



INTEGRATED MENTAL WELLNESS



ACROSS THE LIFESPAN

INTEGRATED CARE FOR EVERY SEASON OF LIFE.

4TH ANNUAL NEW JERSEY
INTEGRATED MENTAL HEALTH CONFERENCE

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QUESTIONS DURING THE CONFERENCE?

**FIND ONE OF OUR STAFF MEMBERS IN "NJIMHC STAFF"
SHIRTS TO ASK FOR ASSISTANCE!**



New Jersey Mental Health Conference 2026 Welcome Letter

Integrated Mental Wellness Across the Life Span

Welcome home for those returning and for those new to the conference, you are most welcome, just the way you are, at your life stage or your felt age! We are all going through the full phenomenon of this human life experience together, in fact it is best done when we recognize our basic belongingness to each other.

Welcome to a space where this year we are meditating on where we start, in what circumstance, and what we carry and how we carry it throughout the seasons and stages of our lives. To lean into what is hard in each season with openness, spaciousness, and compassion, recognizing how our childhood experiences and the environments we live in shape what we carry through life's seasons, inviting us into this deeper inquiry. Integrated mental wellness approaches, in their vision of supporting the whole person in relationship with their environment, are uniquely positioned to assist in the gathering of oneself up in every stage and season as a practice of accessing one's basic wholeness and not a pathology framework.

"Home is where you start from," DW Winnicott instructed, speaking about "good enough mothering (parenting)" and the interplay of our "true self and false self" as developmental forces born in the home of our beginning. Perhaps this conference can offer an opportunity to reflect on how these conditions shape the functioning of the nervous system and our relationship with ourselves and the world.

With the guidance of our presenters this year, what might it be like to explore how experiences of growing up through trauma and challenge can beguile us from trusting that we possess an inner resource of wholeness and peace? This year's conference may offer some evidence that one can access this unimprovable true nature throughout life's wondrous and terrifying wayfaring.

It may be best if we hold on to each other as we go through. There is saying, a belief, "..that life is hard, bring a friend and pack snacks" - Larry Thompson.

Supporting someone's return to themselves, that is, to the home within, is sacred work. Whether they're rediscovering it or finding it for the first time, we are here to walk with them.

Thank you for coming to share today, and your "self" with us-

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





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MISSION

Our intention is to affirm and advocate for the practice of interbeing, equanimity, loving kindness, compassion, and joy within the individual, the family, the organization, the community and the world.

**Learn
more!**



Integrated Care Concepts & Consultation

INTEGRATED ADOLESCENCE

Adolescent IOP/PHP Program



Who Are We?



Integrated Care Concepts and Consultation offers Intensive Outpatient and Partial Hospitalization for teens through our Integrated Adolescence program. Designed to bring adolescence into understanding, this program supports teens (middle school & high school) as well as their families using an innovative approach to care.

We customize our services to suit the individual needs of each client. From Sand Tray Therapy to DBT to Mind-Body Support, we design treatment plans on a case-by-case basis so that children and families receive the support they need in the ways that work best for them.

Partial Hospitalization Program: 9am-3pm
Intensive Outpatient Program: 3pm - 6pm
Summer Hours are adjusted

NEW Toms River Location!

Due to the overwhelming need for mental health care in Southern New Jersey, Integrated Adolescence has opened an additional location in Toms River, NJ!

4 Components of IA



Application & Assessment



Community Sanctuary



Mind/Body Skills Training



Family-Centered Care



Dana Delfino, LPC

IA Director

ddelfino@integratedcareconcepts.com



732-387-7828



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1 Radar Way, Tinton Falls NJ 07724

Empowerment, Diversity, and Inclusion, Inc.



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:**

visit www.edimission.org

call (732) 389-0697 ext. 932

or email:

[Juan Carlos Barrera: jbarrera@edimission.org](mailto:jbarrera@edimission.org)



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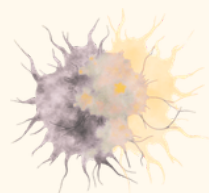
This 24-hour module represents designated cohort dates within a 200-hour training program



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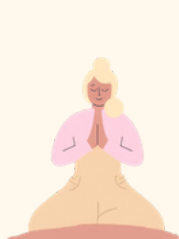


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This course, Trauma-Informed Yoga Teacher Training (24 CE Hours – Non-Clinical), Approval #033022026-140, provided by Sakala School of Integrative Teaching is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ, CE Approval Collaborative Approval Period: Monday, March 30, 2026 through August 31, 2028. New Jersey social workers will receive 24 CE credits for participating in this course

