



**NAMI**  
National Alliance on Mental Illness

# Mercer *Messenger*

September 2016

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Vol. 34, No. 3

## Our Mission

*NAMI Mercer is a nonprofit organization of individuals and families working to improve the lives of those affected by mental illness through education, advocacy and mutual support.*

### NAMI Mercer Calendar

For regular support meetings, see Page 8

#### PUBLIC EDUCATION MEETINGS

**September 21** (Wednesday)  
7:00 – 8:30 p.m.

**“Nutrition and  
Mental Wellness”**

*Theresa Tucker RN,  
President, and Sue Methot, VP, of  
Heart to Hearts, at Project  
Freedom, 1 Freedom Boulevard  
Lawrenceville, NJ 08648*

**October 6** (Thursday)  
7:00 – 8:30 p.m.

**“Medication-Resistant  
Depression”**

*Steven P. Levine, MD  
Place to be determined.*

#### Volunteer Orientation

First Wednesdays, 5:00 – 6:00 p.m.  
*The NAMI Mercer Center.  
Please confirm your  
attendance.*

## Harvest of Hope Theme: Living With Purpose

**N**AMI Mercer will commemorate Mental Illness Awareness Week with its eighth annual Harvest of Hope wellness conference on Saturday, Oct. 1 from 8:30 a.m. to 3:00 p.m. at the Presbyterian Church of Lawrenceville.

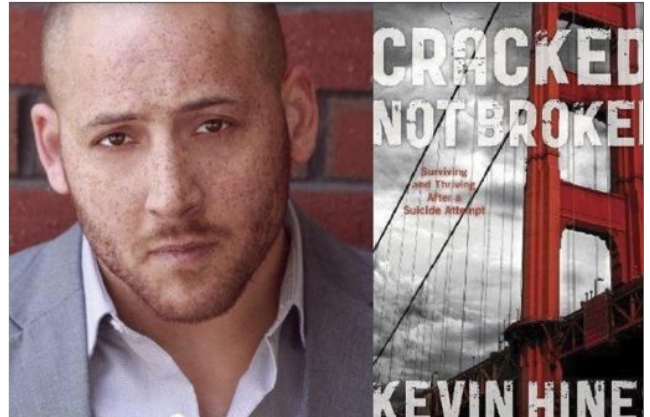
Sponsored in part by a grant from the Lawrence Township Community Foundation, this education event is open to consumers, their families, and the general public.

Our theme this year is “Living with Purpose.” Kevin Hines will deliver the keynote address — “Cracked Not Broken.” Mr. Hines is a mental health advocate, award-winning global speaker, best-selling author, and documentary filmmaker who tells audiences around the world about his unlikely survival after jumping from the Golden Gate Bridge.

Today, Kevin’s mission is to save lives by spreading the message of hope and sharing his art of living mentally well.

Following the keynote address, conference participants will have a choice of wellness workshops, with one session in the morning and another during the afternoon. The \$15 registration fee includes lunch. Although membership in NAMI Mercer is not required, we are offering an incentive price of \$35 to join AND attend the conference.

Workshops will provide a variety of interactive and hands-on wellness experi-



**Keynote Kevin Hines, mental health advocate**

ences to help you find ways to live with intention through creative endeavors, meditation, spirituality, volunteerism, and advocacy. Learn to be purposeful about seeking and managing your medical care, finding housing, and taking advantage of resources for education and employment.

Throughout the day, representatives from local health and wellness non-profits will be available to provide information about their programs and services. The conference will conclude with the premiere of “The Family Experience,” a short documentary film produced by NAMI Mercer in collaboration with Princeton Community TV.

NAMI Mercer has mailed conference brochures to members. You can register by completing the paper form in the brochure or by going to [namimercer.org](http://namimercer.org) to register online. Registration closes on Sept. 23.

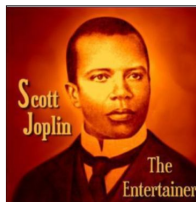
For more information, call 609-799-8994.

## Save the date!

**Night Out with NAMI, Nov. 6**

*featuring the life  
and music of*

# Scott Joplin



## 2016 Harvest of Hope Photo Contest

The theme this year is “Keeping Hope Alive.” Submit photos that depict symbols, expressions, objects or scenes that inspire you and give you hope on your path of recovery.

High-quality jpg files with your name, contact info and photo title should be emailed to [volunteer@namimercer.org](mailto:volunteer@namimercer.org) by September 23, 2016.

## Executive Director's Message

### Window on the World

**F**requently, I find myself saying with a certain measure of pride, "NAMI Mercer is a robust local affiliate of the National Alliance on Mental Illness." I think it is significant that we are part of a much larger organization, expanding the impact of what we do well beyond our little corner of the country. Rarely, however, do we get a personal look at what our efforts could mean elsewhere in the world.



