



# **New Jersey Integrated Mental Health Conference**

**The Empowerment of Embodiment**

**June 20, 2024**

**Brookdale Community College**

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## **New Jersey Mental Health Conference 2024 Welcome Letter**

It is a joy to be welcoming many of you back from last year, and gladness in greeting new members to this year's conference. "We are the collection of the kindnesses of others", as the Buddhist Teacher, Tim Olmsted has offered for us to consider. It is again with gratitude that we recognize it is the collection of a great deal of kindness by so many that has brought us all together to share the community of the mission. It is the creation and celebration of being in community that is probably the most important outcome of kindness and makes the mission purposeful.

The mission is seeing mental health and wellness as an inherently human experience, not a pathologizing label. Respecting the integration of the whole person, an endeavor to reconnect to the basic wholeness of self, for all persons. Incorporating an authentic relationship, that is trauma informed. Working in collaboration with approaches that understand "top down and bottom up" embodiment, one that has the courage and open spaciousness to appreciate that there are many ways to find the moon of healing and recovery. There is not one approach that can carry the whole cloth for everyone. Finally, most importantly, that the person's processes and own direct lived experience has value and wisdom.

The story we often tell ourselves, or at least the one I tell myself, is that I practice "beginners mind". I am open and spacious in my clinical approach, and then the universe does what it does- challenges our preset notions. Artificial Intelligence and Psychedelic Assist Therapy, just being aware of what parts of me initially got activated around these new forces in our profession was wonderfully humbling and somewhat humorous. Befriending the doubt and fear that arose was a gift, and the refreshing return to "Are You Sure?". Thich Nhat Hahn, instructs that we should be asking ourselves this question every day and in all ways, are we sure that how we hear it, see it, understand it, feel about it... is the only way, the right way... or just our way? We can be comfortable, or we can grow. Luckily, we are an integrated mental health and wellness community, we are flexible, we can start from our comfortable place and then stretch. Welcome to this year's conference, a trauma sensitive, community yoga practice, in which we are invited to stretch from what we know to what we might come to discover from supported sharing of curiosity and creativity.

Larry Thompson, LCSW  
Founder of New Jersey Integrated Mental Health Conference &  
Co-founder of Integrated Care Concepts & Consultation, LLC.





Integrated Care Concepts & Consultation

**INTEGRATED ADOLESCENCE**

# Integrated Adolescence

## PHP/IOP Program for Teens

### NEW Middle School Track

Due to the overwhelming need for mental health care in this age group, Integrated Adolescence is announcing a new middle school PHP track for children ages 12-13.

The PHP program includes an educational component, family and individual sessions once a week, and a biweekly psychological evaluation with a psychiatrist.

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into  
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Integrated Care Concepts is approved by the NJDOED as an approved clinic/agency to provide academic instruction to students enrolled in our partial hospitalization program. All of our teachers hold certifications with the State of New Jersey. This alleviates the need for home instruction after program hours. To meet state regulations, students are provided 10 hours per week of academic instruction.



*Don't hesitate to start the healing journey today!*

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or email [rrodrigues@integratedcareconcepts.com](mailto:rrodrigues@integratedcareconcepts.com)**



# Agenda

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**8:00a-9:00a - Registration and Continental Breakfast**

**9:00a-10:30a - Morning Keynote and Remarks from Assemblywomen Donlon and Peterpaul**

**10:30a-10:45a - Exhibitors**

**10:45a-12:15p - Morning Breakout Sessions**

**12:15p-1:00p - Exhibitors & Lunch**

**1:00p-2:30p - Afternoon Keynote**

**2:45p-4:15p - Afternoon Breakout Sessions**

**4:15p-4:30p - Drum Circle Closing Event**

# #SameHere

THE GLOBAL MENTAL HEALTH MOVEMENT

## Our Story

The #SameHere Global Mental Health Movement was founded in late 2017 by Eric Kussin, a professional sports executive who experienced a debilitating mental health crisis, at the height of his career - seemingly "out of nowhere" - for two and a half years. As he recovered, Eric decided not to return to pro sports, and instead to dedicate his life to mental health advocacy.

## Our Mission

#SameHere is committed to normalizing society's perception of mental health by making it part of our everyday conversation. In order to do so, we must first redefine mental health as something that affects everyone ("5 out of 5," instead of only the "1 out of 5" with disorder we so often hear about). #SameHere believes mental health lives and moves on a continuum ranging from "thriving" to "sinking," as a result of life's inevitable challenges and stressors that everyone in this world faces. Our "stories" unite us.

**"We have something special going here, and it unites people in a magical way."**

- NHL Great, Theo Fleury

## Our Team

The Movement is comprised of celebrities, advocates, integrative practitioners, business leaders and the world's leading experts in STARR (Stress & Trauma, Active Release & Rewiring) Exercises. Individually and collectively, our team of #SameHere Alliances is shifting the mental health paradigm via vulnerable story-sharing, and by implementing culture-changing, evidence-based programs within schools, offices, military/first responder groups and sports teams/leagues.