Attendance verification and post-course evaluation required for 24 CE credits through NASW-NJ



Agenda

7:30a-9:00a - Registration and Continental Breakfast

9:00a-9:30a - Opening Remarks

9:30a-11:00a - Morning Keynote

11:00a-11:15a - Visit Exhibitors

11:15a-12:45p - Morning Breakout Sessions

12:45p-1:15p - Visit Exhibitors

1:15p-2:45p - Lunch and Learn Afternoon Keynote

2:45p-3:00p - Visit Exhibitors

3:00p-4:30p - Afternoon Breakout Sessions



NASW-NJ IS A PROUD SUPPORTER OF THE NJ INTEGRATED MENTAL HEALTH CONFERENCE

**We invite you to engage with us to learn about
what it means to be a member of NASW-NJ.**

As social work professionals, you influence the lives of many around you; you encourage, support, advocate for, and inspire your clients, colleagues, and the community to be better.

At NASW-NJ, we work to provide you with the tools, resources and opportunities you need to keep doing just that.

Interested in learning more?

Call Our Member Services Team

at **800.742.4089** or join online at **www.socialworkers.org/join**

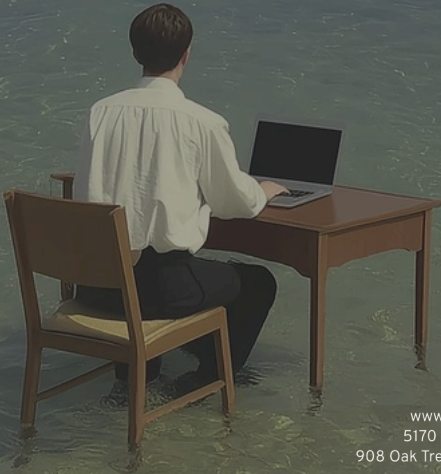


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Adolescent Residential 14 - 17



Adolescent Extended 15 - 18



Young Women's Residential 18+



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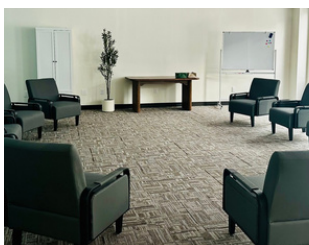
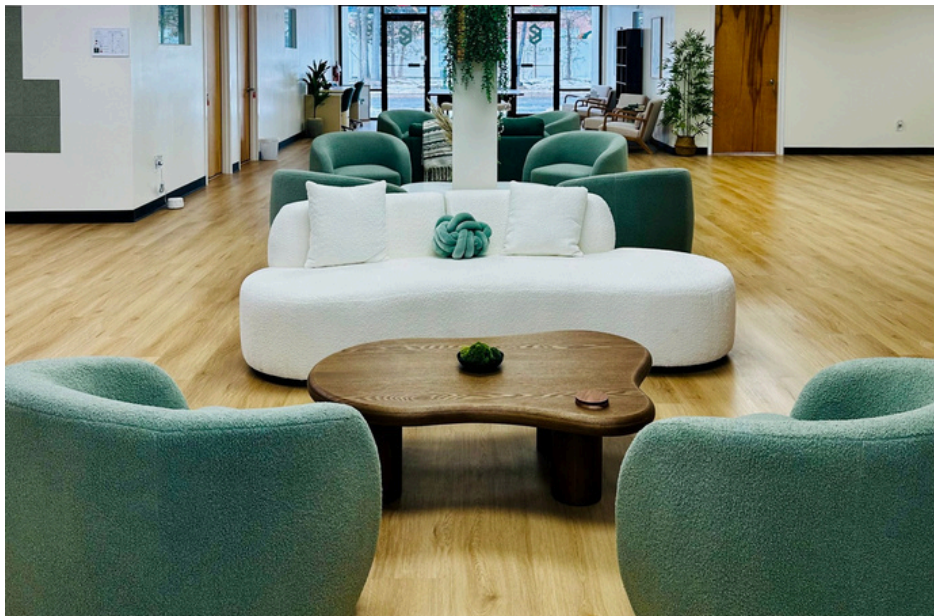
SETTING THE EMERGING ADULT INTEGRATED BEHAVIORAL HEALTHCARE STANDARD SINCE 2003

For decades, Turnbridge has seen growing reports presenting young adult mental health challenges manifest as more clients presenting with behavioral health and family system disorders. Perhaps more than ever, young people and families need help feeling safe, inspired, and connected.