**Janet Haag**

One of our new Helpline volunteers, Asad Shaikh, was born in the US and raised in Pakistan, where he recently graduated from medical school. He is volunteering for us while in the process of applying for a residency in psychiatry here in the States. Last week, he mentioned that hardly anyone pursues psychiatry as a profession in Pakistan. It is a neglected healthcare field because mental illness is such a huge taboo in Pakistani society.

Discrimination against those with mental illness is rampant and prospects

for care are bleak. To put this in perspective, according to the World Health Organization, only 400 psychiatrists and five psychiatric hospitals exist in Pakistan to serve a population exceeding 180 million, translating to an alarming ratio of about one psychiatrist to 1.5 million people.

Why do I share this? Because even as we struggle to advocate for proper treatment for those affected by mental illness here at home, we are simultaneously part of a global movement to eliminate stigma and address mental health concerns.

You may be familiar with this longstanding call for social justice, "Think globally; act locally." Indeed, if we are to effectively meet the enormous challenges facing us, we need to be ever more strategic and inclusive in our efforts. We need to work collaboratively within our communities, setting the stage for us to work better together across continents.

In addition to our close working relationship with IFSS (Intensive Family Support Services), NAMI Mercer is becoming more deeply engaged in other collaborative ventures.

To highlight just a few, we have a vibrant video team creating a short documentary in partnership with Princeton Community TV. We are represented on

the Bio-New Jersey Steering Committee and will have one of our members speaking at its statewide Patient Advocacy Summit in November.

With the Robbinsville School District, we will co-host a movie screening of "No Letting Go"—a poignant and compelling drama of one family's journey to support a child with a mental health condition, and we are in the initial stages of piloting Kids WRAP as part of an afterschool program in Mercer County.

We are inviting students from local colleges and universities to our keynote address by Kevin Hines at Harvest of Hope. Two of our members are being interviewed for an educational program on major depression, hosted by WebMD, and we are scheduling public education events with various other community organizations.

Every once in a while, it is good for us to open a window on the world, recognizing that here at NAMI Mercer, each time we share hope and build bridges to effect positive change, we are actually setting in motion possibilities for transformation around the globe!

*Janet Haag*  
Executive Director

### Night Out with NAMI Features the Music of Scott Joplin

**N**AMI Mercer will host its 15th annual Night Out with NAMI on Sunday, November 6 at Stuart Country Day School's Cor Unum Center in Princeton. This year's benefit event will feature Dr. Richard Kogan, who returns for his eleventh performance at Night Out.

Dr. Kogan, a psychiatrist and concert pianist, is known for his fascinating "Music and the Mind" lecture/recitals. On Nov. 6, he will perform compositions by Ragtime King Scott Joplin and examine the role of suffering as a creative muse, the symbolic expression of racial tensions, and the potential healing power of music.

Additionally, this year's Night Out with NAMI honors Madeline Monheit as the 2016 Pillar Award recipient. The

Pillar Award recognizes individuals who have made an extraordinary, long-term contribution to the mission of NAMI Mercer and the people it serves.

The benefit concert begins at 3:00 pm, followed by a cocktail reception, sit-down dinner, and live auction. Tickets for the concert only are \$50 per person; tickets for the concert, cocktails and dinner are \$150 per person. Supporters who join Patron Society 2016 with a minimum contribution of \$500 before the event will receive complimentary tickets, the number of tickets determined by donation level. Night Out with NAMI sponsorships also are available.

Invitations are being mailed to members and former attendees in September. Tickets can be purchased online as well. For more information about Night Out with NAMI, go to [namimercer.org](http://namimercer.org) or

contact Christine Bakter, Director of Development, at (609) 799-8994 or [cbakter@namimercer.org](mailto:cbakter@namimercer.org).



## President's Message

# And So the Adventure Begins

Adventure is defined by the Cambridge Dictionary as “an unusual, exciting and possibly dangerous activity, trip or experience, or the excitement produced by such activities.” When I was chosen president of the NAMI Mercer Board of Trustees on June 27, it was clear to me that I was embarking on an exciting journey.

While I don't anticipate “dangerous activity” in its literal sense, I do feel an incredible responsibility to the membership of NAMI Mercer to ensure that together, we experience all the positive possibilities of an adventure. I am grateful to Karen Marquis for her commitment and dedication during her presidency. She has enabled me to begin on very solid ground.

You may not know that I recently began another adventure. I left my safe and secure second home of twenty years — Catholic Charities — to become the

executive director of the TASK (Trenton Area Soup Kitchen). So, change has been my mantra over the last couple of months.

Fortunately, as humans, we have the ability to alter our outlook from “change and fear” to “opportunity and adventure;” however, consistently adopting a positive attitude can be challenging.

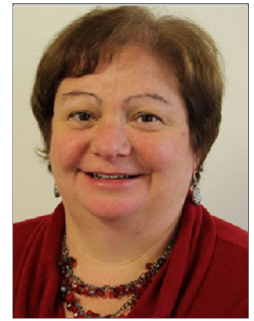
Change is disorienting for us all, but more so, I think, for those who have a mental illness. Routine, habits, and constants reduce stress and lead us on a calm path through life. This has certainly been the case for me as I have learned to cope with major depression and anxiety over the last 25 years.

