

# BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES



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**COUNTY EXECUTIVE'S MESSAGE:** May is Mental Health Awareness Month and the Bergen County Health Services Department is doing outstanding work helping residents with mental illness and expanding the Stigma-Free movement throughout our county. Mental illness doesn't discriminate. Residents of all ages, races, faiths and financial circumstances experience mental health issues. Please don't be shy. There is no need to suffer in silence. If you suffer from mental illness, contact our health services team. We are here to help.  
-Sincerely, James J. Tedesco III

**HEALTH OFFICER'S MESSAGE:** As May is Mental Health Month, I encourage you to attend an upcoming Mental Health First Aid Training course. Classes will be held every Wednesday during the month of May from 9:00am -4:30pm at One Bergen County Plaza, Hackensack NJ. To register, go to [www.bergenhealth.org](http://www.bergenhealth.org) and visit the Mental Health Services webpage. If you have any question call Nohely Payamps at 201-634-2767 or email [npayamps@co.bergen.nj.us](mailto:npayamps@co.bergen.nj.us).  
-Sincerely, Hansel F. Asmar

## NATIONAL MENTAL HEALTH MONTH

National Mental Health Month raises awareness about mental illnesses and related issues in the United States. In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them.



Most individuals don't really know what to say or how to react in situations that relate to mental health issues.

That fear is related to the stigma associated with the disease of mental illness. Illnesses that affect the brain, like depression, anxiety, and addiction are among the thousands of diagnoses that afflict 1 in 4 adults and 1 in 10 children in our nation every year. However, the treatment of these diseases is unfortunately impeded by stigma. Just like any other disease, early intervention and prevention is optimum. The longer a person who is ill suffers in silence, the longer it may take to treat the disease and promote healing and recovery.

Mental illness and addiction touches everyone. Each of us needs to play a role in eliminating stigma and supporting those whose lives are affected by these diseases.

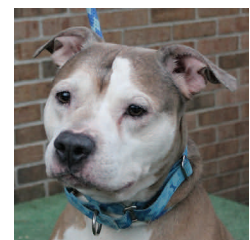
For more information about the Bergen County Stigma Free Campaign along with other Mental Health resources visit [www.Bergenhealth.org](http://www.Bergenhealth.org)

## NATIONAL PREVENTION WEEK

National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. National Prevention Week is held during the school year to allow schools to take part in a prevention-themed event, and raises awareness in students of all ages. For more information visit [www.samhsa.gov/prevention-week](http://www.samhsa.gov/prevention-week)



## ADOPTABLE ANIMAL OF THE MONTH



### CHEROKEE

Cherokee, at 8 years old, came in as a stray so we don't know much about his past. We believe he once had a loving home seeing as he is house broken and knows some commands. Social as a butterfly, he wants to be involved in your every move. But give him a toy, and his world comes to a sudden halt and toys will become his universe. Cherokee is a pretty smart cookie and is willing to learn. He does need some manners along with loose leash training, since he can be quite the puller. This big teddy bear will be quite the loving and adventurous companion if given the opportunity to show you.

Available for adoption at the  
Bergen County Animal Shelter  
201-229-4600  
[www.Bergenhealth.org](http://www.Bergenhealth.org)

## FEATURED DIVISION

### Division of Mental Health Services

The mission of the Bergen County Division of Mental Health Services is to assure that Bergen County residents of all ages, from youth to the aged, who need treatment for a mental illness have access to care, regardless of ability to pay, in compliance with the New Jersey Administrative Code [NJAC] 10:37. The Division aims to raise awareness that mental illness is a disease, not a choice. We provide planning and oversight, system coordination, public education, information, referrals, and advocacy. We are also a liaison between state, regional, and local planning bodies, and legal counsel and representation.

For more information contact Michele Hart-Loughlin at  
Mloughlin@co.bergen.nj.us or call 201-634-2745

## NURSES WEEK CELEBRATION!!

### May 14 to 20, 2017

During National Nursing Home Week, skilled nursing care centers will unite under the theme, "The Spirit of America." This theme underscores the bond between staff and residents that captures the American spirit.

Bergen County Health Care Center embodies a unique and vibrant spirit and community for residents and staff alike. We will celebrate throughout the week with food, entertainment and music.

On Sunday, May 14th, we kick off the week by honoring all the mothers.

On Monday, May 15th, we'll gather to share our fondest memories of various American eras. The Immigrants Parade with St. Paul's volunteers will grace our Tuesday, May 16th, festivity. A Potluck lunch with staff for

Wednesday, May 17th, followed on Thursday, May 18th, with "I Love America" Bingo game. We cap off the celebration with a resident and staff talent show on Friday, May 19th.

Bergen County Health Care Center is a community of care givers that feels privileged to serve each and every day this wonderful generation of Americans. They have given so much to their families, friends, and communities. Celebrating their American spirit of diversity and unity under one nation is our honor.