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Learn more at [Turnbridge.com](https://turnbridge.com) or contact Matt Rubin
at mrubin@turnbridge.com or 973.883.5348



EMERALD WELLNESS

- **Our Mission:** We provide compassionate, evidence-based mental health care tailored to each person's unique needs, empowering them to build resilience and lasting well-being.
- **Our Vision:** We envision a community where mental health is valued as essential to overall wellness, with care that is accessible, stigma-free, and transformative.
- **Our Philosophy:** We believe every person deserves dignity and respect on their journey. By blending proven therapies with holistic practices, we create a safe, supportive space where healing and growth can flourish.

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Intensive Outpatient

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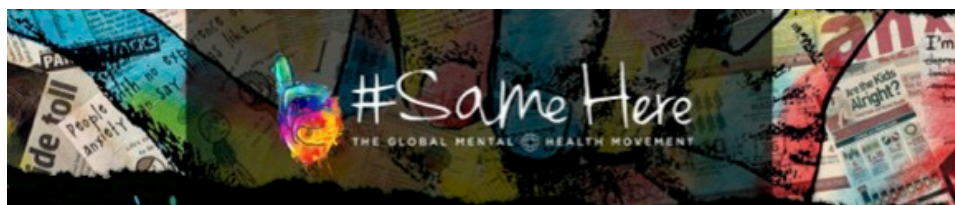
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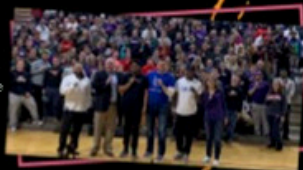


Our Story

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@samehereregional.org or 917.363.3872



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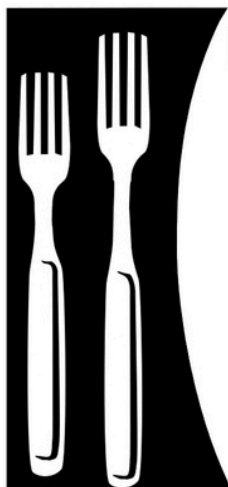
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<http://tintonfalls.macaronikid.com/subscribe/> A new issue comes out every Sunday evening covering the towns of Lincroft, Middletown, Holmdel, Tinton Falls, Red Bank, Shrewsbury, Colts Neck, Rumson, Fair Haven, Little Silver, Highlands, Atlantic Highlands, Sea Bright, Farmingdale, Wall, Jackson, North Howell, and Howell.

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Levels of Care

Medically Monitored Inpatient Withdrawal Management (ASAM 3.7WM)
Medically Monitored High-Intensity Inpatient Services (ASAM 3.7)
Clinically Managed High-Intensity Residential Services (ASAM 3.5)



WOODBURY



Specialized mental health programming providing structured, evidence-based care across multiple outpatient levels, designed to promote stability, insight, and long-term wellness.

Levels of Care

Mental Health Partial Adult Program
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Mental Health Outpatient



Education & Prevention



Research Funding



Advocacy



Loss Survivor Support

Our Mission: Save Lives and Bring Hope to Those Affected by Suicide

Through grassroots efforts, we work to eliminate suicide loss across the Garden State. We deliver innovative prevention programs, educate communities about risk factors and warning signs, advocate for policy change, support those who have lost someone to suicide, and fund research that saves lives.

There are 8 Community Walks throughout New Jersey

The Out of the Darkness Walks are proof that when people work together they can make big changes in the world.



American Foundation for Suicide Prevention

New Jersey



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ADVOCACY & COMMUNITY BUILDING

Fighting for lived and legal equality in New Jersey through partnerships with local organizations, inclusion trainings, celebrations of queer joy, and rapid mobilization efforts.

TRANS RESILIENCY

A peer-led initiative created by and for trans people across New Jersey, designed to strengthen collective healing, leadership, and advocacy through community-rooted support and empowerment. Grounded in lived experience, it uplifts trans voices while addressing systemic barriers to wellness and liberation.



