to 25 years earlier than the general population.”

Dr. Swarbrick stated, “Sixty percent of premature deaths are due to medical conditions such as cardiovascular, pulmonary and infectious diseases. These serious health problems are frequently caused or worsened by controllable lifestyle factors such as a lack of physical activity, smoking, substance abuse, lack of access to adequate healthcare services and prevention programs. There are high rates of modifiable risk factors including smoking, alcohol consumption, poor nutrition/obesity, lack of exercise,

unsafe sexual activity, IV drug use, exposure to TB and other infectious diseases due to involvement in congregate living situations.”

Other factors possibly contributing to the problem, as noted by Dr. Swarbrick, include:

- Psychotropic medications that may mask symptoms of medical illness.
- Poly-pharmacy (consumers securing medications from multiple sources).
- Lack of access to adequate healthcare and lack of coordination between mental health and general health providers.
- Possible side effects from second-generation anti-psychotic medications including weight gain, diabetes, dyslipidemia, insulin resistance and metabolic syndrome.

Ms. Swarbrick concluded, “Despite the clear indications that general physical health is a problem among those with mental illness, there is very little information that has been specifically developed to assist persons with major mental illness in addressing these healthcare concerns. There is a clear need to focus on the integration of primary healthcare with mental health to address the dilemma.”

It was approximately 10 years ago when the management of CBH Care recognized the need for integration between primary healthcare and mental healthcare when the nursing staff in our partial care programs noted that many of our consumers presented primary healthcare needs and had not consulted a physician. This occurred because they did not have a primary care provider, lacked insurance coverage, had negative experiences with hospital outpatient clinics, or generally displayed a lack of concern.

In an attempt to address these primary healthcare issues, CBH Care consulted with Holy Name Hospital in Teaneck

and, through the assistance of Sharad Wagle, MD, Director of Psychiatry, we were able to work out an arrangement in which a primary care physician employed by Holy Name Hospital came on site at our Hackensack facility to treat our partial care and residential consumers. Although this arrangement was very successful in servicing the healthcare needs of our consumers and was very convenient since it was a “one-stop shopping” approach, it had to be discontinued because there was not enough reimbursement through Medicaid or other third party insurance to adequately support the physician’s services.

However, CBH Care is still seriously committed to providing healthcare services to its consumers. Currently, our clients are receiving primary healthcare services through an ongoing arrangement with Holy Name Hospital’s Outpatient Clinic. Our program nurses schedule weekly appointments for our consumers and each week our van drivers transport clients to and from Holy Name Hospital for their appointments. This integration of primary and mental healthcare (the emphasis on the mind/body connection) is vital to providing quality healthcare services to our consumers.

We agree with Dr. Swarbrick: “There is a clear need to focus on the integration of primary healthcare with mental health to facilitate pursuit of all goals and to utilize wellness promotion as a viable rehabilitation focus. There is also a clear need for each of us to assume a role in addressing these concerns within the mental health delivery system.” This is exactly what CBH Care is diligently pursuing.

A handwritten signature in dark ink, appearing to read 'Peter Scerbo'. The signature is fluid and cursive, written over a white background.

Peter Scerbo, LCSW
Executive Director

Nicholas Norcia Joins CBH Care Board of Trustees



Nicholas J. Norcia, Learning Disabilities Teacher Consultant at the Franklin Middle School in Nutley, NJ, is the newest member of the Board of Trustees of Comprehensive Behavioral Healthcare, having joined the Board this summer.

Mr. Norcia is Case Manager to 85 special education students. He develops and implements Individualized Education Plans (IEPs) and acts as a liaison between students, teachers and parents. Prior to his current position, he was a special education teacher at Nutley High School. Mr. Norcia is also an Adjunct Professor at William Paterson University, Wayne, NJ, where he teaches graduate and undergraduate level courses in special education and has the opportunity to bring real life experiences and case studies to his students.

Mr. Norcia received a Bachelor of Arts in Special Education and a Master of Educational Leadership from New Jersey City University, Jersey City, NJ, and is currently pursuing a second masters degree in Special Education from William Paterson University. He holds many New Jersey certifications: Elementary School Teacher (K-8), Teacher of the Handicapped, Learning Disabilities Teacher Consultant, Supervisor, and Principal.