So, you can probably imagine the jitters in my belly as I begin on two new adventures. Will they be too much? Will I become anxious and depressed? Will I live up to the expectations of others? Okay, maybe I am obsessing too much.

I have told myself that it is a blessing to preside over such an incredible group of people who share my struggle to sustain a positive attitude. We cannot waste time on negativity. We have stigma to fight, support to offer, and education to provide.

I welcome hearing from you and listening to your thoughts and ideas as we work together for our beloved NAMI Mercer.

With gratitude,



**Joyce Campbell**

*Joyce Campbell*

President

## Soup Kitchen Expands to Fill Service Void

*Excerpted from an editorial that appeared in The Times of Trenton on May 26, 2016, p. A12.*

Joyce Campbell has some hefty challenges in front of her. The longtime nonprofit leader is about to take the reins of the Trenton Area Soup Kitchen during a time of enormous growth . . .

We're optimistic that with three decades of experience to her credit —

20 years of them at Catholic Charities, including her most recent post as associate executive director for external affairs — Campbell is up to the task . . .

The TASK board of trustees cast a wide net before selecting Campbell from about 90 applicants, based largely on her demonstrated ability to collaborate with community organizations and government agencies, as well as her skill at navigating the nonprofit world.

Those are strengths she will call on daily in her new role: overseeing a paid staff of close to 30 and a volunteer crew of more than 3,500, all tasked with serving an estimated 4,800 free meals every week of the year . . .

For sure, the new executive director will have much on her plate. We welcome Campbell and wish her every success in her new role.

## Patricia Korsak in Poetry Contest

Congratulations to NAMI Mercer family member and volunteer Patricia Korsak, who was awarded 7th place in the NAMI NJ Dara Axelrod Expressive Arts Mental Health Poetry Contest. The 2016 winners were announced on June 4.

NAMI NJ founded the Dara Axelrod Expressive Arts Network in 1993, spearheaded by the late Dara Axelrod, to encourage self-expression, personal growth, networking, advocacy and the understanding of how artists affected by mental illness have enriched our society. The annual poetry contest was introduced in April 2014 and received an enthusiastic response from the commu-

nity. This year's theme was “Positive Aspects of Having Dealt with Mental Health Challenges.”

“All of the poems entered were great,” said Jacquese Armstrong, the arts network coordinator and former NAMI Mercer In Our Own Voice presenter. The top ten poems are posted at [naminj.org](http://naminj.org).

### Untitled By Patricia Korsak

You are not alone.

I have been there. Other people have been there.

We empathize. Speak up. Express your feelings.

Despite the tears, despite the hurt, despite the anger, despite the desperation!

You are not alone.

Take a chance.

You'll be surprised. We understand.

Share the fear, share the hurt, share the anger.

In spite of the anxiety, in spite of the trembling, in spite of the self-doubt!

You are not alone.

Lean on us.

Let us support each other. See us in you. Acknowledge us, talk to us, recognize us.

Fight with us, struggle with us, strengthen with us!

You are not alone.

Together we can make a difference.

Together we can fight stigma.

Together we are so much more.

You are not alone.

# Maddy Monheit to Receive the Pillar Award

by Liz Hagen

The NAMI Mercer Board of Directors has chosen Madeline Monheit to receive its prestigious Pillar Award for 2016, given for a consistent and significant contribution to achieving the NAMI Mercer mission through volunteerism, leadership, advocacy and/or charitable giving over at least five years. Maddy will be the fifth recipient. The presentation will take place at the annual Night Out with NAMI fundraiser, Sunday, November 6.

Maddy Monheit joined NAMI Mercer in December 2004, bringing with her a powerful background of experience at the National Institutes of Health in Bethesda, MD, as a senior writer and editor (both print and online) with training in technical documentation, administration and human resources. She spent 15 years in the field of computer technology, planning and managing complex automated information systems projects. Before that, she worked for seven years as a high school Spanish teacher and academic advisor.

It is hardly surprising that Maddy has made her mark on NAMI Mercer. In May 2006, she became a member of the Board. She serves on six committees: Communications, Development, Programs and Services, Harvest of Hope, Night Out with NAMI, and the Walk. She is also secretary to the Board.

Maddy leads by example, taking an active and creative role in any enterprise she joins. She themes and decorates the Walk kickoff event at Janssen Pharmaceutica and has worked on the silent auction, decorations and other details of NAMI Mercer's annual fundraiser at Stuart Country Day School. Her commitment extends to other organizations within the community, such as Lawrenceville Main Street and Heart to Hearts. Maddy forged our connection with the Lawrenceville Presbyterian Church and found a home for our annual Harvest of Hope event.