EDUCATION & YOUTH DEVELOPMENT

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www.GardenStateEquality.org • @gsequality
hello@gardenstateequality.org



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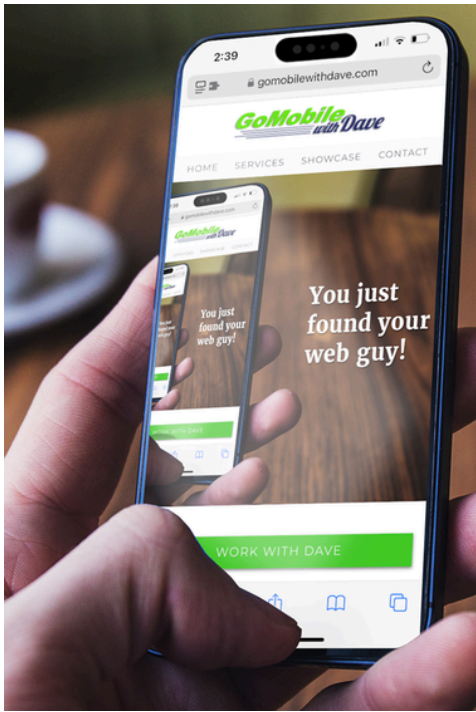


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NJIMHC Speaker Biographies



Dr. Darcia Narvaez

Darcia Narvaez is Professor Emerita of Psychology at the University of Notre Dame, and Fellow of the American Psychological Association, American Educational Research Association, Association for Psychological Science, and the American Association for the Advancement of Science. Born in Minnesota (USA), she grew up living around the world as a bilingual/bicultural Puerto Rican-German American but calls Earth her home. Her earlier careers include professional musician, business owner, classroom music teacher, classroom Spanish teacher, and seminarian, among other endeavors. She uses an interdisciplinary approach to studying evolved morality, child development and human flourishing. Her most recent books include *Restoring the Kinship Worldview*, and *The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities*. Her book, *Neurobiology and the Development of Human Morality: Evolution, Culture and Wisdom* won the 2015 William James Book Award from the American Psychological Association and the 2017 Expanded Reason Award. Her recent short films are *Breaking the Cycle*, *The Evolved Nest*, and *Reimagining Humanity*. She hosts the webpage EvolvedNest.org and serves as president of KindredWorld.org.



Stephanie Lopez LCSW, LISW-S, C-IAYT

Stephanie Lopez, LCSW, LISW, C-IAYT, is the President and Senior iRest Trainer for iRest Institute. With a deeply embodied understanding of meditation informed by nearly 30 years of immersion in the nondual teachings of yoga, she leads retreats and training internationally with a focus on living an authentic and awakened life. Stephanie is a Gestalt psychotherapist who interweaves iRest yoga nidra and self-inquiry into her clinical practice. With over 25 years of clinical experience, her areas of expertise include treating complex trauma, anxiety disorders, couples work, major life transitions, grief and end of life. She is also a certified yoga therapist and world-leading meditation teacher who has presented meditation at Google, Spotify, and UC Berkeley Haas School of Business. Stephanie serves as a research consultant for iRest Institute and her major research interests lie in the area of clinical application of nondual therapeutic approaches, interoceptive awareness, and embodied meditation in the treatment of complex trauma, chronic pain, and enhanced well-being and resilience. She is a contributing author of "Yoga Nidra Meditations."



Lynn Saltiel MSSW, LCSW

Lynn J. Saltiel has worked in the field of mental health for the past 30 years. She received her graduate degree in Social Work from Columbia University. Lynn is a Certified Therapist in EMDR. She has a private psychotherapy practice located in Hudson County, NJ and is Behavioral Health Consultant for Employee Assistance Programs. Lynn divides her time between clinical practice, programming and supervision. She has developed and provided a variety of community programs serving and empowering at-risk women, throughout her professional career. Lynn specializes in mind-body approaches working with trauma and loss.

Lynn is also a musician and program graduate from Music For People. She has trained in the use of facilitation and music improvisation techniques as a method for developing creative expression and for emotional health and wellness. Lynn has presented workshops on using music improvisation techniques in clinical practice, as well as presenting at many conferences, organizations and corporations on employee development, behavioral health and wellness topics nationwide. Visit Lynn's website movetoyourgroove.com for more information.



John Badenhausen MA, LPC, ACS

John holds a Bachelor of Science in Engineering/Electrical Engineering, and a Master of Arts in Counseling Psychology, with a specialization in Holistic Counseling. He is a NJ Licensed Professional Counselor 37PC00447500, an Approved Clinical Supervisor, a Somatic Experiencing Practitioner and a Certified Synergetic Play Therapist.

John was the Director of Westborough (MA) Youth and Family Services for 23 years. During that time, he provided individual, couple, and family counseling to children, teens, adults, and seniors. He also provided clinical supervision to graduate interns, counselors seeking independent practice licensure, and experienced counselors. He continues this work with Integrated Care Concepts and Consultation. John focuses his work on integrating the physical, mental, emotional, and spiritual parts of ourselves and our lives in order to live as our most authentic selves.