## Our Impact

#SameHere is ultimately a movement of inclusion and education - mental health affects us all and just like physical health, there is no "one size fits all" treatment. #SameHere has brought its "Gym for the Brain," STARR exercise model and the "mental health for all" message to:

- K-12 schools around the world
- College campuses from USC to Cornell
- Corporations from JP Morgan Chase to CNBC
- Professional sports entities from New York Yankees to National Football League Players Association (NFLPA)
- Military groups from NYPD to Department of Defense

To learn more about #SameHere Programs for your school, office, or group, email us at [contactus@sameherglobal.org](mailto:contactus@sameherglobal.org) or 917.363.3872



Download the SameHere Scale:





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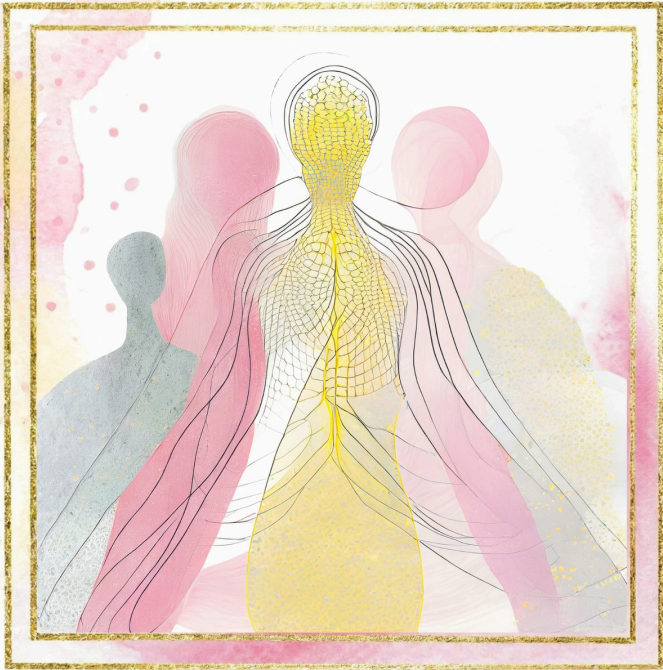
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Somatic Therapy & Breathwork

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live*

### Meet our Founder

**JILL PORTARO, LCSW**

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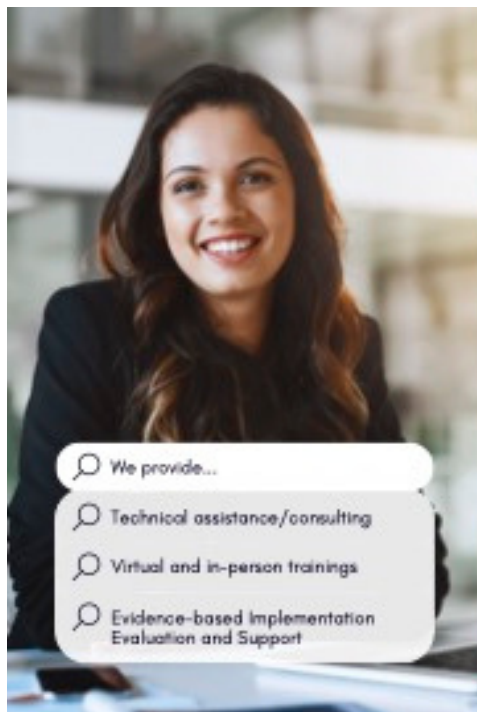
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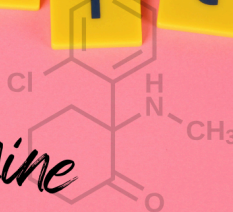


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# **Empowerment, Diversity, and Inclusion, Inc.**



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## **THE VISION:**

An expanded integrated mental health profession that includes practitioners of different races, ethnicities, languages, abilities, religions, cultures, ages, gender identities, sexual orientations, and economic disparities to serve all people in all communities.

## **THE MISSION:**

EDI is a 501(3)c non-profit organization whose focus is to provide knowledge and opportunity about the integrated mental health profession to persons who might not have access to learning about what it is and what their role could be within it. We wish to help make integrated mental health care more available and accessible to everyone in a way that is truly healing.

---

**For further information on how you  
can be a part of the EDI story:**

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to advocate for sensible legislation  
involving the use of psychedelic  
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to practitioners engaged in this  
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**Your presenters from NJPTA:**

- Rena Beyer, LCSW  
[www.fosteringgreatness.com](http://www.fosteringgreatness.com)
- Stephanie Field, LCSW, LCADC  
(973) 988-2653
- Elizabeth Flores Farrell, LCSW  
[www.mindbodyspirit.com](http://www.mindbodyspirit.com)
- Leland Newman, LCSW  
[www.routestowellness.org](http://www.routestowellness.org)
- Denise Rue, LCSW  
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6028



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Foundations Behavioral Health provides innovative behavioral health treatment to children, adolescents, and young adults.