During her service on the Development Committee, which included planning for the organization's future, Maddy came up with the apt title: "Fund for the Future." Always thinking of ways to develop new sources of income, she encouraged friends and family members to make memorial donations to honor

their loved ones, thus widening the NAMI circle of commitment. Board member John Marsland said, "Maddy was at the core of this work."

NAMI Mercer's Executive Director Janet Haag said, "Maddy is the quintessential volunteer. She is a leader whose generous spirit makes all the difference in our service to the community. Maddy is the kind of person who is at the heart and soul of NAMI Mercer. We are overjoyed to honor her as one of our Pillar Award recipients."

Director of Development Christine Bakter sees Maddy as a development director's dream, a board member who leads through action and example. To boost corporate sponsorship for the Walk, Maddy went to her own bank, dentist and doctor. She constantly thinks of ways to leverage cash and in-kind commitments from new sources.

"Maddy is very creative," says Bakter. "She enhances everything she undertakes. Once she starts a project, she will follow through to the end. She is driven by her belief in the importance of what she does."

Operations Director Danita Saunders-Davis said, "Maddy exemplifies a spirit of grace. She has a can-do attitude and a high level of competency. She is a perfectionist, but you never see her feathers ruffled. She will stay cool, play the role of the referee and be willing to listen and find solutions to problems. She never dismisses anyone's concerns as unimportant. When she says 'How are you doing?' it is out of genuine care and concern for the people who make NAMI work. She is a joy to work with."

Former NAMI Mercer President Bill Hayes said, "If anyone is a pillar, Maddy is! Her hard work on so many major events, her artistic input, make me wonder whatever would happen to us without her. The Harvest of Hope is her brain child. Her financial contribution is very substantial. She is a wonderful example to other board members."

Former Executive Director (2007-2015) Sally Osmer noted that Maddy had been asked to serve as president, but Maddy believed that she could better serve the organization in other capacities. "She is an obvious and lovely choice, with so many different capabilities. Not only does she have great ideas, but she's willing to carry them out."

During Sally's jurisdiction, Maddy initiated a series of Op-Ed articles in The Times of Trenton. She convinced publisher Brian Malone to publish 11 articles, from February to December 2009, on NAMI Mercer's service to the families of people affected by mental illness. She has planned and edited every issue of NAMI Mercer's newsletter for the past ten years. She is also responsible for public relations.

Maddy created the Harvest of Hope conference to mark NAMI Mercer's 25th year and is justifiably proud of it. It has become an annual fall event, and about 180 participants enroll each year; the workshops are varied and well-attended. This October, for the first time, free tickets to the keynote address will be offered to local college students.

Carol Rickard of WellYOUUniversity, LLC, a health education company, has been involved with NAMI for the past six years. She says, "I met Maddy at the first Walk in Mercer County Park. I have learned so much from her, especially about online and written communications and how to run a meeting. She's creative and detail-oriented, but also caring and thorough. Harvest of Hope will always hold a spot in my schedule and time."

"Maddy is open to other people's ideas and versatile. Across the breadth of her ability, each area of commitment requires something different from her. I am lucky to have her be a part of my life and of NAMI Mercer."

Maddy's work for NAMI Mercer is helpful for her own recovery. She needs to give back, since she knows recovery is possible, and life can be good. "It's very important to be among positive people," she says. "Talking about one's experiences is the best way to fight stigma. It's also important to have a purpose in life. Each night, I ask myself what I did today that was constructive and helpful."



Maddy Monheit



## NAMI Mercer: People and Places

To mark Minority Mental Health Awareness Month this year, NAMI Mercer and Kingdom Church co-hosted an interfaith clergy breakfast on July 21 in Ewing to discuss the specific challenges faced by faith communities in supporting individuals and families affected by mental illness. There was candid conversation about the impact of stigma in our society, including within congregations, and the limitations clergy feel when trying to recommend appropriate resources. The exchange opened the door for future congregational collaboration and enhanced communication. Kingdom Church proved to be a wonderful partner! (L to r) Pastor Jonathan Leath (Kingdom Church, Burlington), Tia Sanders (Destiny Church, Moorestown), Pastor Bob Turton (Bethany Gospel Mission Home, Hightstown), Theresa Hank (St. James Roman Catholic Church, Pennington).



The NAMI Mercer video team has made excellent progress in producing “The Family Experience,” a short documentary film. Volunteers are being mentored by Andrea Odezynska of Princeton TV as part of its 2016 Community Partners Project. (L to r) Robert Hedden, Will Leavey, Brian Bono, Chris Nesi. Not shown are Tom Pyle (team leader), Julie Maddocks (team manager), Madeline Monheit (chair, Communications Committee), and new member Jeff Schotland.