John has been trained in a variety of trauma treatment modalities such as EMDR, Thought Field Therapy (TFT)/Emotional Freedom Technique (EFT), also called Tapping, Somatic Experiencing and Synergetic Play Therapy.



Nikkia Blair MSW, CPC, RYT

Nikkia Blair is the Supervisor for School Counseling Services in the Long Branch Public School District, where she has served as a dedicated school social worker since 2022. She holds a Bachelor's degree in Psychology from Stockton University and a Master of Social Work (MSW) from New York University. With over 20 years of experience in the counseling and education fields, Nikkia is passionate about fostering emotional intelligence, resilience, and well-being among students and staff. Her leadership focuses on creating comprehensive school counseling programs that prioritize social-emotional learning (SEL), mental health awareness, and trauma-informed practices. In addition to her clinical and administrative expertise, she is a certified 200-hour yoga teacher and a Master-level Reiki practitioner, blending mindfulness, movement, and energy healing to promote overall well-being. Nikkia's leadership and compassionate guidance continue to inspire balance, resilience, and growth within the school community.



Margaret Brando LSW, RYT

Margaret has a degree in Human Development and Family Studies from Pennsylvania State University and completed her Bachelor's and Master's in Social Work from Fordham University. She is a Licensed Social Worker (LSW) in the state of New Jersey. Margaret completed her RYT200 in Trauma-Informed Yoga Instruction for Mental Health Professionals through the Sakala School of Integrated Teaching. She is a member of the National Association of Social Workers (NASW). Margaret's integrated approach is based on healing through empathy, relationship, and connection. She believes in providing a safe, supportive, and compassionate environment for engaging the mind and body in the therapeutic process. Therapy sessions create a space for each unfolding story and set of life experiences and to collaboratively set goals towards developing tools and building coping skills, while also deepening the connection to the body and inner resources.

Margaret incorporates a variety of approaches and practices that draw from psychodynamic theory, trauma-informed yoga, mind-body modalities, CBT/DBT, nature therapy, and expression through the creative arts.



Morgan Breon MSW, MEd

Morgan Breon graduated from the University of Michigan Ann Arbor in 2011 (Dual Bachelors in Psychology and English), 2012 (Masters in Social Work) and 2013 (Masters in Education Policy and Leadership). Morgan's core passion is fostering healing and support for Black youth and young adults. In addition to facilitating youth workshops for over 15 years, Morgan was the Behavior Specialist for the 9th Grade Academy at Denby High School in 2017, and went on to serve as the Manager of Behavior and Culture for the Detroit Community Education Commission for 300 students.

In 2017, Morgan decided to incorporate theatre into her "healing work," and founded heal.be.Live., LLC, a for-profit company that uses "art to heal a variety of communities through guided discussion and connections to available resources. #ARTivism." Morgan is an award-winning playwright, 2018 Kresge Arts in Detroit Fellow, 2021 4.O Essentials Fellow, 2022 Eastern Michigan University Porter Chair recipient and a 2022 and 2024 4pt0 Tiny Fellow. Her docu-play Telling Our Stories platforms the narratives of Black women in America, and a technology-infused version of the project was showcased at the 2018 TEDxDetroit Lab. Morgan is a published author of two books and two workbooks that use poetry to guide readers through SEL activities to enhance their mental health and communication in relationships.



Carianne D'Oriano M.S.ED, LPC

Carianne D'Oriano is a Licensed Professional Counselor specializing in eating disorders and disordered eating. As a Certified Intuitive Eating Counselor, she practices from a Health At Every Size® (HAES®) and anti-diet framework, guiding clients toward body liberation and a more peaceful relationship with food. Carianne earned dual Master's degrees in Counseling from the University of Pennsylvania in 2014 and has been dedicated to the field ever since. She is a Primary Therapist at Within Health, a virtual treatment center for eating disorders, and the owner of Shore Wellness Counseling, where she provides compassionate, weight-inclusive outpatient therapy.



JanetLynn Dudick Ph.D.

