



Mental health services facing 'crisis' Community providers say funding inadequate for increase in demand

By Rob Seman, Daily Record

For most of her life, Julia Wilcox Rathkey never thought she would need the advice of a mental health organization.

"As far as I was concerned, my life was normal and on track," Rathkey, a resident of Mountain Lakes, said.

"They (mental health organizations) catered to the seriously mentally ill," Rathkey said. "Yes, I had my issues, but I was far from having that depth of problems."

That changed on 9/11, when her husband, David, died in the attacks. Rathkey, the mother of three children, then found her mental well-being in jeopardy. She hadn't become "seriously mentally ill," she said, but realized that she would need some help to guide her.

Rathkey found that guidance at Newbridge Services in Pompton Plains, one of several community mental health providers throughout the state.

Rathkey, now the author of a book on how she and her children coped with the tragedy, spoke Thursday at a press conference at Newbridge to help kick off Mental Health Awareness Month.

"It has enriched my life and has helped me to understand just how important mental health services are," Rathkey said. "They are not merely for the seriously mentally ill. Mental health organizations are for us all."

Erasing stigmas like the ones Rathkey once had about mental health services is one issue on which the month-long campaign will focus.

The other focus of the campaign will be to address what Debra Wentz, chief executive officer of the New Jersey Association of Mental Health Agencies, said is a serious under-funding of community mental health services.

"Faced with increased demand, little or no increases in contracts over the last several years, Medicaid rates that have remained unchanged for decades and burdensome regulations, many mental health care service providers are facing a crisis situation," Wentz said.

Wentz said that last year demand for services rose by about 11 percent, while state funding increased only one percent.



May is mental health month and as a community provider of mental health services, I want to impress upon you the important role mental well-being plays in your life. Because caring for our mental health is sometimes ignored,

many people overlook their emotions when evaluating their overall health. However, our emotional health affects all aspects of our day-to-day life - work, school, our social life - and should not be ignored. In fact, according to the National Mental Health Association, one half of visits to primary care physicians are due to conditions that are caused or exacerbated by mental or emotional problems. To improve your overall health, you need to care for your emotional health as well as your physical health.

This month I ask that you be more conscious of your own emotional well-being. When questions or concerns arise, remember that NewBridge can provide the resources you need to bring balance to your life. Even if you just feel like you need a little boost in dealing with the everyday, talking to a professional may be just what you need to get back on track.

Think about how you are feeling, evaluate your emotions, identify the things that add stress to your life and try to work through them. For example, practice some relaxation techniques such as taking a bath, listening to calming music, or going for a walk. These simple activities can help alleviate stress. If the feelings are persistent or you feel like you could use a little help, do not be afraid to talk to someone. While 54 million people are affected by a mental disorder in a year, only 8 million seek the treatment they need, according to the National Mental Health Association. Moving forward can sometimes feel like it will be difficult - but it doesn't need to be. NewBridge is here to help.

So in honor of Mental Health Month, give your mind the attention it needs and deserves. Mental health is important to your life.

Wishing you continued health and happiness,

Robert L. Parker, Executive Director

Board of Trustees

OFFICERS

Linda Lenz
President

Jeffrey Gillman
Fund President

Nancy Lebo
Vice President

Marie Cetrulo
Corresponding Secretary

Annita Zalenski
Recording Secretary

William Eckert
Treasurer

TRUSTEES

Elaine Houckes
Peter McArthur, Esq.
Sandy Rocciola
Jim Ryan

Executive Director
Robert L. Parker

Director of Development
Courtney Naughton

NewBridge Services, Inc. is a community organization that has been providing services and education programs to the children, adolescents, adults and seniors of Morris and Passaic counties since 1963 in order to bring balance to their lives. By listening to the needs of the community, NewBridge has consistently provided the highest quality programs including mental health, substance abuse, and housing programs as well as youth and senior services. For further information on our services, to contact our health professionals, or to make a contribution to the NewBridge Fund, please call us at 973-839-2520, or visit our web site at www.newbridge.org.



Helping People Move Forward

NewBridge Services, Inc.
Serving Morris and Passaic Counties

Administrative Offices
21 Evans Place
Pompton Plains, NJ 07444
P 973.839.2520
www.newbridge.org

Mental health services facing 'crisis' Continued from page 1

Robert Parker, executive director of Newbridge Services, said that the one percent increase was not enough to offset rising operating costs.

Parker pointed to a space on the exterior of the Newbridge building where a shutter was missing as an example.