NAMI Mercer benefitted from the talents and skills, energy, and enthusiasm of an incredible team of student interns/volunteers this summer. They fielded Helpline calls, served on the Video Project Team, assisted with outreach events, prepared presentations, assembled class materials, and completed a wide-range of other administrative tasks. Cheers to our “college crew!” L to r: Anne Daly (Syracuse University); Heather Keyser (Lafayette University); Katherine Venturo-Conerly (Harvard University); Brian Boni (Temple University); not pictured Will Leavey (Mercer County Community College).

## WRAP Online is Coming!

by Anastasia Lambros

NAMI Mercer is pleased to announce the implementation of “WRAP Online,” an exciting enhancement to its existing WRAP (Wellness Recovery Action Plan) Program. WRAP is an evidence-based practice that helps individuals struggling with behavioral health challenges to understand and manage their illness.

The online program introduces two new features:

- An **electronic newsletter** that is published approximately twice a month. The newsletter contains news about WRAP events at NAMI Mercer, stories of success using WRAP, discussion topics, and tips about using your WRAP more effectively. To subscribe to the electronic newsletter, send an email to [wrap@namimercer.org](mailto:wrap@namimercer.org).

- An **online support group** that meets on Thursday evenings from 7:00–8:00 p.m. Completing the traditional WRAP workshop is not a prerequisite; however the online meetings provide a way to offer continuing support for those who have. It also encourages individuals who have experienced success with WRAP to share their stories and to offer assistance to others about how to use their WRAP more effectively.

**To access the group via the web**

Click on <https://meetings.ringcentral.com/j/1492454791>.

**To call into the meeting from your phone**

Call 605-562-3185, and enter the meeting ID 149 245 4791.

If you have questions about WRAP please email [wrap@namimercer.org](mailto:wrap@namimercer.org) or call 609-799-8994 x19.

# Dan Rappoport: Cyclist and Advocate for Mental Health

Long-time NAMI Mercer member Dan Rappoport made history on July 1 when he was among the first five cyclists to bike across the 7,600-foot Thomas J. Hatem Memorial Bridge over the Susquehanna River in Maryland.

Rappoport was known as “The Mad Bomber” among the Princeton Free Wheelers, a local club that promotes recreational biking. He has been cycling for more than 50 years and active in the cycling community since 1977.

Prior to July 1, the Hatem Memorial Bridge had been the only stretch of a 2,900 trail from Maine to Florida closed

to bicycle traffic. Many local and national cycling groups urged the Maryland Transportation Authority to close this road gap.

After crossing the bridge on July 1, Dan was interviewed by Jonathan Pitts of *The Baltimore Sun*. “This was the perfect time to do it,” said Dan. “It gave me a real sense of freedom for starting Independence Day weekend.”

Nevertheless, the bridge opening was only a partial victory because of the restricted hours for bikers. Dan is a supporter of the East Coast Greenway Alliance that envisions a 2,900-mile, urban, shared-use trail system linking 25 major cities between Calais, Maine and Key West, Florida. This spine route (like the Lawrence-Hopewell Trail) will be accompanied by 2,000 miles of complementary routes (“a green travel corridor”) that will provide cyclists, runners, and walkers with a low-impact way to explore the Atlantic Seaboard. Dan views the future route as “the urban version of the Appalachian Trail.”

Dan began riding in the 8th grade. He grew up in Cranford where there was no local transportation. His friend lived four miles away, and the community pool was equally distant so he began biking to get around. During his undergraduate college years, Dan didn’t ride much but resumed again during graduate school. In 1978, he went to the 1st Raritan Valley Round-Up and joined the Central Jersey Bike Club. “I’ve been hooked ever since,” admits Dan.

Dan greatly enjoys bike-a-thons. His longest multi-day bike vacation trip was the Register’s Annual Great Bicycle Ride across Iowa (RAGBRAI) in 1997—7 days, 500 miles. He has done 7-day trips but none that exceeded RAGBRAI in length. Dan is a self-professed “mileage geek.” By 2010, he had biked approximately 250 counties in 22 states for a total of 97,000 miles.

Whenever possible, Dan also bikes to get around on a daily basis. When he worked for Medicaid in Trenton and then Quakerbridge Plaza, he accrued his greatest “utility mileage,” about



5,000 miles per year.

Dan has also prepared a bike route network of NJ, charting 20 routes. In addition, he documented “The Jersey 500,” a 516-mile course entirely in NJ. Having organized pledge rides in the past, Dan would be eager to organize a fundraiser for NAMI Mercer on one of his suggested routes.

Dan is a member of many cycling groups including the Central Jersey Bicycle Club, Princeton Freewheelers, Western Jersey Wheelmen, South Jersey Wheelmen, the West Windsor Bicycle and Pedestrian Alliance, the Bicycle Coalition of Greater Philadelphia, the NJ Bike and Walk Coalition, the Pennsylvania Bicycle Access Council, Rails to Trails Conservancy, the East Coast Greenway Alliance, the American Discovery Trail Society, and the Perimeter Bicycling Association of America. He helped reestablish the Tour de Pines for the Pinelands Preservation Alliance and serves on its committee.

