

# Mental Illness AND Addiction

THE CHALLENGES ARE REAL...  
RECOVERY IS POSSIBLE



## Mission Statement

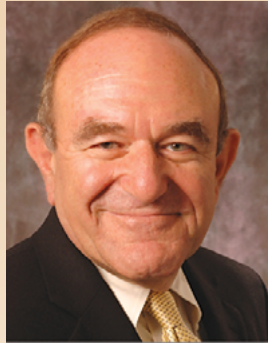
Founded in 1948, the Mental Health Association in New Jersey is a statewide non-profit organization that strives for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training, and services.



Mental Health  
Association in  
New Jersey, Inc.



## Message from the Board Chair and the President



The Mental Health Association in New Jersey (MHANJ) is a consistent force and leader in advocacy and focus on policy, and in increasing access to care for people coping with mental illness and/or substance use disorders from all walks of life – rich or poor – the

insured and the uninsured – and from all cultures. We are dedicated to breaking down the barrier of stigma which deters people from seeking treatment and leading people to hope and recovery.

We lead the transformation of our mental health system toward wellness and recovery. Our public policy initiatives focus on protecting rights to assure that people get the care that they need. Access to psychiatric care and allied health and human services is critical to everyone, especially children and our most vulnerable citizens. Our work aligns with pivotal objectives such as integrating behavioral and physical health care, navigating the system, offering recovery and support services for people with lived experience and their family members, and advancing employment opportunities for those with behavioral health problems.

The MHANJ's call lines, including New Jersey MentalHealthCares for mental health and co-occurring issues, NJ Connect for Recovery for people who are coping with opiate addiction and their family members, the Peer Recovery WarmLine, and the

New Jersey Self-Help Clearinghouse are key partners with the State of New Jersey and other agencies, serving as a hub for mental health and addiction recovery support, education and service – both pre-and post-treatment. The overwhelming response from callers is that these are important services that make a difference in people's lives every day.

The MHANJ's Mental Health First Aid Program has proven to be an invaluable tool to engage individuals in recognizing behavioral health issues in others in a broad variety of settings and encouraging them to seek counseling at an early stage. Thanks to funding from the Robert Wood Johnson Foundation we continue our leadership role in coordinating Mental Health First Aid education throughout the state and are honored to have received the Excellence in Mental Health First Aid Community Impact Award from the National Council for Behavioral Health.

We constantly increase our statewide outreach to support the advancement of policy and advocacy initiatives. Through the leadership of our Board of Trustees and senior staff, as well as the dedication of employees, volunteers and supporters, we will continue to proactively evaluate the behavioral health needs of New Jerseyans and to initiate and provide innovative solutions and advocacy to assure better life outcomes for all affected. We gratefully extend our appreciation to all and are convinced that, together, we can achieve the further progress and improvements those we advocate for so richly deserve.

CAROLYN BEAUCHAMP, ACSW, MSW  
President and CEO

William Waldman, MSW, CSWM  
Chairperson of the Board

Improving Access to Care through Grassroots Consumer Advocacy and Proven Government Affairs Initiatives

## How We Do It...

*The MHANJ's Government Affairs Team works in the public and private sectors to improve treatment access and safeguard rights of children and adults in New Jersey who have mental health and substance use disorders*

We lead New Jersey's State Mental Health Coalition, garnering respect from Legislators across both sides of the aisles at the State House in Trenton. We bring our strong advocacy voice to policy and the budget each year, playing a major role in identifying statewide behavioral health needs and encouraging positive governmental responses in New Jersey and the United States. We are an active affiliate of Mental Health America, supporting its work on Capitol Hill by participating in national initiatives and visiting our New Jersey Congressional Delegation members in their District Offices and in Washington, D.C.

## Why Now?

More than ever, grassroots advocacy is critical in addressing the behavioral health care needs of all our citizens. We bring the consumer voices and real experiences to policymakers to help them understand the on-the-ground impact of the laws and regulations under review. We are proactive in working with legislators in creating laws to improve access to integrated, quality behavioral and physical health care.



Barbara Johnston, Director of Policy and Advocacy, works with legislators and policymakers as part of the MHANJ's Government Affairs initiatives.

2016 CONSUMER ADVOCACY CONTINUES  
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## