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June 22, 2023

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Mental Health Conference

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New Jersey Integrated Mental Health Conference 2023 – Welcome Letter

Dear Friends,

It is with happiness and joy that I welcome you to this inaugural New Jersey Integrated Mental Health Conference (NJIMHC). Thank you for being here to share-in and learn what integrated mental health (wellness) means- and can become! There is both immeasurable gratitude to those who have worked so hard to make this welcoming possible and a deep reverence for those whose belief in this mission sanctioned this conference into being.

The vision of this conference:

- View mental health and wellness as an inherently human experience, not a pathologizing label. Respect the integration of the whole person, which is an endeavor to reconnect to the basic wholeness of self (for all persons).
- Incorporate an authentic relationship through a trauma-informed approach.
- Bring insight to collaborative approaches that understand “top down and bottom up” embodiment.
- Lead with courage and a sense of open spaciousness, so as to appreciate that there are many ways to find the moon of healing and recovery, and there is not one approach that can carry the whole cloth for everyone.
- And finally, most importantly, that the person’s processes, and own direct lived experience, has value and wisdom.

Yes, those are a lot of words trying to describe the invitation to move integrated mental health from the periphery of the healing profession, into the center.

As a society, we live in a relationally deprived century - for when we opened the first Apple iPhone in 2007, we had no idea what was in that Pandora’s box. Our communities, our schools, our cities, and our neighbors all live in a context of terror management and “alien-other,” where the impact of COVID, and divisive political separations, has further isolated us all and created chronic states of stress, grief, uncertainty, and fear. Yet, these aspects of suffering are the impetus for the doorway to change that is Integration for a Dis-Integrated World.

Our elders knew this integration aspect wisely and transmitted their wisdom with end sight on the role of collective healing, “Healing happens in relationship,” stated psychiatrist and trauma expert Judith Herman, MD.

“Love and understanding have to arrive together,” offered Buddhist monk and peace activist, Thich Nhat Hanh.

It is affirming how different healing traditions point to this same understanding - validating the fact of this statement. Humans need to feel connected, understood, and related to authentically, for healing and wellness to manifest- this is the intention of NJIMHC – a space that will serve as the continuation of these concepts, and one in which different practitioners with different perspectives, skills, and passions, will join together in mutual curiosity and respect to consider what is possible for the true integration of integrated mental health.

May we discover what is possible together!

Larry Thompson, LCSW

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



Agenda

8:00a–9:00a – Registration/Breakfast/Networking/Visit Exhibitors

9:00a–9:30a – Opening Remarks

9:30a–11:00a – Morning Keynote

11:00a–11:30a – Morning Break/Vendor Visits

11:30a - 1:00p – Morning Workshops

1:00p–2:00p – Lunch/Vendor Visits

2:00p–3:30p – Afternoon Keynote

4:00p–5:30p – Afternoon Workshops

MORNING KEYNOTE – NAVESINK I, II, III

SHIFTING THE PARADIGM (1.5 CEU)

Using Integrated Mental Health Care To Heal And Save Lives

Sponsored by Victory Bay

In this discussion, Eric Kussin, founder of #SameHere, will share why using an integrated whole body approach is critical to effectively improve overall mental wellness and resilience no matter where someone is on the mental health continuum.

AFTERNOON KEYNOTE – NAVESINK I, II, III

AN INTEGRATED MENTAL HEALTH WELLNESS CARE PLAN (1.5 CEU)

Integrating the Caring Collaboratively

Sponsored by Footprints to Recovery

In this discussion, a multi-disciplinary panel of approaches involving psychiatry, psychotherapy, eco therapy, trauma informed yoga, sand play, art therapy, and breath work will explore a case presentation together in a grand rounds format. The panel will be demonstrating a practice model that moves integrated mental health care, from the periphery of “complementary and alternative” to the front-line treatment of choice. Following will be an active discussion of how the team would work to synthesize a comprehensive and cohesive wellness plan building and complementing on the work of each discipline.



**Morning
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Trauma



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Depression



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Afternoon
Keynote
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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 501c(3) 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. 900 or 932

or email:

Claudette Sierra-Pappas: csierra-pappas@edimission.org

Juan Carlos Barrera: jbarrera@edimission.org

Morning Workshops 11:30am – 1:00pm

A JOURNEY TO HEALING (1.5 CEU) – Twin Lights I/SLC 106

Providing a Holistic Approach with Psychopharmacology

In this session, Dr. Pogran will share an introduction to the practice of psychiatric integrative medicine with a focus on healing and health promotion. She will enhance the role of evidence-based therapeutic approaches using both conventional and complementary medicines.

Speaker: Dr. Jessica Pogran, DO • *Sponsored By Zoobook Systems, LLC*

MINDFUL MOVEMENT (1.5 CEU) – Twin Lights II/SLC 107

The Most Empowering, Transformative, and Self-Compassionate Approach to Moving More and Feeling Better

Using both written and simple movement exercises, teachings about trauma informed movement practices, and her gift of storytelling, Laura will show you how to help your patients or clients reframe how they think about and approach movement and wellness, and she will do it with a sense of humor and compassion.

Speaker: Laura Khoudari, CPT, CES • *Sponsored by American Foundation for Suicide Prevention NJ Chapter*

AN INTRODUCTION TO SAND PLAY THERAPY (1.5 CEU) – Monmouth Battleground/SLC 103

Sand Play Therapy allows the client to tap into the psyche and the body. Through the use of symbolic figures, a person is able to create stories in the sand that examine their wounds, the effects from these wounds, and the possibilities for resolution. The clinician is then able to help a person connect insights to emotions and body sensations and begin the journey towards healing.

Speaker: Toni Zachos-Kaplan, MSW, LCSW

SYNERGIZING POST-TRAUMATIC GROWTH THROUGH YOGA-BASED PRACTICES (1.5 CEU) – Fort Hancock/SLC 208

Treating trauma requires a holistic approach, acknowledging that memories are held in the body, often inaccessible to conscious recall. By using yoga-based practices, clients can reprogram their autonomic nervous system, fostering internal awareness, change, and neuroplastic growth. This leads to deeper connections to life, facilitating post-traumatic growth.

Speaker: Judy Thompson, MSC, C-IAYT, RYT500, AYT

Afternoon Workshops 4pm – 5:30pm

SOUND BATHING AS TRAUMA-INFORMED CARE – Molly Pitcher/SLC 104

In this workshop, you'll learn the science behind how and why sound can be used to support the mind and body to heal as well as find focus, clarity, and creativity. Review the history and applications of Sound Healing, including what conditions it can be used to treat, and the benefits of Sound Bath for clients.

Speaker: Julie Stolker, LAC

THE MINDFULNESS TOOLBOX (1.5 CEU) – Twin Lights/SLC 107

Foundational Mind-Body Practices for the 21st Century Client

The technological, economic and political-social context of the 21st century has exacerbated stress related disease and intensified the impact of suffering. We will explore the neuroscience of stress and trauma and its implications for the need of mind/body approaches, while also identifying the foundational approaches to a mindfulness toolbox with experiential practice opportunities.

Speakers: Larry Thompson, MSW, LCSW • Ryan Gervasi, LCSW, RYT

ECOTHERAPY (1.5 CEU) – Fort Hancock/SLC 208

Inviting Nature as a Cofacilitator

In this workshop participants will receive an introduction to Ecotherapy, the practice of working with clients while in nature. It has been well documented that nature has a positive and immediate effect on the nervous system. Facilitating a reconnection to nature can improve and support mental health and wellbeing.

Speaker: Kristen Huber, LPC

OPERATION HOPE: EQUINE ASSISTED PSYCHOTHERAPY (1.5 CEU) – Monmouth Battleground/SLC 103

The Healing Power of Horses

In this workshop, you'll learn what equine assisted psychotherapy sessions look like, how it works, and the benefits/impact of this unique intervention. At this training, you will learn about equine behavior, how they work well with our clients, interventions used, how to refer clients, and what further training is needed to do this type of work if interested in pursuing animal assisted psychotherapy.

Speakers: Brooke Lichter, LCSW • Sara Velez, LCSW

INTERSECTIONALITY, PRIVILEGE, AND MENTAL HEALTH (1.5 CEU) – Twin Lights I/SLC 106

How multiple, socially constructed marginalizations impact mental and behavioral health

This workshop will define and discuss intersectionality as well as privilege, as the definitions and how they play out are intertwined. We will also discuss how these two aspects of our society and culture impact the mental health of those who have been historically and currently marginalized.

We will address race, gender, sexual orientation, socioeconomic “class,” people with disabilities, immigration status, and people who are neurodivergent in the context of mental and behavioral health.

There will be discussion not only of how the effects of intersectionality can lead to mental illness, but also the lack of accessibility to treatment as well as reluctance to seek treatment and the reasons why this all occurs.