Established in 1964, Foundations Behavioral Health provides treatment in a homelike environment located on a 12-acre campus in Doylestown, Pennsylvania. Foundations provides a comprehensive network of behavioral, psychiatric, educational, and community services offered for children, adolescents and young adults. As an

Autism Spectrum Disorders Center for Excellence, we offer specialized care for ASD students who've struggled to find the kind of specialized care that will help them shine.

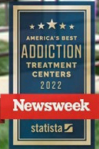
<https://fbh.com/>

[newhopeibhc.org](http://newhopeibhc.org)



## Custom Care For Complex Lives

DEDICATED TO THE TREATMENT  
OF ADULTS AND ADOLESCENTS  
AFFECTED BY SUBSTANCE USE,  
GAMBLING AND OTHER  
CO-OCCURRING DISORDERS



# Hikma Community Health™

Connecting patient health and community wellness

Hikma Community Health™ is committed to providing opioid use disorder (OUD) education and addiction recovery support and resources. Our family of websites serves healthcare professionals and community leaders, as well as individuals and their families. We believe that every step forward is a step closer to sustaining change that will have a positive impact on community health.

<https://hikmacommunityhealth.com/>



**Your Recovery  
Journey  
Begins Here.**



### **Footprints To Recovery Addiction Treatment Center:**

**Footprints to Recovery** offers a full continuum of care for clients struggling with substance use disorders and co-occurring mental health disorders. We provide personalized treatment plans and a mindful integration of traditional and holistic therapies that mend the physical, mental, and spiritual wounds of addiction.



### **Footprints To Recovery Mental Health:**

**Footprints to Recovery Mental Health** offers quality behavioral health care for adults seeking treatment. We provide treatment programs for those in need of more intensive care for mental and behavioral health disorders.



Hamilton, NJ



833.858.0840

# NJIMHC Speaker Biographies

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## **Seth Arkush MSW, LCSW, MBA**

*Co-Founder of Integrated Care Concepts, Partner*

Seth Arkush earned his Master of Business Administration degree at Drexel University in Philadelphia, PA, and obtained his clinical training at Fordham University where he earned his Master of Social Work degree. Soon thereafter, he earned his clinical social work license (LCSW). Seth holds a post-graduate certification in Child/ Adolescent Mental Health from Rutgers University and is a certified trainer of the Strengthening Families Program.



## **Juan Carlos Barrera, LCSW**

*Licensed Clinical Social Worker*

Juan Carlos received his Bachelor of Science degree from Rutgers University. He also completed his Master of Social Work degree at Rutgers University. Juan Carlos has 13 years of experience ensuring the safety, permanency, and well being of children and families. He recognizes that each family is unique, and that they are their own expert. Juan Carlos is fully bilingual in English and Spanish and has experience working with the Hispanic community.



## **Simone Borger, MA, ATR**

*Clinician, Art Therapist*

Simone graduated from the University of Santo Amaro, School of Odontology in São Paulo, Brazil. During her career as a dentist, she had the opportunity to succeed as an accomplished professional. Her greatest challenge was working in a government-run orphanage where she provided oral healthcare, legal documentation, and emotional support for 500 underserved children. That experience awakened her interest in mental health, emotional development and family issues.





## **Megan Callus**

### *Science-Based Breathwork Specialist*

Megan Callus is an author, speaker and leading authority in neuroscience-based breathwork. With a distinctive expertise that bridges breathwork science, spiritual wisdom, and her background in applied neuroscience, Megan compassionately guides her clients toward improved health and inner peace. She equips them with the essential tools to effectively combat anxiety, conquer fatigue, address chronic illnesses, and navigate emotional wounds, empowering them to rediscover their inner strength and capacity for wholeness and well-being.



## **Dana Delfino, NCC, LAC**

### *Licensed Associate Counselor*

Dana is a Licensed School Counselor in the state of NJ, holds a CEAS as a Student Assistance Coordinator, and is a Licensed Associate Counselor in the Integrated Adolescence Program. Dana's early career as an equine professional involved teaching clients of all ages how to ride and care for horses, develop young horses for sport and pleasure riding, and rehabilitating and working with difficult or "problem" horses. Dana's work with horses has given her a unique perspective on trauma informed practice. She firmly believes that every individual needs the space and patience to grow, develop, and heal at their own pace and in their own way.