For more information please contact Diane Holzberg at  
Dholzberg@co.bergen.nj.us



## FREE COMMUNITY EVENTS

**Bergen County Professional Advisory Committee on Alcoholism and Drug Abuse (PACADA)** meeting will be held on May 8<sup>th</sup> at One Bergen County Plaza, 4<sup>th</sup> floor Learning Center, Hackensack. 10:00 -11:30am  
RSVP to Lisa Abbate  
labbate@co.bergen.nj.us

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**Local Advisory Committee on Alcoholism and Drug Abuse (LACADA)** meeting will be held on May 11<sup>th</sup> at One Bergen County Plaza, 3D 3rd floor, Hackensack. 5:30-7:00pm  
RSVP to Lisa Abbate  
labbate@co.bergen.nj.us

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### County Wide Municipal Alliance Training on Opiate & Marijuana Extraction

Tuesday, May 23, 2017 6:00 - 7:30 pm.  
Speaker: John Kriger. The event will take place at One Bergen County Plaza, 4th floor Learning Center, Hackensack.  
RSVP to Judy Forman  
jforman@co.bergen.nj.us

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### Get Fit Bergen! Free Exercise throughout Bergen County

**Tai Chi Chih**— Every Monday,  
May 1st– June 26th 5:00-6:00pm at the  
Wild Duck Pond, Ridgewood

**Tai Chi Chih**- Every Tuesday,  
May 2nd-May 23rd 6:30-7:30pm at the  
Township of Washington Public Library

**Step and Stretch**— Every Thursday,  
May 4th– June 15th 10:00-11:00am at  
the James A. Mcfaul Environmental  
Center, Wyckoff

For more information contact Marla Klein  
mklein@co.bergen.nj.us , call 201-634-  
2693 or visit [www.healthybergen.org](http://www.healthybergen.org)

# DO YOU KNOW THE BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES???

We promote awareness against mosquito-borne diseases through our “Bergen Bites Back” campaign. The campaign encourages residents to reduce breeding sites for mosquitoes to help us stay one step ahead of diseases like Zika, Dengue, Chikungunya, and West Nile Virus. For more information contact Eric Ciavaglia at [eciavaglia@co.bergen.nj.us](mailto:eciavaglia@co.bergen.nj.us) or call 201-634-2709



The Medical Reserve Corps (MRC) volunteers include medical and public health professionals as well as community members. Volunteers attend monthly trainings on topics such as emergency preparedness and response, emergency sheltering, and disaster medical support. If interested in becoming a volunteer, contact Dawn Wilkes at [dwilkes@co.bergen.nj.us](mailto:dwilkes@co.bergen.nj.us) or call 201-634-2695

We provide a twelve step, therapeutic living environment, along with vocational and life skills training to adult women in recovery. Spring House participates in the Drug Court Initiative and Work First NJ—Substance Abuse Initiative.

For more information or admission eligibility please call: 201-634-2740



The Cancer Education and Early Detection (CEED) program provided 673 breast cancer screenings, 442 cervical cancer screenings, 366 colorectal cancer screenings, and 47 prostate cancer screenings to eligible individuals in the 2015-2016 fiscal year. For more information contact Susan Crandall at [SCrandall@co.bergen.nj.us](mailto:SCrandall@co.bergen.nj.us) or call 201-634-2664



The Bergen County Prosecutor's Office has formed a narcotics task force that seeks to arrange treatment as an alternative to incarceration for those arrested for narcotics offenses. To read the full story visit:

<http://www.northjersey.com/story/news/bergen/2017/04/10/special-report-week-bergen-prosecutors-narcotics-task-force/99887292/>

To learn more about the Prosecutor’s office visit: [www.bcpo.net](http://www.bcpo.net)



## CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

**Earn Public Health CE's, nursing contact hours, professional development hours, or CECH for Certified Health Education Specialists**

***Lead Poisoning: Public Health Initiatives***

Tuesday, May 16th from 4:00-6:00

Purpose: to provide school and public health nurses with the most up to date information on lead poisoning prevention efforts and guidelines in New Jersey.

**To RSVP, contact Edith Collazzi, RN, BSN, MA**

**201-634-2708**

**ecollazzi@co.bergen.nj.us**

### OUR MISSION

To improve and maintain the quality of health for all citizens in Bergen County through public health community outreach and service delivery initiatives; to be an adaptive, learning organization that serves as an effective and accountable local public health authority and an innovative provider of community health services.

*WORKING EACH  
AND EVERY DAY TO  
BUILD A HEALTHIER  
BERGEN COUNTY*



**Public Health**

**PREVENT  
PROMOTE  
PROTECT**

### OUR VALUES

**INNOVATIVE**—seek, explore, and invent new ways to serve our community through disease prevention and health promotion.

**COLLABORATIVE**—partner with various community organizations as a means to strengthen our ability to meet the needs of our community.

**INTEGRITY**—doing the right thing based on wisdom, knowledge, truth, and respect.

**DIVERSITY**—respecting the nobility, value, and uniqueness of each human being.

**QUALITY**—always striving for excellence.

**WE'RE ON THE WEB!**

[BERGENHEALTH.ORG](http://BERGENHEALTH.ORG)

[WWW.FACEBOOK.COM/  
BERGENGOV/](http://WWW.FACEBOOK.COM/BERGENGOV/)



[WWW.TWITTER.COM/  
@BERGENCOUNTYNJ](http://WWW.TWITTER.COM/@BERGENCOUNTYNJ)



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**E-mail:** healthdept@co.bergen.nj.us

**COUNTY OF BERGEN**  
**JAMES J. TEDESCO III**  
*County Executive*  
and the

**BOARD OF CHOSEN FREEHOLDERS**

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