"I could replace it, but two of my staffers would disappear," Parker said.

Wentz said that providers will push for the governor and Legislature to include a 4 percent increase in contract funding, representing less than \$12 million more than what is currently included in the governor's proposed budget.

"Four percent isn't going to close the gap of problems caused by major under-funding but it's enough to keep us going for another year," Wentz said.

The increase in demand, Wentz and Parker said, are due to community health care providers dealing with more people with serious mental health issues, as well as a rise in those who, like Rathkey, are putting aside stigma and seeking help for mental health issues that are not as severe.

While the increase in those with nonsevere problems has contributed to the increase in demand, Parker and Wentz encouraged people to "take a mental health day."

"Society, as a whole, cannot continue to run at breakneck speed," Parker said. "We all must take time for ourselves and make sure that we are mentally fit and ready to face the challenges of the day."

Printed with permission from the Daily Record, May 7, 2004.

Bringing Balance to Your Workplace

Why does mental health matter to your workplace? Mental health affects all workplaces in a variety of ways. When mental health is considered, employers see benefits in morale and productivity. When mental health is ignored, employers see problems with on-the-job concentration, absenteeism, and rising healthcare costs. Here are some tips to bring balance to your workplace:

- H**old monthly "brown bag lunch" workshops at your location. Invite NewBridge mental health professionals to lead the discussion. Topics can include how to handle stress on the job, finding balance in your life, care giving for an older parent or raising children.
- O**rganize a stress reduction workshop at your workplace. Tap into NewBridge to lead presentations on relaxation techniques.
- P**ost stress reduction and depression checklists in your lunchroom or break room to educate employees about the signs and symptoms and how to get help.
- E**xercise! Support employees' efforts to organize jogging, walking, or other exercise groups during their lunch hours to relieve stress and do something good for themselves.

NewBridge remains committed to helping those in Morris and Passaic counties live fulfilling, balanced lives. And, of course, healthier, happier employees help boost productivity and improve your bottom line. Remember to call on us - we're here to help. For more information or to have a program customized for your workplace, contact Courtney Naughton, of NewBridge at 973.839.2521 x259.

Talk to Your Children Before They Head Out to Prom, Graduation Parties

Tips for Keeping Your Teens Safe

Spring has finally arrived! With it comes the turn of another school year - and for high school seniors that means plenty of celebrations including prom, graduation, and the parties that follow. However, along with the celebrating comes increased responsibility.



Often times, these celebratory nights include parties where underage drinking is common practice, which can result in tragic consequences. In fact, according to the National Highway Traffic Safety Administration (NHTSA), more than one-third of those under the age of 21 killed in alcohol-related fatalities in 2001 died during the months of April, May, and June - prom and graduation season. Now is a vital time for parents to maintain an open dialogue with their teens about alcohol use. Ultimately, teenagers are in a position to make their own decisions but communication and guidance can help steer them in the right direction.

During this prom and graduation season, follow NewBridge's tips for parents to help keep your children safe:

- Parents should always have an open dialogue with their child about drinking and drug use, particularly during this time of year when a high school student's anxiety may be high and parties plentiful!
- Make sure your child has a plan for the evening and that you know it.
- Discuss the school's prom rules with your child and the consequences of violating them.
- Encourage your child to be a leader, not a follower.
- Teach your child never to ride with a drunk driver. Take the person's keys, if necessary. (Also, make sure your child knows that you are only a phone call away should they end up in a compromising situation).
- Teach your child that not giving into peer pressure to drink is a sign of maturity and self-respect.
- Communicate with other parents and school officials.
- Know who is driving - if it's a limousine, check the company policy on allowing alcohol in the vehicle.
- Stay up until your prom-goer returns home safely and let your child know that you will be waiting.

Tips for Your Teens

No alcohol required

Remember, you don't need alcohol to have a good time. Not only is it safer without drinking but it's also more memorable. Just think, no regrets, humiliation, hangover, or loss of self-respect to deal with the next day.

Leader of the pack

Plan to do something that doesn't involve drinking. Be a trendsetter - convince your friends that not drinking at parties is the more attractive choice - in every way. Drop the names of sports stars, rock stars, or celebrities you've heard who choose not to drink. Put your creativity to work to come up with activities and themes for parties. Consider karaoke, costumes, games, prizes, contests, great music and dancing. These activities will be more fun if everyone can actively participate and remember the fun times the next day.