## **Lauri Goldkind, PhD, MS**

Dr. Lauri Goldkind is an associate professor at Fordham University and the Editor of the Journal of Technology in Human Services. Her current research includes two strands: artificial intelligence in social work practice and data labors and the nonprofit sector. Lauri is a co-lead of the Harnessing Technology for Social Good Grand Challenge. She holds an M.S.W. from SUNY Stony Brook and a PhD from the Wurzweiler School of Social Work at Yeshiva University. She can be reached at [goldkind@fordham.edu](mailto:goldkind@fordham.edu)



## **Lois Ehrmann, PhD, LPC, NCC, CTTS**

### *Licensed Professional Counselor*

Lois Ehrmann has been in the field of psychotherapy for over 38 years and feels very blessed to be still learning new ways of bringing healing to traumatized individuals and families. On her professional journey she developed a number of specialties in the areas of trauma and attachment, family therapy, clinical consultation and supervision and the well-being and burn out prevention of professional helpers. She is trained and an approved consultant in the Internal Family Systems Model of Psychotherapy and Eye Movement Desensitization Reprocessing. Prior to her semi-retirement she held certifications as an attachment focused family therapist and is a Certified Trauma Treatment Specialist.



## **Kristen Huber, LPC**

### *Licensed Professional Counselor, EcoTherapist*

Kristen Huber is a New Jersey native born and raised in Ocean County. After spending a decade living in the Pacific Northwest Kristen followed her heart home and completed her graduate work in Professional Counseling at Monmouth University. She has been working with youth and their families in Ocean County for 15 years. Her private practice, Jersey Shore Ecotherapy, now seven years in, is the first practice of its kind on the eastern seaboard. Kristen translated outdoor adventure-based therapy to an outpatient setting. She offers her clients walk and talk, stand up paddle boarding and wind therapy options and access to the local parks, creeks and beaches. Kristen masterfully uses Nature as her co-facilitator to help restore mental health and wellbeing to her clients.



## **Eric Kussin**

### *Founder of #SameHereGlobal*

Eric is the founder and CEO of The #SameHere Global Mental Health Movement, a 501(c)(3) nonprofit meant to normalize society's perception of mental health and make it part of our everyday conversation. He is an in-demand public speaker on mental health and a mental health consultant who was fortunate enough to find a higher calling after an intense mental health battle.



## **Brooke Lichter, LCSW**

*Licensed Clinical Social Worker, EAGALA Certified Equine Specialist*

Brooke earned both her Master's and Bachelor's Social Work degrees from Monmouth University with a concentration in The Clinical Practice with Families and Children. During her college career, she took courses that included Animal Assisted Therapy, Veterinary Social Work, and Psychology of Animal Training. Brooke is also certified through EAGALA (Equine Assisted Growth and Learning Association) as an Equine Specialist in Mental Health and Learning. The ability to combine her love of horses with a passion for helping people is what she considers to be a privilege and truly a dream come true.



## **Damien Lopez**

*Garden State Equality Director of Training and Trans Resiliency*

Damien Alan Lopez, born in Newark, NJ, is a proud transgender author aiming to reshape trans representation in children's books. Recognized by First Lady Tammy Murphy, the 2021 dotCOMM Platinum Awards, El Vocero de Puerto Rico, and ThemsHealth 2021 Children's Book Recommendation List, he advocates for trans rights through community events and binder donations. A graduate of the Culinary Arts Institute at Hudson County Community College and Montclair State University, Damien is also noted for his health and education seminars promoting Trans inclusion. He was recently named on Insider's NJ Insider OUT 100: LGBTQ Power List.



## **New Jersey Psychedelic Therapy Association**

The NJPTA's mission is to provide education regarding the use of psychedelic-assisted therapy (PAT) to treat mental health conditions and to promote human flourishing; to advocate for sensible legislation involving the use of psychedelic medicines; and to provide support to practitioners engaged in this meaningful work.

We maintain that mental health providers are uniquely qualified to educate consumers regarding the potential benefits and challenges of psychedelic-assisted therapy and to support clients in processing or integrating psychedelic experiences and to encourage vital harm reduction practices.



### **Dr. Jessica Pogran, DO**

*Doctor of Osteopathic Medicine, Child & Adolescent Psychiatrist*

Dr. Pogran is graduate of the first class of the Monmouth County Academy of Allied Health and Science. She obtained her Bachelor of Science in Psychology at Loyola University in Maryland. She then completed her general psychiatry residency and her fellowship in child and adolescent psychiatry at Millcreek Community Hospital, part of the Lake Erie College of Osteopathic Medicine. Dr. Pogran obtained her Master of Medical Education at LECOM while in residency. She is board certified in psychiatry and board eligible in child and adolescent psychiatry.



### **Larry Thompson MSW, LCSW**

*Co-Founder of Integrated Care Concepts, Partner*

Larry Thompson, LCSW, was trained at New York University's School of Social Work and earned a Master's Degree in Social Work. His theoretical orientation is in the use of self & Zen psychology and psychodynamic-object relations theories of psychology. Larry holds post-graduate certificates in Child/Adolescent Mental Health and Parent Education from Rutgers University.