Speakers: Juan Carlos Barrera LSW • Claudette Sierra-Pappas LSW



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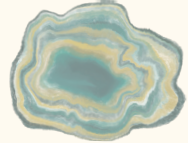
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IOT DEVICES



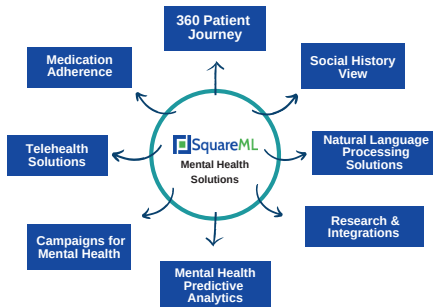
Wearable sensor technology has made mass data collection possible, leading to advancements in mental health monitoring.



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Natalie Fenchel, LCSW, CEDS

I am a Licensed Clinical Social Worker, Certified Eating Disorder Specialist and owner of Breath and Balance Psychotherapy. I treat clients in person in Morristown, NJ, and virtually in all of NJ, FL and PA.

With specialties in:

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Insurance: Breath and Balance Psychotherapy is OON, with assistance offered for submitting OON claims.

Collaboration & Supervision

I value collaboration and continuity of care. Feel free to contact me to collaborate, consult, or receive more information about my practice and specialty areas. I also offer clinical supervision and lectures to professionals.



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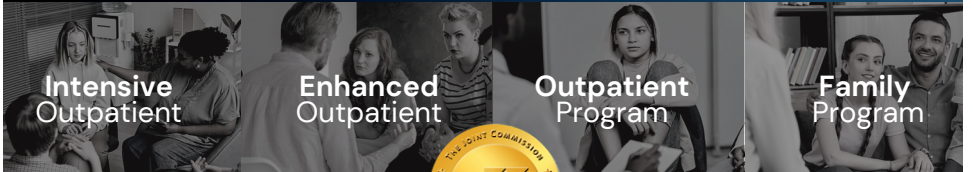


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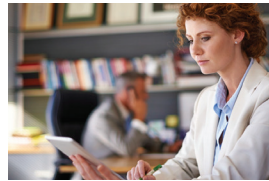
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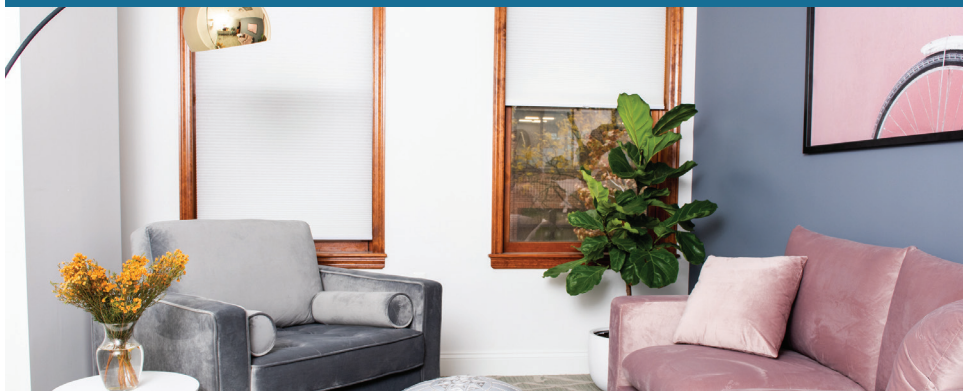
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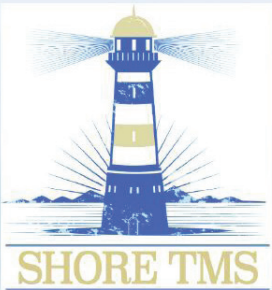


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As social work professionals, you influence the lives of many around you; you encourage, support, advocate for, and inspire your clients, colleagues, and the community to be better.