Dan strongly believes that biking contributes to his physical wellbeing because the exercise reduces the risk of heart attack, diabetes, obesity and other health problems. “Biking also contributes to my mental wellbeing,” states Dan. “When you are concentrating on not hitting the pot hole, the broken glass, or the litter, you don’t have time to think about your problems.” Dan also enjoys meeting interesting people who are biking enthusiasts. “I even met a nun,” he says.

## The New Me by Ayesha Karim

I learned to like myself.

I have felt comfortable in my own skin for the past five years and counting.

I am 35 years old.

I was thirty when I really genuinely started to like myself.

I do things like put lipstick on and smile in my bedroom mirror.

I used to wear clear contacts when I wanted to capture memories in pictures without my eyeglasses.

I am a gorgeous African American woman.

I have been getting compliments too!

I smile more.

*(Ayesha, a NAMI Mercer volunteer, is a winner of the Very Special Arts (VSA) of New Jersey 22nd Annual Joyce Indik Wordsmith Competition for her poem “My Enemy”).*

## NAMI Mercer

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*of Mercer County*

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Lawrenceville, NJ 08648

**609-799-8994**

home@namimercer.org  
namimercer.org

## The NAMI Mercer Board, 2016



**NAMI Mercer members elected members of the Board at the Annual Meeting and Volunteer Recognition on June 27 at Educational Testing Service (ETS) in Princeton. Outstanding walk teams and individual fundraisers also were honored. Seated (l to r): Lori Jacobi, Karen Marquis, Michelle Santoro, Joyce Campbell, Madeline Monheit, Lauren Agoratus. Standing (l to r): Dave Doran, Tom Pyle, Robert Hedden, John Marsland, Zia Rahman, Dan Schuberth. Not present: Liliana Attar, Coleen Burrus, David Ludgin, John Monahan, Jason Redd. Biographical notes on our new members are below.**

**COLEEN BURRUS** is director of the Corporate Engagement and Foundation Relations in the Office of the Dean for Research at Princeton University. She has more than 25 years of experience in the higher education, non-profit, and government sectors. Coleen holds a M.A. in Urban Affairs from Saint Louis University. As a caregiver for her brother, she has been engaged with NAMI in three states.

**DAVE DORAN** is co-founder of the Robbinsville Irish Heritage Association and Saint Patrick's Day parade organizer. His local network includes the Catholic Diocese of Trenton, City of Angels, the Ancient Order of Hibernians, local/state athletic organizations, and the Robbinsville Police Department. Dave has experience developing teams, setting strategy, and implementing policy. As the family member of a person with mental illness, he has a strong passion for NAMI's mission.

**ROBERT HEDDEN**, a former employee of Princeton University, has a non-profit art development background in sculpture. A native of Trenton, Robert attended The College of New Jersey

and holds a B.S. in Technological Studies from the School of Engineering. A long-standing and active volunteer, he serves on multiple committees and represents NAMI at outreach events. He advocates for a strong board connection with the membership.

**JOHN MONAHAN** retired as CEO of Greater Trenton Behavioral HealthCare following its merger with Oaks Integrated Care. He holds an M.S. degree in Social Work from Columbia University and currently serves on the boards of several mental health-related agencies. He is a principal in the consulting firm Integrated Care for Recovery.

**MICHELLE SANTORO** has been with Janssen Pharmaceutica for 13 years in a sales or learning and development capacity. Currently working in the CNS Division, she is passionate about holistic treatment approaches. Michelle graduated from Penn State and earned an M.B.A. degree from St. Joseph's University. She has been active in NAMI Philadelphia and has led the Janssen team at the NAMI Walks Mercer County.

# Register Now!

## 8th Annual Harvest of Hope Wellness Conference

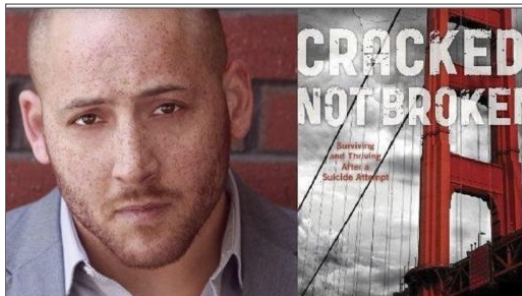
“Living with Purpose”

Saturday, October 1, 2016

8:30 a.m. – 3:00 p.m.

Presbyterian Church of Lawrenceville

2688 Main Street, Lawrenceville, NJ 08648



Keynote Speaker Kevin Hines

## NAMI Mercer Groups

### Support

**NAMI Connection:** Recovery support group for adults living with mental illness. Second and fourth Tuesdays, 7:00–8:30 p.m. No registration required.