### **Derek Tice-Brown, PhD, LSW, RYT**

*Licensed Social Worker, Registered Yoga Teacher*

Derek Tice-Brown Ph.D., LSW, RYT (he/him/theirs) is an Assistant Professor at Fordham University's Graduate School of Social Service (GSS). His research projects focus on yoga therapy, minority stress, HIV/AIDS, and LGBTQ+ health. Dr. Tice-Brown is a social worker with leadership, policy, community-based planning, research, and direct practice experience in the areas of behavioral health, domestic and international HIV/AIDS, LGBTQ+ health, and homelessness, including incorporating integrative mental health into agency settings. He earned his MSW from the University of Pennsylvania and his PhD from Fordham University. He can be reached at [adebrown@fordham.edu](mailto:adebrown@fordham.edu).



## **Sara Velez, LCSW**

*Licensed Clinical Social Worker, Operation H.O.P.E. founder, EAGALA Certified Equine Specialist*

Sara received a Bachelor of Arts from the University of Miami in International Studies and Spanish. Sara then went on to earn her Masters of Social Work degree from Monmouth University in International and Community Development. Sara has dedicated her life to helping individuals who suffer from mental illness and from the afflictions of alcoholism and addictions. When she started Operation H.O.P.E., Sara was able to combine her passion for healing people with her love of horses and incorporating the EAGALA Model of Equine Assisted Development.



## **Andrea Winzer, MSc, MSW, LMT, CST-D**

*Mind-Body Therapist*

Andrea Winzer is a Mind-Body Therapist with advanced training in Bodywork and Transformational Coaching, certified at the Diplomat Level in Upledger CranioSacral Therapy. She is an active teaching assistant, certified presenter, and study group leader with the Upledger Institute. Andrea also has training in visceral and neural manipulation, manual lymphatic drainage, palliative care, oncology, and trauma-informed bodywork. Specializing in trauma resolution and self-mastery, she uses an integrative approach to address the whole person on physical and emotional levels. Currently, she is pursuing a Masters in Clinical Social Work, focusing on Trauma Therapy with a somatic and nature-connected approach.



## **Toni Zachos-Kaplan, MSW, LCSW**

*Sand Play Therapist*

Toni received her Master's Degree in Social Work from the University of Pennsylvania in 1999. Toni's roots are in home therapy, working primarily with children, adolescents and families referred by DCPD (Division of Child Protection and Permanency). In 2007, Toni joined Lighthouse Counseling after deeply connecting with Sand Play Therapy. One of Toni's proudest accomplishments is co-facilitating Lighthouse's Sand Play Therapy Training Program, in which clinicians are trained to become Sand Play Therapists.

## **Abilify MyCite**

Devin Kisselback • E: [devin.blattner@otsuka-us.com](mailto:devin.blattner@otsuka-us.com) •  
P: 844.692.4834 • W: [www.abilifymycite.com](http://www.abilifymycite.com)

*Abilify MyCite is a digital medicine system that combines aripiprazole tablets with an ingestible sensor to monitor medication adherence in adults with schizophrenia, bipolar I disorder, and major depressive disorder.*

## **All In Athletes**

Angela Teeple • E: [ateeples@integratedcareconcepts.com](mailto:ateeples@integratedcareconcepts.com) •  
W: [allinathletes.org](http://allinathletes.org)

*All In Athletes focuses on transforming the athletic experience by empowering athletes with essential mental fitness skills, activating community engagement through various initiatives, and advocating for a positive, inclusive team culture to foster individual growth to succeed in life and sports.*

## **Bridge to Balance, Inc.**

Kimberly Finnie • E: [kimfinnie@bridge2balance.com](mailto:kimfinnie@bridge2balance.com) •  
W: [bridge2balance.com](http://bridge2balance.com)

*Bridge to Balance offers mental health services including individual, family, and group therapy, utilizing various therapeutic approaches to address issues like anxiety, depression, and stress.*

## **Footprints to Recovery**

Will Wilder / Lauren Tropiano • E: [info@footprintstorecovery.com](mailto:info@footprintstorecovery.com) •  
P: 888.293.6544 • W: [www.footprintstorecovery.com](http://www.footprintstorecovery.com)

*Footprints to Recovery is a premier nationally based drug and alcohol addiction treatment, provider.*

## **Caring with Compassion**

E: [info@caringwithcompassion.com](mailto:info@caringwithcompassion.com) •  
P: 732.440.9959 • W: [www.caringwithcompassion.com](http://www.caringwithcompassion.com)

*Caring with Compassion provides community-based support, DDD transitioning services, and trains family members to become Direct Support Professionals, ensuring reliable and compassionate care.*

## **Foundations of Behavioral Health**

Jon Lyford • E: [jon.lyford@uhsinc.com](mailto:jon.lyford@uhsinc.com) • P: 215.345.0444 • W: [fbh.com](http://fbh.com)