Philip Bogle, President of Bogle Insurance Agency in Lyndhurst, NJ, who is currently President of the CBH Care Board of Trustees, says, "We are most pleased to have Mr. Norcia join us on the Board. We look forward to his contributions as we strive to help Comprehensive Behavioral Healthcare achieve its goal of providing the highest quality of behavioral healthcare services in a cost-effective manner to the people of northern New Jersey."

Workshop on School Bullying in October

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program, "The Desperate Freshman." She has also given hope to a previously unacknowledged population—the adult survivors of peer abuse—through a series of workshops in which she draws from her own experiences and helps thousands of others, like herself, to reclaim their lost dignity.

At the October 19 training session, Ms. Blanco will provide attendees with strategies and insights such as:

- How to intervene one-on-one with a bullied youth
- What to do when faced with a bullying situation
- What to say and what not to say to a victim and why
- The two types of bullying and why one is innocuous and the other dangerous
- How to inspire empathy and compassion in the classroom or group
- Why bullies and victims are the flip side of the same coin; how to effectively help them both
- How to handle defensive, angry parents

Ms. Blanco's anti-bullying program has been endorsed by the U.S. Department of Health and Human Services while the U.S. Department of Interior and the U.S. Department of Justice have both sponsored her speeches at schools and conventions. The Special Olympics named Ms. Blanco as the first regular columnist for "Spirit", the official publication of the organization.

CBH Care is a registered New Jersey professional development provider and has conducted successful continuing education workshops for behavioral healthcare professionals for many years. Attendees at the October 19 training session will receive 6 CEUs for participating in the full day workshop.

Planning the October 19 workshop are the members of CBH Care's Continuing Education Committee: Co-chairs Doreen Bobby, LCSW, Director of Counseling Services, and Catherine Buchholz, LCSW, Program Coordinator, Adult Partial Care; Kristen Ambrosio, LCSW, Program Coordinator, Youth Case Management Program; Jan Damiano, Executive Secretary; Dale Goldberg, Senior Secretary, Hackensack; Judy Kim, Quality Improvement Specialist; Amy Korsen, Access Worker; Lisa Nobile, Training and Orientation Administrator; Karen Schmidt, Human Resources Coordinator; and Lara Zucker, Program Coordinator, IFSS. Also helping to arrange the workshop is Stephanie Cohen, Clinical Director at Bergen's Promise.

For information about the October 19 workshop and other upcoming training sessions, or to be placed on the mailing list to receive fliers about the workshops, phone Jan Damiano at 201-935-3322.



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CBH Care Offers FREE Screenings for Depression On National Depression Screening Day October 11

Doreen Bobby, LCSW, Director of Counseling Services, announces that CBH Care will offer free confidential screenings for depression on Thursday, October 11, 2007, which has been designated as National Depression Day. The free services will be available at CBH Care's facilities in Hackensack (395 Main St.) and in Lyndhurst (516 Valley Brook Ave.).

Ms. Bobby encourages the public to take advantage of these free screenings. Individuals who come to CBH Care on that date will complete a confidential screening test for depression and will have the opportunity to discuss the results with a mental health professional. The free screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. Informational material will be available on depression and related emotional disorders as well as local treatment resources.

Why Screen for Depression?

- Clinical depression is a serious medical illness.
- Clinical depression can lead to suicide.
- Sometimes people with depression mistakenly believe that the symptoms of depression are a "normal part of life."
- Clinical depression affects men and women of all ages, races and socioeconomic groups.
- One in four women and one in 10 men will experience depression at some point during their lifetime.
- Two-thirds of those suffering from the illness do not seek the necessary treatment.
- Depression can co-occur and complicate other medical conditions.
- More than 80% of all cases of clinical depression can be effectively treated with medication, psychotherapy or a combination of both.
- Screenings are often the first step in getting help.

The National Mental Health Association (NMHA) launched National Depression Screening Day in 1991 and, since then, the free screenings have been held each October during Mental Illness Awareness Week. Each year, more than 100,000 people attend screenings at nearly 3,000 sites throughout the United States, including Comprehensive Behavioral Healthcare.