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

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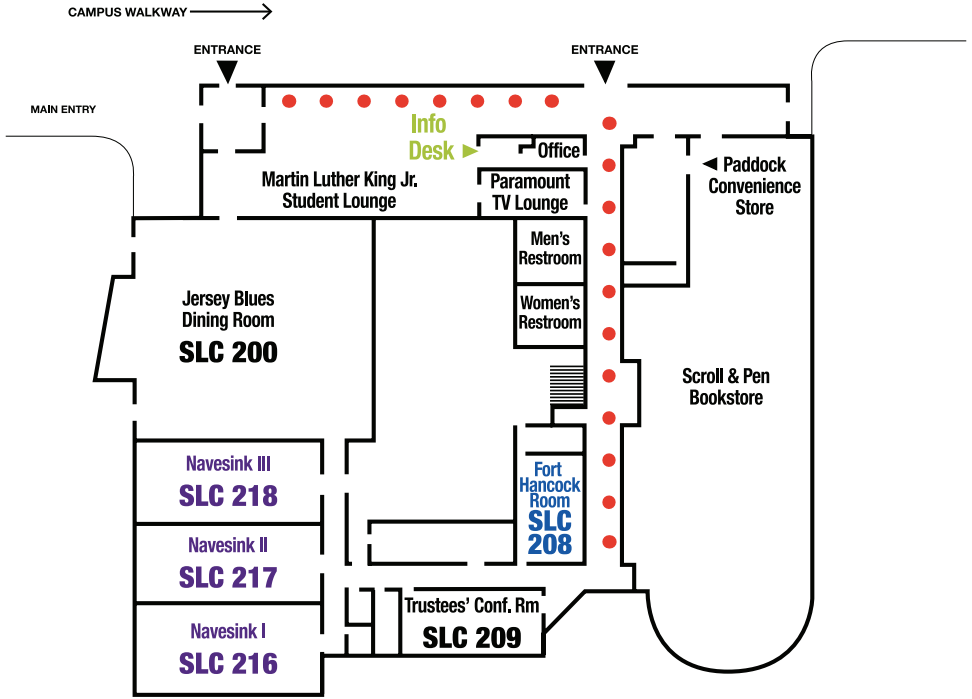
at **800.742.4089** or join online at [**www.socialworkers.org/join**](http://www.socialworkers.org/join)



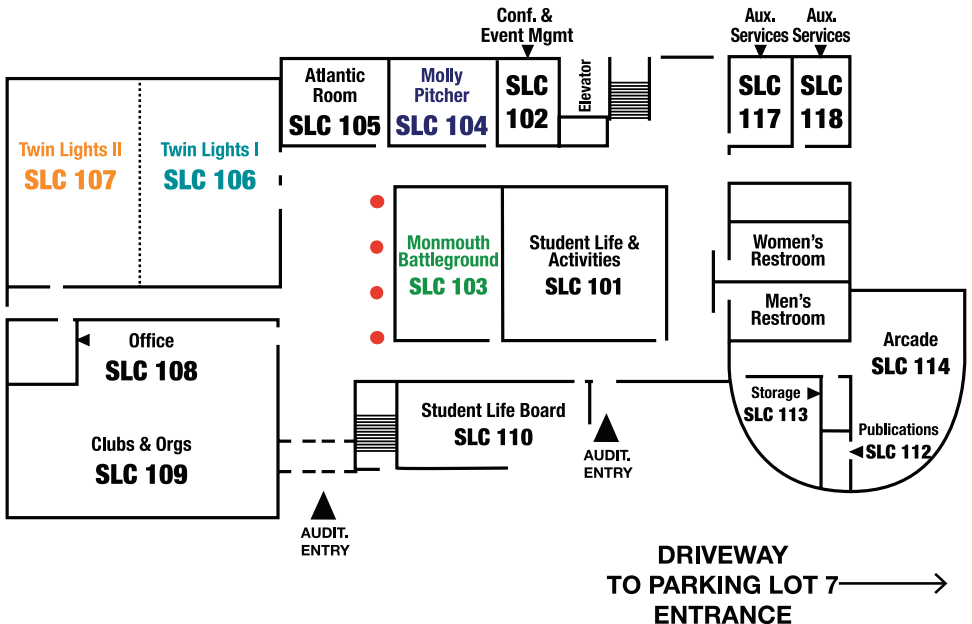
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UPPER LEVEL

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LOWER LEVEL



NJIMHC Registration – Info Desk

Morning Keynote (9am–11am) – Navesink I, II, III

Morning Workshops - 11:30AM – 1PM

- Synergizing Post-Traumatic Growth through Yoga-Based Practices – Fort Hancock/SLC 208
- Journey to Healing – Twin Lights I/SLC 106
- Mindful Movement – Twin Lights II/SLC 107
- An Intro to Sand Play Therapy – Monmouth Battleground/SLC 103

Afternoon Keynote (2pm–3:30pm) – Navesink I, II, III

Afternoon Workshops - 4pm–5:30pm

- Ecotherapy – Fort Hancock/SLC 208
- Intersectionality, Privilege, and Mental Health – Twin Lights I/SLC 106
- The Mindfulness Toolbox – Twin Lights II/SLC 107
- Operation HOPE: Equine Assisted Psychotherapy – Monmouth Battleground/SLC 103
- Sound Bathing as Trauma-Informed Care – Molly Pitcher/SLC 104

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Our belief: Mind, body & spirit are equally impacted by trauma, transition, illness, loss and childhood wounds.