*Foundations Behavioral Health provides innovative behavioral health and academic services to children, adolescents and young adults working through a wide range of mental or behavioral health issues, such as depression, anxiety, bipolar disorders and autism spectrum disorders.*

## **Garden State Equality**

E: [hello@gardenstateequality.org](mailto:hello@gardenstateequality.org) • P: 973.509.5428 •

W: [gardenstateequality.org](http://gardenstateequality.org)

*Garden State Equality lifts up the diverse voices of LGBTQ+ communities through education and advocacy to advance the movement for equality in New Jersey and nationally. We work tirelessly to ensure the communities we serve experience lived equality.*

## **Gen Psych**

Henry Odunlami • E: [enovak@genpsych.com](mailto:enovak@genpsych.com) •

P: 1.855.436.7792 • W: [genpsych.com](http://genpsych.com)

*GenPsych is an elite mental health and substance abuse treatment provider with locations in New Jersey. We serve clients with a multitude of mental health and substance use concerns. GenPsych is dedicated to helping our clients regain their emotional and physical health in a safe, supportive environment.*

## **Grand Canyon University**

Jacqueline Perez • E: [jacqueline.perez@gce.com](mailto:jacqueline.perez@gce.com) •

P: 718.354.7248 • W: [www.gcu.edu](http://www.gcu.edu)

*Grand Canyon University (GCU) is a premier private Christian university located in the heart of Phoenix. GCU offers a traditional campus experience for incoming freshmen and transfer students, online degrees for working professionals and evening degree programs that allow you to collaborate with peers and expand your professional network.*

## **Greenbrook TMS**

Araceli Kramer • E: [akramer@greenbrooktms.com](mailto:akramer@greenbrooktms.com) •  
P: 808.220.8161 • W: [www.greenbrooktms.com](http://www.greenbrooktms.com)

*Greenbrook provides Transcranial Magnetic Stimulation (TMS) therapy, an FDA-cleared, non-invasive therapy for the treatment of Major Depressive Disorder and other mental health disorders in the United States. TMS therapy provides local electromagnetic stimulation to specific brain regions known to be directly associated with mood regulation.*

## **Hamilton Behavioral Health**

Carol Berman • E: [jcarol.berman@hamiltonbehavioral.com](mailto:jcarol.berman@hamiltonbehavioral.com) •  
P: 973.490.5158 • W: [www.hamiltonbehavioral.com](http://www.hamiltonbehavioral.com)

*We are mental health providers specializing in conditions such as Generalized Anxiety Disorder, Major Depression, OCD, PTSD, Bipolar Disorder, Mood Disorders, Autism, Personality Disorders, Anger Management, and Addiction. We offer services through telepsychiatry and at multiple offices in NJ, accepting all major insurance panels, and providing innovative treatments like TMS and Spravato for refractory depression.*

## **Healing Through the Heart Center**

Jill Portaro • E: [jill@throughhearttherapy.com](mailto:jill@throughhearttherapy.com) •  
P: 732.242.4044 • W: [www.ThroughHeartTherapy.com](http://www.ThroughHeartTherapy.com)

*Healing through the Heart Center, led by Jill Portaro, LCSW, provides therapy for teenagers and adults in-person in Colts Neck, NJ for anxiety, depression, life changes, stress, and more. Heart-centered therapy is a type of therapy that focuses on the heart, or the emotional center of the being. It is a gentle and compassionate approach to therapy that can help people to heal their own wounds and to connect with their own inner wisdom.*



## **Hidden River Eating Disorder Treatment Center**

Melissa Rodriguez • E: Mrodriguez@hiddenriverhealing.com •  
P: 908.914.8640 • W: www.hiddenriverhealing.com

*Hidden River Eating Disorder Treatment Center is a residential facility in Chester, New Jersey, offering specialized treatment for girls and young women aged 11 to 20 struggling with various eating disorders. Our comprehensive approach includes medical and nutritional support, psychotherapy, skills training, and family involvement to promote recovery and healing.*

## **Hikma Community Health**

Angela Monico • E: amonico@hikma.com •  
P: 607.834.0987 • W: www.hikmacommunityhealth.com

*Hikma Community Health™ combines medicine with compassion, and partners with communities to support addiction recovery and opioid safety education.*

## **Integrated Care Concepts**

Larry Thompson / Seth Arkush • P: 732.858.5432 •  
W: integratedcareconcepts.com

*Integrated Care Concepts and Consultation (ICCC) is one of the only facilities in the country to embrace the total body healing modalities found in both Western and Eastern philosophies. Our team of licensed therapists and highly trained mind-body specialists use a host of mental health treatment methodologies to provide holistic, trauma-informed care in an environment designed to offer comfort, calm, and the ideal space for transformation and growth.*