**IFSS/NAMI:** Support group for families of adults living with mental illness. Mondays, 5:15–6:45 p.m. at Lawrence Rd. Presbyterian Church. Tuesdays, 5:15–6:45 p.m. at the NAMI Mercer Center. Thursdays, 11:30 a.m.–1:00 p.m. at Kingsbury Towers, 1 Kingsbury Sq., Trenton (facilitated in English and Spanish).

### Education

**Family-to-Family:** a free, 12-session class for family members of adults living with mental illness. Starts

Thursday Sept. 15, ends Dec. 8, 6:30–9 p.m. at the NAMI Mercer Center. Registration is required.

**NAMI Basics:** A six-session class for parents/caregivers of children and adolescents with behavioral or emotional challenges.

**WRAP@:** An eight-session Wellness and Recovery Action Plan program for people living with mental illness. Sessions begin on Sept. 28. A one-day special Holiday WRAP is offered on Saturday Nov. 19. Register at 609-799-8994, x19.

### Social

**Just Friends Meet and Greet (Age 30+).** First Wednesdays, 3:00–4:00 p.m., at the NAMI Mercer Center. Call to confirm attendance.

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# Advocacy News



**Ian Smith of The Bronc (FM 107.7) interviews Stephaniee Brown about her experience with mental illness.**

**N**AMI Mercer volunteer Stephaniee Brown was a featured guest on “Inside Your Mind,” a radio program produced and broadcast by Rider University at The Bronc, WRCC-FM 107.7. Ian Smith interviewed Stephaniee on June 18 about her experience with mental illness and her advice to other struggling young adults.

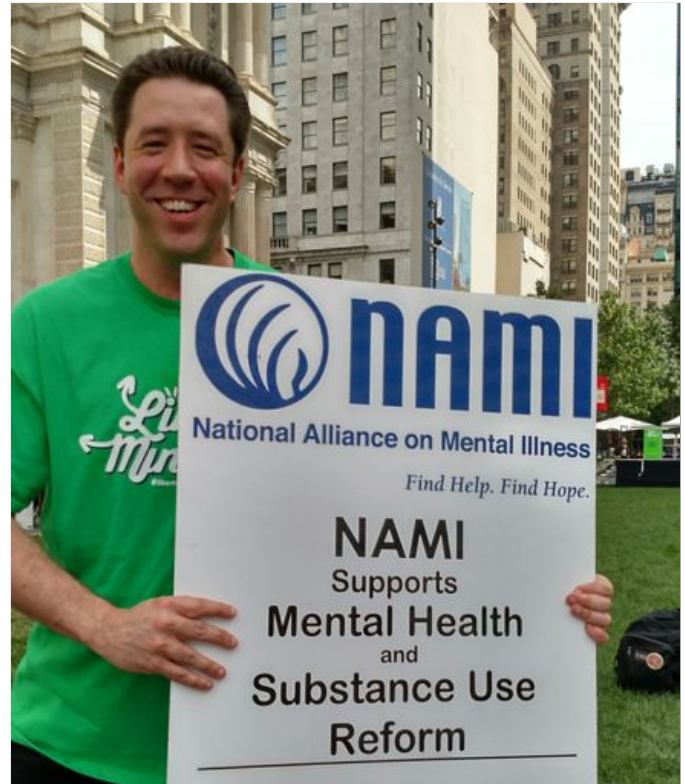
“I spoke about mental health, what stigma means, what to do if you do not feel OK or if someone you know is suffering,” explains Stephaniee. “I also told listeners about NAMI and how NAMI can help. These are all very important topics during college, as it is one of the most stressful times for young adults.”

Ms. Brown, who holds a BS in business management from The College of New Jersey, is very committed to public service. She currently holds the title “Ambassador 2016,” for National Garden State Miss, a program with the mission of giving young women the opportunity to serve their community through volunteering for different organizations. Stephaniee’s other titles include “Miss Trenton” (2012-2013 and 2013-2014) and “Miss East Coast” (2015).

“Inside Your Mind” airs on 107.7 The Bronc every Saturday at noon and Sunday at 7:30 a.m. To hear a replay of Stephaniee’s interview, see the audio archives at [1077the-bronc.com](http://1077the-bronc.com).



**Mental health advocate Patrick Kennedy poses with Robert Hedden at the Democratic National Convention, July 26.**



**R**obert Hedden, newly elected to the NAMI Mercer Board, has been extremely busy advocating at the highest levels of government. On July 13, he joined more than 350 advocates who traveled to Washington, DC for NJ Hill Day. At the Dirksen Senate Office Building, the group met with NJ’s congressional delegates to lobby against cuts to housing budgets and in favor of investment in affordable housing and homelessness prevention. Robert had the opportunity to speak directly with Senators Cory Booker and Robert Menendez.

Robert next travelled to Philadelphia to attend the Caucus for Addiction Solutions on July 26 during the Democratic National Convention. The caucus was hosted by Facing Addiction, Inc., a national non-profit organization dedicated to finding solutions to the addiction crisis by unifying the voice of the over 45 million Americans and their families directly impacted by addiction.