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- DBT
- Clinical Supervision
- Couples Counseling
- Coaching
- Clinical Trainings

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- Grief
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- Autism Spectrum
- Behavioral Dysregulation
- Divorce
- Anger Management
- ADHD
- Depression
- Anxiety
- Social Skills
- Self Esteem
- Self Harm
- Eating Disorders

Owner

Gretchen Morgan, MSW, LCSW

Affiliates

Toni Zachos-Kaplan, MSW, LCSW

Heather Koenigsfest, LPC

Barbara McGinley, LPC

Bill Heath, LCSW

Sara E. Abbatiello, LCSW

Joana Couto, LPC

Joan E. Roche, LPC

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NJIMHC Speaker Biographies



Judy Thompson MSC, C-IAYT, RYT500, AYT

Integrative Yoga Therapist

Judy Thompson is a mother, wife, certified yoga therapist and teacher (C-IAYT), (RYT500), Ayurvedic Yoga Therapist & Educator (AYT), Reiki master, and artist. Judy's background includes a Bachelor of Science in Wellness and Alternative Medicine, a post-baccalaureate certificate in Ayurvedic Wellness Practices (AYT), and a master of science (MSc) in Yoga Therapy.



Laura Khoudari, CPT, CES

Trauma-Informed Wellness Author, Speaker and Practitioner

Laura Khoudari is a pioneer in trauma-informed strength training, a certified Positive Psychology-based Well-Being Coach, speaker, and the author of *Lifting Heavy Things: Healing Trauma One Rep at a Time*.



Eric Kussin

Founder of #SameHere Global

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.



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.

NJIMHC Speaker Biographies



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.



Claudette Sierra-Pappas LSW

Therapist, Licensed Social Worker

Claudette earned her Bachelor of Psychology Degree from Hunter College of the City University of New York, where she graduated magna cum laude. Claudette then earned her Master of Social Work Degree from the Rutgers University School of Social Work. The concentration of her studies was on clinical social work with mental and behavioral health as her area of emphasis.



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.

NJIMHC Speaker Biographies



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 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.



Ryan Gervasi, LCSW, RYT

Licensed Clinical Social Worker, Registered Yoga Teacher

Ryan earned her undergraduate degree in Psychology and her Master of Social Work specializing in the areas of Trauma and Healing, and Drug and Alcohol Dependence from Kean University. Ryan integrates her knowledge and experience as a Registered Yoga Teacher (RYT 200) and Reiki 1 practitioner into wellness and recovery practices by combining the clinical piece and intuitive healing methods.



Kristin Huber, LPC

Ecotherapist

Kristen Huber completed her graduate work in Professional Counseling at Monmouth University. Her private practice, Jersey Shore Ecotherapy, 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.

NJIMHC Speaker Biographies



Yvonne Stern, MS, LAC, NCC

Licensed Associate Counselor, Sand Play Therapist

Yvonne earned her Bachelor of Science Degree in Psychology from Rutgers University and her Master's Degree in Clinical Mental Health Counseling from Kean University. Yvonne also completed her Certificate in Sand Play Therapy, which includes Advanced Training in Male and Female Archetypes. In addition to her work with Integrated Adolescence at Integrated Care Concepts and Consultation, Yvonne has worked with survivors of domestic violence in a transitional residence with their families.



Juan Carlos Barrera, LSW

Licensed 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.



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.

NJIMHC Speaker Biographies



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. She decided to incorporate her own personal life journey and begin a course of action to help others heal their lives. 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.



Julie Stolker, LAC

Licensed Associate Counselor, Sound Therapy Specialist

Julie graduated from Clark University in 1993 with a Bachelor of Arts in Psychology. She worked in the field in many different settings including inpatient psychiatry, substance use treatment and foster care before continuing on to complete her masters. Julie completed her Master of Arts in Clinical Mental Health Counseling from Georgian Court University.



Simone Borger, MA, ATR

Clinician, Art Therapist

Simone earned a second graduate degree in Art Therapy from Paulista University, in São Paulo, Brazil, and later a graduate degree in Clinical Psychology from Montclair State University in New Jersey. Simone is a registered Art Therapist in Brazil and in the USA. She speaks English, Portuguese, and Spanish fluently, and has deep knowledge in Hebrew.

