

Mental Health Awareness

As COVID prevention, vaccinations, and treatments become part of good routine health care, this month we are reminded that mental health care is also part of good routine health care.

According to the Mayo Clinic, surveys show a major increase in the number of Americans who report symptoms of stress, anxiety, depression and insomnia during the pandemic, compared with surveys before the pandemic. Some people have increased their use of alcohol or drugs, thinking that can help them cope with their fears about the pandemic. In reality, using these substances can worsen anxiety and depression.

The term “self-care” has become a frequent call to action, as we become educated and proactive about our whole-person health care. Below are some strategies for taking care of your mind:

- **Keep your regular routine.** Maintaining a regular daily schedule is important to your mental health. Set aside time for activities you enjoy. This predictability can make you feel more in control.
- **Stay busy.** Healthy distractions can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies, identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.
- **Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on negativity. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.
- **Use your moral compass or spiritual life for support.** If you draw strength from a belief system, it can bring you comfort during difficult and uncertain times.
- **Set priorities.** Don't become overwhelmed by creating a life-changing list of things to achieve. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness.



Spotlight on Excellence!

Bridgeway's newly opened multi-use headquarters, at 373 Clermont Terrace in Union, was the site of Bridgeway's 2022 Chairperson's Dinner on April 21st. The construction company that renovated the building for Bridgeway's use, SFC Enterprises, and Executive Vice President Frank Cannizzaro were presented with the Distinguished Business Partner of the Year Award. Bob Edes, Bridgeway COO, and Cliff Lewis, Facilities Manager, were applauded for their work on the project. The Clermont Terrace building will house all administrative offices, along with Career Services, three PACT Teams (Program of Assertive Community Treatment), Supportive Housing, and Justice Involved Services.



Bridgeway Artists' Work Featured at the 2022 Chairperson's Dinner



Fearless by Maria Villa



Father and Son by S. David

A mid-September Exhibition of Art by Persons Served is planned, details to be announced. Join our online community for notices of Bridgeway events. Special thanks to Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

Pictured L to R:
Cory Storch, CEO;
Joe Perez, Chair, Board
of Trustees;
Frank Cannizzaro,
EVP, SFC Enterprises;
Jim O'Connor, Board
Trustee, Chair of Fund
Development;
Michael Harrison,
Sr. Construction Manager



New VPs Named

Cory Storch, Bridgeway President & CEO recently announced title changes for senior clinical directors.

"These new titles more accurately reflect the depth of daily contributions to Bridgeway's clinical excellence, and actual roles that these professionals hold at Bridgeway," said Mr. Storch.

Please join us in congratulating new Vice Presidents!



Buddy Garfinkle,
Senior Vice
President & Chief
Program Officer



Stephanie Simon,
Vice President
Center for Integrated
Behavioral Health
Care



Nancy Schneeloch,
Vice President
Supportive Housing
Services



Lisa Vara,
Vice President
PACT Services



Partners in Behavioral Health Care



Pictured L to R: Allison MacFadyen, Director of Bridgeway Psychiatric Emergency Screening Services (PESS) in Somerville, NJ; Cory Storch, President & CEO; Douglas Singleterry, Somerset County Commissioner

Special thanks to Somerset County for funding in the amount of \$190,824. These funds will be used to provide critical children's crisis response services to students and families through a partnership with Somerset County schools.

Bridgeway is partnering with Dr. Elizabeth Filippatos, Executive Director of Student Services at Plainfield Public Schools, to deliver crisis response services in the City of Plainfield. Dr. Filippatos said "Mental Health is essential to the overall health and wellness of our students. Access to adequate mental health services and remaining stigmas around the treatment of mental illnesses are barriers for our community. Partnering with Bridgeway will give our families access to the myriad of services Bridgeway can conveniently provide to our students."

Mental Health and Addictions Hotlines

NJ Hopeline
(suicide prevention)
[1-855-654-6735](tel:1-855-654-6735)

NJ Disaster Mental Health
Helpline
[1-877-294-4357](tel:1-877-294-4357)

NJ Mental Health Cares
[1-866-202-4357](tel:1-866-202-4357)

Addictions Access Center
[1-844-276-2777](tel:1-844-276-2777)

NJ Addictions Hotline
[1-800-238-2333](tel:1-800-238-2333)

NJ Connect for Recovery
[1-855-652-3737](tel:1-855-652-3737)

NJ Quitline
[1-866-657-8677](tel:1-866-657-8677)

Peer Recovery Warmline
[1-877-292-5588](tel:1-877-292-5588)

ReachNJ (Addictions Helpline)
[1-844-732-2465](tel:1-844-732-2465)

NJ Council on Compulsive
Gambling
[1-800-426-2537](tel:1-800-426-2537)

We Appreciate Our Sponsoring Partners



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www.bridgewaybhs.org



Contact Us

Bergen, Essex, & Passaic County programs	862-200-4078
Hudson County programs	201-370-4232
Hudson County Crisis Intervention for Urgent Care	201-885-2539
Hunterdon, Middlesex, Somerset, & Warren County programs	908-403-0804
Somerset County PESS (<i>Screening Services</i>)	908-526-4100
Sussex County programs (<i>Community Support Team</i>)	973-383-8670
Outpatient Counseling Services	973-383-8670
Union County programs (<i>including Homeless Outreach</i>)	908-512-7400
Outpatient Counseling Services	908-310-5169
General Administrative calls	908-512-7400

Bridgeway Outpatient Counseling Services

Outpatient Counseling Services are now available for persons who desire session-based help for substance use and mental health concerns.

Current appointments are being scheduled regardless of your location by telephone and tele-video. If you seek substance use counseling in Elizabeth, you may opt for in-person sessions. Others may access in-person counseling in Newton. Please call the access numbers below for more information.

Counseling is available for young people. All insurance is welcome including Medicaid. Bridgeway behavioral health counselors are available for secure talk therapy sessions during a range of convenient days and times.

Bridgeway counselors are engaging and effective. They will help with depression, anxiety disorders and other potentially long-term problems.

Access number: 908-310-5169 or 973-383-8670 | Email: outpatientcounseling@bridgewaybhs.org

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

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