Upon graduating from Monmouth College with her Bachelor of Science in Education, with endorsements in Early Childhood and Special Education, JanetLynn had one heartfelt wish: to give back to the community that shaped her, carrying forward its proud traditions of unity, pride, and steadfast support of students and families – socially, emotionally, and academically. The years that followed brought countless lessons, challenges, and successes as she not only served general, bilingual, and special education populations alongside dedicated faculty and families, but also continued to advance her own education. She earned two Master of Science degrees for Special Education and School Administration, and her Certificate in Behavior Analysis from Monmouth University, and ultimately completed her Ph.D. in Educational Leadership from Northcentral University. Her career reflects a lifetime of dedication and growth. She has served as student, paraprofessional, teacher, principal, Coordinator of Special Education, District Administrator for Personnel, Assistant Superintendent for Pupil Personnel Services, and currently Assistant Superintendent of Schools. Through every step of this journey, JanetLynn has remained steadfast in her commitment to nurture, guide, and advocate for equity for all students, families, staff, and the community.



Donna Fluhr LPC, ATR, PRYT, ACS

Donna Fluhr is an Artist, Certified Art Therapist, Licensed Professional Counselor, Certified Clinical Supervisor, Yoga Teacher and Phoenix Rising Yoga Therapist. She owned a yoga studio for 4 years incorporating yoga and the creative process of art therapy through group and private sessions. She has facilitated workshops in “Intentional Creativity” an intuitive step by step painting process and in “Museum Sage” a process at which one gets insights and answers to life decisions and questions using images of art. Donna specializes in Mind/body therapeutic interventions to help heal the nervous system and to process difficult emotions, issues and trauma. She also has the unique skill of using non-verbal interventions (art therapy) combined with traditional talk therapy to facilitate awareness, growth, and change. Donna also offers “Trauma Sensitive Yoga” group and private sessions. Donna works primarily with adults.



Intisar Hussein MSW, LICSW

Intisar Hussein, MSW, LICSW, is a Licensed Independent Clinical Social Worker and the Founder of Lakes Counseling Services (LCS)—a community-based mental health agency rooted in serving Minnesota’s diverse and immigrant populations. With more than a decade of experience in clinical practice, program leadership, and community engagement, Intisar has established herself as a leading voice in culturally responsive and trauma-informed mental health care.

Her work centers on resilience-based approaches that honor culture, family systems, and community connection. Drawing from her East African heritage and extensive professional experience, she advocates for mental health models that integrate cultural narratives, community wisdom, and evidence-based interventions.

As a clinician, educator, and speaker, Intisar trains and mentors social workers and behavioral health professionals on topics including immigrant and refugee mental health, intergenerational trauma, cultural humility, and equity in care systems. She is a frequent presenter at regional and national conferences, empowering practitioners to bridge systemic gaps and promote healing that reflects dignity, belonging, and resilience.



Annette Mendez

Annette Mendez is the Training & Curriculum Manager at Good Grief, Inc. and a certified grief educator through David Kessler. She is also the creator of The Grief Comadre, where she walks alongside Latinos in honoring cultural roots while breaking free from unhealthy patterns passed down as “cultura.” With a background in Human Development and Family Studies and a Master’s Certification in Developmental Models for Autism Intervention, Annette blends grief education, cultural wisdom, and trauma-informed practices. Her work centers resilience, healing, and connection—aligning with NJIMHC’s mission of integrated mental wellness across every season of life.



Wednesdae Reim Ifrach REAT, ATR-BC, ATCS, LPC, NCC, CLAT, RMT

Wednesdae is an art therapist and counselor specializing in gender-affirming care, LGBTQ+ mental health, trauma-informed practice, body image, and eating disorders. They are full-time faculty in the School of Behavioral and Community Health at Moravian University and co-owner of Rainbow Recovery, providing clinical supervision, consultation, training, counseling, and art therapy across Connecticut and Pennsylvania.

They serve as GLMA Health Professionals in Training Co-Chair and sit on the board of Prism Counseling and Advocacy. Their work has been presented nationally and internationally, including with the American Art Therapy Association, GLMA, Yale University, Smith College, Fenway Health Collective, and the National Alliance for Eating Disorders.

Their book *Queer Expressions: Expressive Art and Somatic Therapy Practices for Healing Body Trauma* releases June 2026. Their research on tattoos as body reclamation and gender affirmation is forthcoming in *The Human Arena*, and their artwork and poetry have been published internationally.



Kristine Villano MSW, LCSW, M.Ed.

Ms. Kristine Villano, MSW, LCSW, M.Ed., has been in the Long Branch Public School District for 20 years. She began her time with Long Branch, serving in the role of School Social Worker for 10 years at the School of Holistic and Academic Wellness. Believing strongly in the mission of the program, she continued her education to take on the role of principal and has served in that capacity for the last 10 years. Ms. Villano is a graduate of Rutgers University, where she obtained a BA and her MSW from the Rutgers School of Social Work. She obtained her Master's in Educational Administration from Grand Canyon University and is currently a Doctoral student at Kean University. Ms. Villano's innovative approach to education fosters a holistic approach to learning, in which she and her staff focus on the needs of the whole child. She believes that every child is capable of learning and that with the correct support, every child can succeed.