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American Foundation for Suicide Prevention

Marissa Vargas • E: mvargas@afsp.org • P: 862.395.1650

W: afsp.org/newjersey

The New Jersey Chapter is fueled by the mission to save lives by delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

BeWell Psychotherapy

Diana Gasperoni • E: contact@bewellpsychotherapy.com • P: 646.863.0101

W: bewellpsychotherapy.com

Being well is a personal journey and experience and the team at BeWell believes that your mental and emotional wellbeing are always a priority. BeWell offers a variety of specialties and methodologies. At BeWell your therapy experience is catered to your needs.

Breath and Balance Psychotherapy

Natalie Fenchel, MSW, LCSW, CEDS • E: nataliefenchellcsw@gmail.com

W: breathandbalancepsychotherapy.com

We specialize in eating disorder recovery & other mental health disorders. We want to help you BE YOU!

Brookdale Community College

W: www.brookdalecc.edu

Brookdale Community College, located in Lincroft, New Jersey, is an excellent resource for residents of Monmouth County. The College offers (2-year) associate degrees and certificates, plus noncredit classes in many areas of personal and professional interest. Brookdale is an open-admission, comprehensive community college.

Buttercup & Joy

Robyn Sabel • E: robynsabel@buttercupandjoy.com

W: buttercupandjoy.com

Supporting the mental health community one bracelet at a time. We are a women-owned stigma-free business and our mission is to inspire people during life's challenges and remind them to prioritize their mental well-being.

Catastrophic Illness in Children Relief Fund

John Fallucca • E: john.fallucca@dhs.nj.gov

Carmen Santiago • Carmen.Santiago@dhs.nj.gov

W: www.njcatastrophicfund.org

CICRF helps New Jersey families with medical and mental health expenses for kids and young adults under the age of 22 for any diagnosis, at any income level. And the diagnosis does not have to be serious, disabling or even permanent – because the term “catastrophic” refers to the financial impact, not the condition!

Charlie Health

Carly Hester • E: carly.hester@charliehealth.com

W: www.charliehealth.com

Personalized virtual intensive outpatient programs for struggling teens and young adults.

Council on Compulsive Gambling of NJ

Christine Paladino • E: christine@800gambler.org

W: www.800Gambler.org

The Council on Compulsive Gambling of New Jersey, Inc. (CCGNJ) is a private non-profit organization providing information, education and referral services for people affected by a gambling problem for nearly 40 years. Our primary purpose is to represent the best interest of problem and disordered gamblers and their families, recognizing that problem gambling is a treatable condition.

CTRLCare Behavioral Health

Michelle Jasper • E: mjasper@ctrlcarebh.com • P: 609.766.0952

W: ctrlcarebh.com

CTRLCare is dedicated to providing a high quality of care for individuals struggling with behavioral health issues and problematic technology use. CTRLCare Behavioral Health is a premier mental health treatment for teens and young adults. We specialize in preteens, teens, and young adults, struggling with mental health issues and the anxiety, depression and other associated problematic technology. With the strong correlation between behavioral health and technology use preoccupation, it's most effective to treat these issues together in a caring, compassionate program setting.

Department of Children and Families – Division of Child Protection and Permanency

Kara Johantgen / Chris Cammarata • E: askdcf@dcf.state.nj.us

W: www.njfoster.org

The New Jersey Department of Children and Families is the state's first Cabinet-level agency devoted exclusively to serving and supporting at-risk children and families. The DCF and its partners are working to: increase kinship placements and family connections; prevent maltreatment and promote strong families; integrate consumer voice in all programs and services; cultivate a culture of accountability; maximize federal revenue; provide an integrated and inclusive system of care for youth; safeguard staff and promote professional satisfaction.

Footprints to Recovery

Will Wilder / Lauren Tropicano • E: info@footprintstorecovery.com

P: 888.293.6544 • W: www.footprintstorecovery.com

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

Grand Canyon University

Lara Bogner / Joe Reynolds • E: Lara.Bogner@gcu.edu • P: 888.293.6544
W: www.gcu.edu/counselor/lara.bogner

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. All qualified students interested in earning their next degree have an opportunity to pursue a high-quality education at GCU.

Hampton Behavioral Health Center

Anne Marie Green • E: AnneMarie.Green@uhsinc.com
W: www.hamptonhospital.com

Hampton Behavioral Health Center offers behavioral health and chemical dependency treatment for adolescents, young adults, adults and seniors at our inpatient and three outpatient facilities.