## **National Association Of Social Workers NJ Chapter**

E: [info.naswnj@socialworkers.org](mailto:info.naswnj@socialworkers.org) • P: 732.296.8070 •  
W: [naswnj.socialworkers.org](http://naswnj.socialworkers.org)

*Founded in 1955, the National Association of Social Workers (NASW) is the largest membership organization of professional social workers in the world, with more than 120,000 members. The NJ Chapter is among the largest three chapters in the United States, with nearly 7,000 members. We represent social workers in micro and macro settings, all practice areas in every community throughout the state.*

## **Nema Health**

EJ Lopez • E: [ej@nemahealth.com](mailto:ej@nemahealth.com) •  
P: 872.217.2049 • W: [www.nemahealth.com](http://www.nemahealth.com)

*Nema Health is a virtual clinic focused on treating PTSD and other trauma-related conditions through evidence-based therapies such as cognitive processing therapy. Our program includes frequent video therapy sessions, peer mentorship, and ongoing support, aiming for rapid and lasting recovery from PTSD.*

## **New Hope Integrated Behavioral Health Care**

Penny Moris • E: [pmorris@newhopeibhc.org](mailto:pmorris@newhopeibhc.org) •  
P: 732.946.3030 • W: [newhopeibhc.org](http://newhopeibhc.org)

*New Hope Integrated Behavioral Health Care is a non-profit (501[c]3) corporation serving those in need of treatment for substance use, gambling and other co-occurring mental health disorders. our focus and each patient's treatment plan are designed to address his or her needs during those first critical weeks and months of recovery.*

## **New Jersey Behavioral Health - A LifeStance Health Affiliate**

Rachael Carter • E: [rachael.carter@lifestance.com](mailto:rachael.carter@lifestance.com) •  
P: 856.412.3677 • W: [www.lifestance.com](http://www.lifestance.com)

*At LifeStance supported practices, we tailor our care plans to fit each person's unique needs. LifeStance supported practices offer both in-person and telehealth appointments, so you get the care you need in the format that serves you best.*

## **Newport Healthcare**

Alison Earvase • E: [alison.earvase@newporthealthcare.com](mailto:alison.earvase@newporthealthcare.com) •  
W: [www.newporthealthcare.com](http://www.newporthealthcare.com)

*Empowering Teens. Restoring Families.® Mental health treatment to bring teens from self-destruction to self-esteem.*

## **NJ Catastrophic Illness in Children Relief Fund**

E: [john.fallucca@dhs.nj.gov](mailto:john.fallucca@dhs.nj.gov) •  
W: [www.nj.gov/humanservices/cicrf/home](http://www.nj.gov/humanservices/cicrf/home)

*This Fund is a financial assistance program for New Jersey Families with potentially catastrophic medical expenses due to a child's illness or condition. If a family has expenses due to a child's illness that were incurred prior to the child's 22nd birthday, we can help.*

## **NJ Dept. of Labor and Workforce Development**

Anthony Damiano • E: [Anthony.Damiano@dol.nj.gov](mailto:Anthony.Damiano@dol.nj.gov) •  
W: [www.nj.gov/labor](http://www.nj.gov/labor)

*The New Jersey Department of Labor and Workforce Development is dedicated to protecting our workforce, strengthening our businesses, and promoting the dignity of work.*

## **NJ Psychedelic Therapy Association**

Denise Rue • E: [deniseruelcsw@gmail.com](mailto:deniseruelcsw@gmail.com) •  
P: 973.641.6993 • W: [njpta.net](http://njpta.net)

*The New Jersey Psychedelic Therapy Association's mission is to provide education regarding the use of psychedelic-assisted therapy (PAT) to treat mental health conditions and to promote human flourishing; to advocate for sensible legislation involving the use of psychedelic medicines; and to provide support to practitioners engaged in this meaningful work.*

## **Over Eaters Anonymous**

P: 505.891.2664 • W: [oa.org](http://oa.org)

*Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.*

## **Operation Hope NJ - Equine Assisted Psychotherapy**

Sara Velez / Brooke Lichter • E: [info@operationhopenj.com](mailto:info@operationhopenj.com) •  
P: 732.497.8078 • W: [operationhopenj.com](http://operationhopenj.com)

*Operation Hope focuses on providing Equine Assisted Psychotherapy to First Responders and their families, children, teens, and adults with any mental health issues through equine-assisted activities and therapies. Our mental health program serves clients with a history of PTSD, substance abuse, anxiety, depression, adjustment disorder, bipolar disorder, attention deficit disorder, relationship issues, and more. Operation HOPE provides an option for people seeking a new or different response to depression, anxiety, and trauma.*

## **Preferred Behavioral Health Group**

Judy Daniels • E: [jdaniels@preferredbehavioral.org](mailto:jdaniels@preferredbehavioral.org) •  
P: 732.367.4700 • W: [www.preferredbehavioral.org](http://www.preferredbehavioral.org)

