



An Important Message!

As we prepare this newsletter, medical experts and our societal leaders are updating their messaging regarding Covid almost daily. There is one leader in our community whose message is unwavering. Reverend Doctor Lester Wormley, Senior Pastor at Liberty Baptist Church in Elizabeth, NJ, says *"God can protect me AND I will use the science God allowed to help me protect my neighbor."* We are proud to share more from Pastor Wormley:

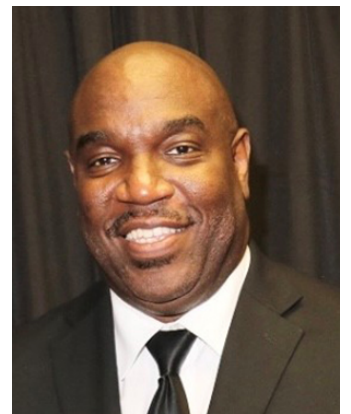
The pandemic experience has been great and terrible in equal measures. It has been great because it has served as a reminder of how precious life is. The notion of wasting time on petty squabbles or holding grudges against loved ones has faded for me and others. Additionally, the restraints created from the social distancing mandates have served as a great impetus for creativity and innovation in sharing the love of Jesus Christ. Utilizing technology in preaching and teaching, virtual meetings, call groups as well as the coordination of food distribution for the community has thrust us into what was once the future but now the new normal present. On the other hand, I've lost friends, parishioners and pastoral colleagues at an alarming rate which has caused the pandemic to be terrible.

At Liberty Baptist Church, I have followed the model of the Old Testament prophets in the sense that while my goal is to share the Word of God, my responsibility is to do it through the lens of the congregation's social reality and situation. To that end, there are not many times where ministry goes forth without the mention of Covid even if it's parenthetical.

I did not get vaccinated right away. I was hesitant and suspicious because of the history of Tuskegee and the expediency with which this vaccine was created. I felt that the vaccine could have been a trick to exterminate black, brown and poor people or it was just a science experiment that they hoped went right. I was very cynical.

There were several factors that led me to get vaccinated. The most powerful force was contracting Covid-19 myself. The pain associated with that was the worst pain ever and I never wanted to experience that again. Fortunately, I have friends who are medical professionals so I got information on both sides of the argument. The one point that tipped the scales for me is that all of my friends agreed that getting vaccinated would better protect my wife who is immunocompromised. If I had such a difficult time dealing with Covid I knew that she could not withstand the virus so I decided to get the vaccine to protect her.

I am a Christian and the entire Bible teaches about the importance of community. The same faith that causes one to say, "I trust God to take care of me" should inform the love of your neighbor to say, "God can protect me AND I will use the science God allowed to help me protect my neighbor."



Rev. Dr. Lester Wormley became ordained in his early twenties. He earned a bachelor's and two master's degrees, completing his doctoral degree at New York Theological Seminary



Spotlight on Excellence!



Congratulations to Kimberley Sunchuck, Case Manager, Winner of the prestigious Alan Lunt Consumer Advocate Award. Each year NJPRA honors an individual who shows outstanding advocacy efforts in the field of psychiatric rehabilitation for people in recovery.



Congratulations to Jennifer McElroy, MA, Team Leader, Sussex County Community Support Team Case Management Services. Winner of NJAMHAA ICMS Case Manager Award



Congratulations to Ray Delgado, Dual Recovery Counselor and Yasmin Paramo, MSW, LSW, LCADC pictured here with Director Nancy Schneeloch (center) Winners of NJPRA Direct Care and Supervisor of the Year Awards

All Smiles at the October Costume Walk



Long Standing Thanksgiving Tradition at Bridgeway

Special thanks to staff and volunteers at Partial Care Union who worked to continue the Bridgeway tradition of providing Thanksgiving meals to persons served. A total of 72 baskets of food and turkeys were delivered with help from Good Hope Baptist Church of Asbury Park NJ and the Monmouth and Ocean County Food Bank. Bridgeway is very grateful to the Royal Arch Masons of International Free and Accepted Modern Mason Inc. along with the Order of the Eastern Star Rev. Richard Clark Jr. and his wife Gabriel Clark for providing Thanksgiving luncheon for person served who were able to be on site.