Hackensack Meridian Health Carrier Clinic

John O'Neill • E: john.oneill@hmhn.org • P: 800.933.3579
W: www.carrierclinic.org

One of the largest independent, nonprofit central Jersey behavioral health facilities, Carrier Clinic specializes in inpatient psychiatric treatment and treatment and rehabilitation for substance abuse. We provide a complete array of expert care and education for adolescents and teens, adults, and older adults on the inpatient and residential levels. Outpatient services are provided for ECT treatment and drug abuse addiction.

Hope Sheds Light

Pam Capaci • E: pam@hopeshedslight.org • P: 855.850.HOPE
W: hopeshedslight.org

The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.

Integrated Care Concepts/EDI

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.

Integrity House

Rich Rosso • E: info@integrityhouse.org • P: 973.623.0600

W: integrityhouse.org

Integrity House's mission is to help individuals and families through an effective and measurable system of comprehensive Therapeutic Community addictions treatment, mental health treatment, and recovery support in a way that brings about positive, long-term lifestyle change. Integrity House seeks to rebuild and transform lives, families, and communities as the leading provider of integrated mental health, physical health, and addiction services.

KidsPeace

Jason Haller • E: Jason.Haller@kidspeace.org • P: 609.766.0952

W: www.kidspeace.org

KidsPeace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, KidsPeace provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives. The experts at KidsPeace provide emotional and physical health care and educational services in an atmosphere of teamwork, compassion and creativity. KidsPeace offers residential treatment services in Pennsylvania, Maine and Georgia.

Laura Khodari

Laura Khodari

W: www.laurakhoudari.com

Laura Khoudari is a leading trauma-informed wellness author, speaker, and practitioner empowering change in folks' wellness approach. As a trauma-informed wellness practitioner, Laura seeks to support folks living with and healing from trauma in living a full lifestyle that is aligned with their own values, goals, interests, and strengths and is balanced among eight areas of life: physical, social, emotional, environmental, occupational, spiritual, financial, and intellectual.

Lighthouse Counseling & Sand Play Training Center

Gretchen Morgan, MSW, LCSW • E: gmorgan@lcsnj.com • P: 732.380.1575

W: www.lcsnj.com

Our Mission: To treat the whole person with therapies that release and heal. To provide in-depth Sand Play Training for clinicians around the world. Sand Play Therapy, Trauma Treatment, EMDR, Yoga, Coaching, Clinical Supervision and Clinical Trainings in NJ and Costa Rica.

National Association Of Social Workers NJ Chapter

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

W: 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.

New Vision™ at Jefferson Stratford Hospital

P: 856.347.0479 • W: newjersey.jeffersonhealth.org

New Vision provides safe, confidential, compassionate and reliable care with a typical stay of 72 hours for people who qualify. New Vision at Jefferson Stratford Hospital provides withdrawal treatment for the communities of South Jersey. Our patients come from Stratford, Cherry Hill, Camden, & Washington Township, as well as other surrounding communities in the South Jersey area.

Newport Healthcare

Samantha Jones • E: samantha.jones@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 & Workforce Development

Natalie L. Rodriguez

E: Natalie.Rodriguez@dol.nj.gov • Carmen.Santiago@dhs.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.

North Jersey Recovery Center

John A. Ennis • E: john@njrcenter.com • P: 877.541.2897

W: northjerseyrecovery.com

Our specialized North Jersey addiction treatment programs set an industry-standard using innovative drug and alcohol programming. Our vision is to provide each and every client with the tools needed for a lifetime of lasting, meaningful sobriety.

Operation Hope NJ - Equine Assisted Psychotherapy

Sara Velez / Brooke Lichter • E: info@operationhopenj.com • P: 732.497.8078
W: operationhopenj.com

Operation Hope focuses on providing Equine Assisted Psychotherapy to First Responders and their families. We also serve 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 • P: 732.367.4700
W: www.preferredbehavioral.org

Preferred Behavioral Health Group is the leading behavioral healthcare organization in central New Jersey. 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

Michael Margulies • E: michaelm@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.

Rx ReLeaf

Maggie Vasto • E: maggie@rxreleaf.net • P: 855.735.3239
W: www.rxreleaf.net

At Rx ReLeaf, we're here to support you as you embark on your journey toward improved mental health and true fulfillment. Let's talk about finding you a natural, holistic approach to reaching the bright future ahead of you.

Sakala School of Integrative Teaching

Judy Thompson, MSc

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.