Be prepared

Plan how you'll deal with anyone who tried to pressure you to drink or do something you don't want to do. Be prepared to say "No" (over and over again, if necessary), give a witty response, change the subject or just walk away. Practice with someone you trust or in a mirror. Don't succumb to peer pressure. Remember misery loves company.

Safety in numbers

The buddy system is smart when it comes to party-going. Plan to attend parties with one or more reliable friend. Discuss what you learned in school about drugs and alcohol, decision-making, and refusal skills.

Watch that cup!

Keep an eye on your non-alcoholic drink at all times. Never set it down then drink from it later, especially in a public place. You never know if someone has slipped something into it. If someone's added a dangerous drug to your drink and you consume it, the consequences can be deadly.

Be alert, get home safe

Beyond never drinking and driving yourself, be sure never to ride with someone who's been drinking, doing drugs or just plain tired. Call home, a trusted friend or relative for a ride, share a limo, take a taxi, the bus, or walk with friends. If you're really stuck, spend the night rather than ride with someone who's impaired.


Mission impossible

Don't even think about asking someone of legal drinking age to buy alcohol for you. If they're caught, they could face a fine of up to \$1,250.

Emergency measures

Keep emergency numbers handy, just in case. Never hesitate to call the police should things get out of hand. If someone gets drunk and passes out, he could be suffering from alcohol poisoning. Call an ambulance immediately, and turn him onto his side with his head on its side as well, to prevent choking if he vomits. Never leave him alone to sleep it off.

BROKEN PROMISES SHATTERED LIVES



I disappear a little
each day
drowning, fading
into the night

My life
broken
my hope
shattered

I reach
for help
your hand
slips away

*I need treatment for my mental illness.
PLEASE help me and thousands of other New Jerseyans.*

Tell Governor McGreevey and your legislators ...
It's time to repair the decades of broken promises.
Provide adequate money for community mental health providers ...
So they can extend a hand
...and help me put my shattered life together.

The community mental health system is crumbling.
On the brink of crisis, it needs a 4 percent cost of living increase.
Band-Aids® will no longer hold the community mental health system together.

Tips for Beating the Heat

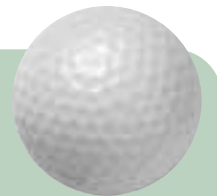
The sunshine and warm air of the spring and summer can be positive for a person's overall well-being. Outside activities provide extra exercise and the fresh air you were missing in your house all winter. But when temperatures reach record highs, as they have in the past few years, it is important for people (particularly senior citizens) to be extremely careful in the heat.

If you must go outside remember that heat combined with humidity increases the likelihood of heat-related illness such as heat cramps, heat exhaustion, or heat stroke. Warning signs of heat stress include: low energy, dizziness, nausea, and headaches. If you are feeling any of these signs, it is best to get to a cool place as soon as possible and contact your physician if symptoms persist.

Keep the following tips in mind when trying to "Beat the Heat" this summer:

- Dress lightly - wear thin, loose, light-colored or white fabrics.
- Drink plenty of fluids - especially water - regularly and often but avoid caffeinated or alcoholic beverages.
- Eat small meals and eat more often.
- Take a cool shower or bath or go for a swim at a local pool.
- Try to stay in the coolest room in the house. Better yet, take a trip to an air-conditioned mall, library, or public building.
- If you have it, use air conditioning at least intermittently to keep the temperature below 90 degrees.
- Use a fan. Fans are most helpful at night to bring in cool air. Remember to open a window to create circulation. Fans directed outward to bring cool air from the basement or fans directed at your body to increase evaporation work better than fans bringing in hot air from the outside.
- Limit your physical activity to the coolest times of the day - early morning or late evening.

Enjoy the recreational activities that spring and summer have to offer but do so responsibly. Take precautions to lower your body temperature and stay hydrated. And remember, when the temperatures reach record highs - it is best to stay inside!



Save the Date!

NewBridge Services 9th Annual Golf Outing

Monday, October 11, 2004 • High Mountain Golf Club • Franklin Lakes, NJ

*New This Year:
Scramble Format
& door prizes
waiting for you
when you finish!*

Registration: 10:00 - 11:45 am
Lunch starts at 11:00 am
Shotgun Start at 12:00 sharp!
Dinner and awards to follow.

Gather on the Green \$185 / golfer. Enjoy 18 holes of golf with cart, lunch, awards dinner, door prizes, auction, and friendly competition.

Sponsorship Opportunities available.

For more information, please visit www.newbridge.org or call Caitlin McBair at 973.839.2521, ext. 420.