180Turning Lives Around

Patricia Behrens • E: patriciab@180nj.org • W: 180nj.org

180 Turning Lives Around empowers survivors and families affected by domestic violence and sexual assault to find the courage and strength to turn their lives around.

AbbVie

Julia Maczko • E: julia.maczko@abbvie.com • W: abbvie.com

AbbVie is a biopharmaceutical company focused on developing innovative medicines and therapies to improve patient health and wellbeing across a range of medical fields.

Al-Anon Family Groups

Mike Langan • E: wso@al-anon.org • W: al-anon.org

Al-Anon provides support to anyone affected by someone else's alcohol addiction or alcohol use disorder, regardless of whether sobriety is present.

Alpas Wellness

Billy Farber • E: bfarber@alpaswellness.org • W: alpaswellness.org

Alpas Wellness is a behavioral health organization providing comprehensive addiction and mental health treatment through evidence-based and holistic approaches that support long-term recovery and whole-person wellness.

American Society for Suicide Prevention

Deanna Finizio E: Dfinizio@afsp.org •
W: afsp.org/chapter/new-jersey

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities.

AMFM Treatment

Devin Striker • E: devin.striker@amfmhealthcare.com •
W: amfmhealthcare.com

AMFM Healthcare provides residential and outpatient mental health treatment through evidence-based and holistic approaches designed to support long-term emotional wellness and recovery.

Behavioral Health Matters

E: contact@behavioralhealthmatters.com •
W: behavioralhealthmatters.com

BHM provides training on mental health, substance use, intellectual disabilities and co-occurring disorders to service providers and treatment teams designed to enhance treatment outcomes for service recipients.

Blue Ridge Eating Disorder Care Center

Courtney Vanbuskirk E: cv@blueridgetreatment.com •
W: blueridgetreatment.com

Blue Ridge Eating Disorder Care Center provides specialized eating disorder treatment for adolescent girls and young women through evidence-based care, individualized support, and a multidisciplinary approach focused on lasting recovery.

Bold Age Pace

Monique Credle • E: mcredle@boldagepace.com •
W: boldagepace.com

BoldAge PACE provides comprehensive healthcare and support services for older adults through the Program of All-Inclusive Care for the Elderly (PACE), helping seniors live safely and independently at home with coordinated medical and wellness care.

Emerald Wellness

Jeffrey Decker • E: jeff@emeraldwell.com •
W: emeraldwell.com

Emerald Wellness provides compassionate, evidence-based mental health care through outpatient and holistic treatment programs designed to support healing, growth, and long-term wellness for individuals and families.

Garden State Equality

E: hello@gardenstateequality.org • P: 973.509.5428 •
W: 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.

Genoa Healthcare

Kristin Orr • E: korr@genoahealthcare.com •
W: genoahealthcare.com

Genoa Healthcare works to improve quality of life for people living with mental health conditions, substance use disorders, HIV/AIDS and other chronic health issues.

Go Mobile With Dave

Dave Garrett • P: 732.850.2947 • W: www.gomobilewithdave.com

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Guide to Wellness

Vincent Grim • E: vince@guidetowellnessspa.com •
W: guidetowellnessspa.com

Guide to Wellness PA provides compassionate, client-centered mental health services focused on emotional wellbeing, personal growth, and individualized care.

Hackensack Meridian Health - Behavioral Health

Jamie Lewit • E: jamie.lewit@hmn.org •

W: www.hackensackmeridianhealth.org

Hackensack Meridian is a leading not-for-profit & the most comprehensive health care network in NJ.

Hamilton Behavioral Health

Carol Berman • E: carol.berman@hamiltonbehavioral.com •

W: hamiltonbehavioral.com

Hamilton Behavioral provides comprehensive mental health services, including therapy, medication management, and innovative treatments, through compassionate, individualized care for children, adolescents, and adults.

Hoarders Express

Ron Ford • E: admin@hoardersexpress.com •

W: hoardersexpress.com

Hoarders Express provides compassionate hoarding, decluttering, organizing, and cleanout services that support individuals and families through difficult transitions with dignity, care, and confidentiality.

iCare Manager

Jennie Thollander • E: jennie@icaremanager.com •

W: icaremanager.com

iCareManager provides healthcare and case management software that helps behavioral health and human service organizations simplify documentation, coordination, and day-to-day operations.