Bridgeway's Force For Change

FORCE
for change
forceforchange.nj.com

Never underestimate the power of a small group of committed people to change the world. In fact, it is the only thing that ever has.
—Margaret Mead

REHABILITATION

RAPID ACCESS TO CARE
RECOVERY OF HEALTH AND WELLNESS
RECOVERY OF INDEPENDENCE
RECOVERY OF VALUED ROLES

Bridgeway
Behavioral Health Services

Amy Spagnolo, Trustee, Professor, Department of Psychiatric Rehabilitation and Counseling Professions, Rutgers, Bridgeway Behavioral Health Services

On November 8, 2021, Dr. Amy Spagnolo, Bridgeway Trustee and former Board Chairperson, was presented with a prestigious Force For Change award. Leading Women Entrepreneurs, a groundbreaking organization founded in New Jersey presented the award. Amy's favorite quote by Margaret Mead highlighted in this feature page from NJBIZ represents Amy's guiding philosophy and explains her passion for going above and beyond in the pursuit of better services for people living with mental illness. Congratulations!

<https://njbiz.com/leading-women-entrepreneurs-force-for-change-2021>

An Important Partner in Recovery!



NAMI NJ has trained and empowered volunteers to become family educators, support group facilitators, vocal legislative advocates, and recovery-oriented presenters.

Please visit these web addresses for information and to participate in NAMI's online support groups, which operate across the state:

Online Support Groups <https://naminj.org/online-support-groups>

NAMI Family Support Group for Adults and Family Members and NAMI Connection Recovery Support Group for Adults are 60-90 minute support groups, one for individuals and their families, and one solely for individuals. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.

Expressive Arts Café <https://naminj.org/programs/ean/expressive-arts-cafe>



Virtual Expressive Arts Café is a series of Zoom meetings featuring different topics ranging from poetry to musical interpretations, from vision boards to handmade crafts. All courteous friends are welcome, and creativity is not required! Email ean@naminj.org to get on our notice list

NAMI NJ en Español - Services in Spanish <https://naminj.org/programs/multicultural/nami-nj-en-espanol>



NAMI NJ en Español is an awareness & education program developed by NAMI NJ to serve the Hispanic Latino community in New Jersey. Provide education, support and advocacy for families affected by mental illness in their own language, Increase the level of cultural competency among mental health providers, help break the barriers of stigma and shame associated with mental illness that exists within the Hispanic/Latino culture.

AACT - NOW African American Community Together NOW <https://naminj.org/programs/multicultural/aact now>



AACT - NOW is an exciting initiative of NAMI New Jersey to connect with NJ's African-American families affected by mental illness, the faith community and mental health professionals to provide culturally competent education, support and advocacy.

CAMHOP - Chinese American Mental Health Outreach Program <https://naminj.org/programs/multicultural/camhop>



CAMHOP is a NAMI New Jersey initiative to serve immigrant families of Chinese origin who are affected by mental illnesses, including Chinese immigrants from mainland China, Hong Kong, Taiwan and other countries and regions, through education, support and advocacy.

SAMHAJ - South Asian Mental Health Awareness in Jersey <https://naminj.org/programs/multicultural/samhaj>



Provides education, support and advocacy for South Asians affected by serious mental illness. South Asians of Asian Indian and Pakistani origin, as well as those from Bangladesh, Sri Lanka, Nepal, Bhutan, and the Maldives are welcome to seek support and information.



Goal Planning for 2022

Goals are deliberate. Achieving goals can satisfy basic human needs for health and wellness of body, mind, and spirit. They require a plan to achieve them, and a firm commitment to the plan. An individual must commit thought, emotion and behavioral changes to achieve goals. Some goals could be small steps toward larger goals. Many larger goals take weeks or even a whole year to achieve - so if you have a meaningful goal for yourself for 2022 - start your planning today! Reach out to Bridgeway for help if recovery from mental illness and co-occurring conditions like substance use is one of your goals. We are here for you!



Do you know someone who is food insecure this holiday season? Visit www.foodpantries.org and input a zipcode for a list of food pantries in the area.

www.bridgewaybhs.org
Call Bridgeway 908-512-7400

Mental Health and Addictions Hotlines

NJ Hopeline
(suicide prevention)
1-855-654-6735

NJ Disaster Mental Health
Helpline
1-877-294-4357

NJ Mental Health Cares
1-866-202-4357

Addictions Access Center
1-844-276-2777

NJ Addictions Hotline
1-800-238-2333

NJ Connect for Recovery
1-855-652-3737

NJ Quitline
1-866-657-8677

Peer Recovery Warmline
1-877-292-5588

ReachNJ (Addictions Helpline)
1-844-732-2465

NJ Council on Compulsive
Gambling
1-800-426-2537

Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse
Call 732-317-5098

* If you would like to be removed from our mailing list, please call 732-913-9666
or write to erica.smith@bridgewaybhs.org