Reserve Your Spot Now!

NewBridge Honors Trunfio, Davis, Rienstras

- Annual Gala a Success -



Robert L. Parker, NewBridge Executive Director, (far left), and Joseph Porter, Gala Chairman, (far right), together with the recipients of the 2004 *Helping People Move Forward Awards* – (from left to right) Theresa Davis, Reverend Andrew Rienstra, Mae Rienstra and Dr. Joseph Trunfio.

Over 175 supporters and friends were present at NewBridge Services' fourth annual gala at the Knoll Country Club West, Parsippany, NJ, on April 16, 2004. The Gala – themed *Swing Into Spring* – promoted advocacy, raised awareness of relevant community issues, generated funds for NewBridge's programs and services, and recognized those in our community who are dedicated to bringing balance to people's lives.

NewBridge was proud to present the *Helping People Move Forward Awards* to four individuals whose life-long commitment to helping others serves as an inspiration. Joseph Trunfio, Ph.D., President and CEO, Atlantic Health System, was honored for his leadership and contributions to community mental health. Theresa Davis, Director, Morris County Division on Aging, Disabilities and Veteran's Services, was recognized for her role in improving the quality of life of Morris County's senior citizens. Pastor Andrew and Mae Rienstra of Pompton Plains, NJ, were recognized for their personal commitment and support of affordable housing and community mental health education.

"Each of these honorees are champions within our society, always reaching beyond their normal day to build systems of support that will endure over time," said Robert L. Parker, Executive Director of NewBridge Services. "They raise the bar for all of us and serve as a reminder that each of us can make a difference."

An additional highlight of the evening was the moving keynote address of Julia Wilcox Rathkey, Mountain Lakes who shared a personal account of the loss of her husband at the World Trade Center on September 11, 2001, and how she and her three children, with support of friends, the community, and NewBridge were able to move forward and heal.



Jeffrey Gillman, NewBridge Fund Board President and his wife, Marie, enjoy the sounds of Rob Susman's "Usual Suspects."



Joe Porter, Gala Chairman, addresses the crowd and kicks off the evening.

In her address, Rathkey explained, "NewBridge has continued to be there for me, always happy and willing to guide me through my endeavors. For this, I feel as if I can never thank them enough for their generosity, good will and expert advice on all matters of life. They have become more than an organization to me, they have become my friends."

Rathkey's first book, *What Children Need When They Grieve*, which chronicles her journey, was released on April 27th..

Corporate Sponsors - Atlantic Health System, Chilton Memorial Hospital, Pfizer, Porter's Cleaning Service, Sandy and Judd Rocciola, Trammell Crow Company, and Valley National Bank joined event underwriters, Commerce Bank, Florentina Flowers and Gifts, Novartis and Jim Trainor and set the stage to raise nearly \$20,000 for NewBridge SAIL (Senior Assisted Independent Living) and NewBridge's Youth Prevention and Education programs.

"NewBridge has been able to help people move forward for more than 40 years because of you - our friends and supporters," said Joseph Porter, Gala Chairman. "Thank you for your continued support."



NewBridge Board and Gala Committee members, Marie Cetrulo, (left), and Sandy Rocciola, (right), join Morris County Freeholder John Murphy.



Gala Honoree, Dr. Joseph Trunfio, CEO, Atlantic Health System (center), accepts his award and a proclamation from the New Jersey Legislature.

Julia Wilcox Rathkey, Keynote Speaker, (second from left), receives congratulations from Courtney Naughton, NewBridge Director of Development, (far left), Betsy Hollo, NewBridge Family Advocate, (second from right), and Michelle Borden, (far right), NewBridge Associate Executive Director.



21 Evans Place
Pompton Plains, NJ 07444
P 973.839.2520
www.newbridge.org

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
DOVER NJ
PERMIT NO. 117

Helping People Move Forward

NewBridge Services Wishes to Thank the Generous Supporters of the 4th Annual Gala: *Swing Into Spring*

- Gold Sponsors -

Atlantic Health System
Chilton Memorial Hospital

- Bronze Sponsors -

Pfizer
Porter's Cleaning Service
Sandy & Judd Rocciola
Trammell Crow Company
Valley National Bank

- Underwriters -

- Cocktail Hour -
Jim Trainor
- Centerpieces -
Florentina Flowers & Gifts
- Honoree Gifts -
Novartis
- Photographer -
Commerce Bank

Whenever You Need Us!

Visit our website at www.newbridge.org and see how we bring balance to people's lives.