Shore TMS

Dr. David E. Wolff, M.D, M.P.H • E: shoretms@gmail.com • P: 732.285.1190

W: www.shoretms.com

Transcranial Magnetic Stimulation provides a safe, noninvasive, anesthesia-free, and often drug-free treatment option for patients suffering from depression. Shore TMS uses TMS for the treatment of depression in instances where multiple medications have been tested but ultimately proved ineffective.

SquareML

Balaji Modhagala • E: balajim@squareml.ai • P: 800.922.1616

W: www.squareml.ai

SquareML is a software company, delivering cutting-edge solutions to digitalize businesses. SquareML Inc. is the subsidiary of SiviSoft Inc., New Jersey. As an IoT, ML & AI-based solutions provider, SquareML embraces advanced technologies to deliver solutions that can easily adapt to the rapidly evolving digital ecosystem.

Surfside Recovery Services

Alyssa Fountain • E: alyssa@surfside.org • P: 609.709.4205

W: www.surfsiderecoveryservices.com

At Surfside, we provide an intimate and fully comprehensive extended care and structured sober living environment unlike any other in the state. We are a recovery program for men, driven by men in recovery.

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.

Uwill

Alex Schechter • aschechter@uwill.com / Asini Wijewardaneo • asini@uwill.com
W: uwill.com

Uwill is the leading online mental health and wellness solution for colleges, students, and U. Uwill offers an immediate appointment with a licensed counselor based on student needs and preferences, a direct crisis connection, wellness events, and more. Join the Uwill counselor community and grow your practice while supporting student mental health & wellness for 1.5 million students at 200 institutions nationwide.

Victory Bay

Kailyn Chastain • E: info@victorybayrecovery.com • P: 800.253.0673
W: victory-bay.com

Victory Bay Recovery Center provides effective treatment to those suffering from addiction. We offer the highest quality Partial, Intensive Outpatient, & Outpatient Substance Abuse and Co-occurring services to the broadest spectrum of clients in New Jersey.

Zookbook Systems

Earl Lipphardt • E: earl.lipphardt@zoobooksystems.com • P: 800.995.6997
W: oobooksystems.com

Zoobook is an EHR software and practice management solution, built to help busy addiction and mental health facilities achieve real-time clinical compliance, optimize referral sourcing, and capture 100% of billing, so they can grow +50% year-over-year.

NJIMHC WiFi Information



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

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NJIMHC Blackout Bingo

Attendees have a chance to win one of five prizes we're giving away. Visit our exhibitors and receive a sticker. The more stickers you have, the greater your chance to win a bigger prize! Don't forget to submit your card at the info booth before leaving. Best of luck!

N	J	I	M	H	C
Hackensack Meridian Health Carrier Clinic	Lighthouse Sand Play	Grand Canyon University	Hampton Behavioral Health Center	North Jersey Recovery Center	Buttercup & Joy
NASW NJ	Rx ReLeaf	Laura Khodari	Newport Healthcare	Department of Children and Families	American Foundation for Suicide Prevention
Integrity House	NJ Dept. of Labor & Workforce Development	Hope Sheds Light	SquareML	Operation Hope	Breath and Balance Psychotherapy
Victory Bay	Council on Compulsive Gambling of NJ 800Gambler	FREE SPACE		Relief Mental Health	CTRLCare Behavioral Health
Surfside Recovery Services	BeWell Psychotherapy	Catastrophic Illness in Children Relief Fund	Preferred Behavioral Health Group	Turnbridge	Shore TMS
#SameHere	Footprints to Recovery/ Aliyah	Ecotherapy	KidsPeace	Uwill	Zookbook Systems
Integrated Care Concepts	EDI	Sakala School	Brookdale Community College	New Vision™ at Jefferson Stratford Hospital	Charlie Health

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#Same Here

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@samehereglobal.org or 917.363.3872





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Young Men's Residential 18+

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The COVID-19 pandemic and a rapidly changing world exacerbate longstanding health and wellness challenges.

Turnbridge gender- and age-specific programs in Connecticut for emerging adults and adolescents provide coordinated psychiatry, psychotherapy, academic and vocational programming, specialized wellness and fitness services, recreation therapy, and intensive case management to address the far-reaching and individualized complexities of daunting behavioral health diagnoses through outpatient, intensive outpatient, residential and partial-hospitalization levels of care.

Distinguished by an EMPWR care model that addresses every aspect of client life, extended care durations, the use of behavioral metrics to objectively measure clinical progress, phased programming that gradually exposes clients to real-world triggers, and extensive family system support and education, Turnbridge is the choice of referring professionals nationwide.

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