Integrated Adolescence

Dana Delfino • E: ddelfino@integratedcareconcepts.com •

W: integratedcareconcepts.com/service/the-integrated-adolescence-program/

Intensive outpatient and partial hospitalization programming for adolescents and families, supporting mental health, emotional wellness, and trauma recovery through individualized and group-based care.

Integrated Care Concepts and Consultation

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

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.

iRest Institute

Melissa Russell • E: Melissa@irest.org •
W: www.irest.org

iRest is a simple and accessible form of meditation designed for modern day living. Backed by extensive research, iRest can help people navigate all of life's challenges and enhance one's sense of well being and peace.

LGBTQIA+ Health NJ

E: gianasimonelli@gmail.com • W: lgbtqiahealthnj.org

LGBTQIA+ Health NJ is a clinician-led, independent initiative aimed to increase access to identity affirming healthcare across New Jersey. We provide free educational resources and affirming care directories.

Lighthouse Counseling

E: info@lcsnj.com • W: lcsnj.com

Lighthouse Counseling provides compassionate mental health counseling and support services for individuals, couples, and families, helping clients navigate life's challenges and build emotional wellbeing.

Mountainside Treatment Center

Ashley Nadeau • E: ashley.nadeau@mountainside.com •
W: www.mountaininside.com

Mountainside Treatment Center is a nationally acclaimed behavioral health network specializing in individualized alcohol and drug rehabilitation programs and services.

National Association Of Social Workers NJ Chapter

E: info.naswnj@socialworkers.org • P: 732.296.8070 •

W: naswnj.socialworkers.org

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.

New Jersey Counseling Association

E: info@njcounseling.org • W: njcounseling.org

The New Jersey Counseling Association is the leading voice for professional counselors in the state, supporting LPCs, LACs, counselor educators, graduate students, affiliated agencies, and advocates through community, education, and professional development.

Newport Healthcare

Alison Earvase • E: alison.earvase@newporthealthcare.com •

W: www.newporthealthcare.com

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

NJ Dept. of Labor and Workforce Development

Anthony Damiano • E: Anthony.Damiano@dol.nj.gov •

W: 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 Division of Civil Rights

Angela Campos • E: Angela.Campos@njcivilrights.gov •

W: njcivilrights.gov

The New Jersey Division on Civil Rights works to protect individuals from discrimination and bias through education, enforcement, and community engagement that promotes equity and civil rights across New Jersey.

Over Eaters Anonymous

P: 505.891.2664 • W: 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.

Relief Mental Health

E: info@reliefmh.com • P: 855.205.4764 • W: 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.

Re/Max Gateway - Tristin Fleck

Tristin Fleck • E: tristin.fleck@gmail.com •
P: 732.997.8740

ReYou Ketamine & Wellness

E: info@reyou.life • W: reyou.life

ReYou provides ketamine and Spravato® treatments for depression, anxiety, trauma, and other mental health conditions through medically guided, individualized care focused on lasting healing and wellness.

Sakala School of Intgrative Teaching

Judy Thompson • E: hello@sakalaschool.com •
W: 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.

Same Here Global

E: contactus@samehereglobal.org • P: 917.363.3872 •
W: samehereglobal.org

Our mission is to normalize society's perception of mental health and make it part of our everyday conversation. Through our education and advocacy efforts we're disrupting the status quo and working with our partner groups to change the culture of mental health to one of inclusion.

Turnbridge

Matt Rubin • E: mrubin@turnbridge.com •
P: 877.581.1793 • W: 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.

U.S. Air Force Nurse Corps

W: airforce.com/healthcare

The U.S. Air Force Nurse Corps provides advanced nursing care and medical support for service members and their families while offering healthcare professionals opportunities for leadership, education, and service around the world.

You Are Accountable

E: hello@youareaccountable.com • W: youareaccountable.com

From our leadership to our nationally certified Peer Recovery Specialists, our team is built on lived experience, empathy, and expertise - making us uniquely equipped to guide and support others. Through one-on-one coaching, real-time monitoring, and strong collaboration with families and clinicians, we help individuals stay accountable and navigate the challenges of lasting recovery.

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FAQ's



QUESTION

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ANSWER

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QUESTION

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ANSWER

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tfleck@integratedcareconcepts.com

Other questions? Reach us any time by email!
tfleck@integratedcareconcepts.com or
jalesi@integratedcareconcepts.com