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

What are the Symptoms of Depression?

Some of the symptoms of depression include:

- A persistent sad, serious or "empty" mood
- Sleeping too little or too much
- Reduced appetite and weight loss
- Loss of interest in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of suicide or death

If you or a family member or friend have experienced several of these symptoms 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's Access Department at 201-646-0195.

CBH Care Foundation Schedules Eighth Annual Golf Outing **September 24** at Wild Turkey

The CBH Care Foundation has scheduled its Eighth Annual Golf Outing for Monday, September 24, 2007. Again, it will be held at Wild Turkey Golf Club, named one of the top public courses by New Jersey magazine and by the New Jersey Golf Course Owners Association. The course is unique for its two distinct types of terrain—basic and ridge. It combines the expansiveness of the basic with the rugged, multi-level nature of the ridge. Wild Turkey is the newest of several golf courses attached to Crystal Springs Resort and is located at 1 Wild Turkey Way, Hardyston, NJ.

The tournament donation of \$275 will include a noon luncheon barbecue, golf carts, green fees, practice range, and a gourmet dinner following the afternoon of golf. A modified shotgun start will take place at 1:00 p.m.

Contests and Prizes

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, raffle and door prizes. For those wishing to come to the buffet dinner only, the fee is \$50.

Again serving as 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. Ms. Kuruc encourages all golfers to register right away. She says, “You will be helping the Foundation support the many services provided by Comprehensive Behavioral Healthcare. Come join us for a great day of good golf, good food and good fun.” Mr. Ambrosio says, “We are pleased to hold our Annual Golf Outing again at Wild Turkey. It is a uniquely designed course and presents many challenges to the golfer. Do join us for a great day of golf.”

New This Year

New at this year’s Annual Golf Outing will be the Chrysler Corporation’s “Drive for the Chrysler.” The Chrysler Corporation will make an additional donation to the CBH Care Foundation for each person who takes a short test drive of a new Chrysler the day of the Golf Outing at Wild Turkey.

The CBH Care Foundation is a 501 (c)(3) organization formed to support non-profit charitable services. All contributions to the Foundation are tax deductible. For more information about 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.





Registration Form for Golf Outing September 24

Registration for Golf

Foursome \$1,100

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

Individual Golfer \$275

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	1,000
Luncheon Bar-B-Que	1,000
Buffet Dinner	2,000
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
 Lyndhurst, NJ 07071

Health Tip

How to Prevent Insect Bites

Late summer and early fall are great times to enjoy the out-of-doors. But how do we prevent insect bites including those from deer ticks that carry Lyme disease and mosquitos that carry the West Nile virus? The Center for Disease Control and Prevention (CDC) recommends taking these measures to discourage stinging insects and ticks:

- Use insect repellents. Apply an insect repellent with a 10% – 30% concentration of DEET to your skin and clothing. A 10% concentration is effective for two hours; higher concentrations last longer. Do not use DEET on hands of young children or infants and do not allow children to apply repellent on themselves. (According to CDC, oil of lemon eucalyptus, a more natural product, offers nearly the same protection as DEET.)
- Never use a repellent over a cut, wound or irritated skin.
- Wear long pants and sleeves. When walking in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves.
- Wear light-colored clothes so you can spot ticks.
- Shake out clothes before using.
- Check yourself, your children and your pets for ticks. Be especially vigilant after spending time in wooded or grassy areas. Deer ticks are no bigger than the head of a pin so you need to search carefully. (If you find a tick on your skin, carefully remove with tweezers, grasping its head and steadily pulling out. Once removed, apply antiseptic to the area and go to a physician or hospital ER for treatment, but take the tick with you for identification.)
- Try to tick-proof your yard. Clear brush and leaves where ticks live. Keep woodpiles in sunny areas.
- Place screens over all doors and windows.
- Remove standing water from gutters, flowerpots, discarded tires, and other places where water collects to discourage mosquito breeding.

The above suggestions should help keep us free from insect bites as we enjoy our outdoor activities in the coming months.



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