*Since 1978, Preferred Behavioral Health Group of NJ has been dedicated to providing quality care to those in need of guidance, counseling and assistance with difficult personal issues. We provide all of our programs and services to individuals, families, and communities of all types and sizes, and we are committed to serving our clients in the best way possible. It is a central part of our mission that we help to build up individuals, communities, and families so they can live improved lives, embrace healthy lifestyles, and can enjoy a higher quality of mental, psychological, and physical health.*

## **Relief Mental Health**

Melanie Eilers • E: [melanie@reliefmh.com](mailto:melanie@reliefmh.com) •  
P: 855.205.4764 • W: [reliefmh.com](http://reliefmh.com)

*Relief provides transcranial magnetic stimulation (TMS), Spravato (esketamine), medication management, and psychotherapy to individuals in need of mental health services. By putting our patients needs first, we provide expedited and personalized care. We aim to create a new standard for mental health care, offering a continuum of innovative therapeutic interventions and responding to evolving patient needs. Our services are covered by most major insurance policies. We will design a personal care plan to help achieve optimal results without having to choose between wellness engaging in life.*

## **Sakala School of Integrative Teaching**

Judy Thompson, MSc • E: [hello@sakalaschool.com](mailto:hello@sakalaschool.com) •  
W: [sakalaschool.com](http://sakalaschool.com)

*Sakala School of Integrative Teaching is dedicated to providing mental healthcare and education professionals with evidence-informed integrated training approaches that promote health, growth, and well-being. The Witnessing Beauty Yoga Teacher Training program aligns with trauma informed methodologies that emphasize principles of neuroscience and ancient philosophies, while focusing on the domains of post-traumatic growth.*

## **Tackle Depression**

E: [TackleDepressionNJ@gmail.com](mailto:TackleDepressionNJ@gmail.com) • W: [tackledepression.org](http://tackledepression.org)

*Tackle Depression is a 501 (c)(3) organization providing knowledge, insight, and resources for anyone battling mental illness. We are here to spread awareness to students, athletes, athletic programs, and school districts to let anyone know who is struggling that you are NOT alone in this fight.  
#TackleDepression*

## **The Grateful Healer**

Christina Pisanello • E: [christinapisanello@gmail.com](mailto:christinapisanello@gmail.com) •  
P: 615.140.8307 • W: [gratefulhealer.com](http://gratefulhealer.com)

*Dr. Christina Pisanello, DC, LAc is educated and trained in Chiropractic, Acupuncture, Yoga and a myriad of holistic health techniques in order to offer the perfect combination of modalities specifically tailored to your needs. Her treatments are designed to align your spine, balance your energy and optimize your overall health and wellbeing. Side effects may include pain relief, elevation of mood, and alleviation of dis-ease!*

## **Tree of Life Counseling Center**

Alison D'Mello • E: [admello@treeoflifecc.org](mailto:admello@treeoflifecc.org) •  
P: 732.236.2859 • W: [www.treeoflifecc.org](http://www.treeoflifecc.org)

*Tree of Life Counseling Center, founded in 2015 by Brena and Aly Resnick, is a family-owned mental health practice offering quality, affordable care and a supportive work environment for practitioners. With locations in Freehold and Princeton, NJ, and a team of over 50 clinicians, we provide a range of services including therapy groups, EMDR, and telehealth across NY, PA, and FL, serving over 1,500 clients weekly.*

## **Turnbridge**

Matt Rubin • E: [mrubin@turnbridge.com](mailto:mrubin@turnbridge.com) •  
P: 877.581.1793 • W: [www.turnbridge.com](http://www.turnbridge.com)

*Turnbridge® has helped thousands of young adults and teens overcome mental health, behavioral, and substance use challenges by transforming these afflictions into opportunities for personal growth, and by helping them build lives worth protecting. For nearly two decades, we have been positively affecting the lives of our clients and their families through a comprehensive three phased approach that is designed to help young people take the learnings from therapy and successfully apply them in the real world.*

## **Walden University & Chamberlain University**

Steve Lehman • E: [steve.lehrman@adtalem.com](mailto:steve.lehrman@adtalem.com) •  
P: 917.703.5660 • W: [www.turnbridge.com](http://www.turnbridge.com)

*Founded in 1970 by two visionary educators, Walden University has been a pioneer in distance learning, making high-quality education accessible to working professionals and adult learners. Over the years, they have empowered more than 140,000 professionals to achieve their educational goals without sacrificing their busy lives.*

*At Walden, you can pursue bachelor's, master's, doctoral, or certificate programs designed to help you make a difference in your world and beyond. If you need the flexibility to advance your education while managing your life, Walden University is here for you.*



## Connect yourself!

To log on, connect your device to the "Brookdale-Open" network. Then, open your web browser and enter your credentials when prompted.

Username: icarecc  
Password: WfpYhmzo



## Connect with us!

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and use #NJIMHC