Invited to attend by the office of Patrick Kennedy, Robert conversed with the former congressman from Rhode Island and posed with him for a photo. Kennedy has advocated for insurers to provide coverage for mental health and addiction services on par with coverage for physical illnesses. Robert also met New York City First Lady Chirlane McCray, who heads up ThriveNYC, an action plan for supporting the mental wellbeing of all New Yorkers.

**Advocacy News** is continued on  
*the reverse of this page*

# Advocacy News *continued*

## Carol Kivler to speak, Nov. 4

Former NAMI Mercer Board member and 2015 Pillar Award recipient Carol Kivler will speak about her depression and recovery at BioNJ's Patient Advocacy Summit, Educate, Engage, Empower, which will be held on Friday, November 4 from 9:30 a.m. to 3:45 p.m. in Summit NJ.

The summit will bring together patients, patient advocacy groups, industry and government to focus on three areas: cancer, rare diseases, and mental illness. Founded in 1994, BioNJ has the mission of enhancing the quality of biotechnology in the state. NAMI Mercer Executive Director Janet Haag serves on the Steering Committee.

Patient advocacy groups and patient advocacy professionals can register by calling Edie Esposito at 609-890-3185.

## Carol Rickard's new book

NAMI Mercer volunteer Carol Rickard has just published a new book for caregivers—**STRETCHED Not Broken**—and she is generously making it available to the NAMI Mercer community at no charge.

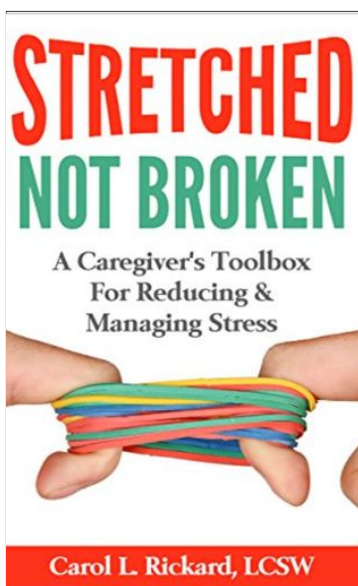
"My goal is to share tools for reducing stress with as many caregivers as possible," said Carol. "I didn't want cost to be a barrier for anyone." Her book can be downloaded at <http://www.stretchednotbroken.com/free-caregivers-book/>.

Research has shown that caregivers are very vulnerable to the impact of stress on their health and wellbeing. Not only are they more likely to experience higher levels of depression and anxiety than the general public, they also have higher rates of physical health problems such as hypertension, diabetes, and heart disease.

Carol is an expert in stress management and coping skills and has written dozens of publications on these topics. In 2008, she founded WellYOUiversity, LLC, a health education company dedicated to empowering individuals in achieving lifelong wellness.

Carol has had a long career in the mental health field as a social worker, trainer, and facilitator in hospital-based settings, including 12 years at Capital Health Systems in Trenton. She writes a weekly blog for "Esperanza Magazine," which can be viewed at [HopetoCope.com/blog](http://HopetoCope.com/blog).

Carol was a guest on The Dr. Oz Show, which aired on February 25. The producers selected her because of her unique perspective as a professional and consumer.



## Representatives from NAMI Mercer visit TPH



(L to r) NAMI Mercer Board members Robert Hedden and Tom Pyle with intern Katherine Venturo-Conerly.

Seven representatives from NAMI Mercer attended a Board Meeting at Trenton Psychiatric Hospital (TPH) on June 30. The group also visited the Dorothea Dix Library and received a tour of the hospital grounds led by NAMI Mercer Board member Tom Pyle, who provided historical perspective. During the visit to TPH, NAMI Mercer succeeded in advocating on behalf of a mother whose son is presently a patient there.

## Barbara Rogers testifies

NAMI Mercer Advocacy Committee member Barbara Rogers presented testimony before the New Jersey Division of Mental Health and Addictions Services (DMHAS) on July 6 in connection with NAMI NJ's submission of its 2016 State Support Services Plan for Families of Persons with a Serious Mental Illness.

Barbara is the NAMI Mercer representative to the Central Region Family Support Group that met with other regional working groups, under the leadership of NAMI NJ Associate Director Phil Lubitz, to draft the Plan that assesses needs, establishes goals and sets priorities for the provision of family support services in the state. The assessment is based on a survey developed and conducted by NAMI NJ to obtain information on barriers identified by family members during the course of caring for a family member with a serious mental illness.

The survey looked at needs in ten major life domains. In her testimony before NJ Assistant DMHAS Commissioner Valerie Mielke and members of her senior staff, Barbara addressed the life domain of housing. Citing the experience of a family member, she described the lack of appropriate and affordable housing for the mentally ill and the short supply of housing subsidies.

The full 2016 NJ State Family Support Plan is posted online at <https://www.naminj.org/wp-content/uploads/2013/01/FSP-2016-2nd-Ed.pdf>.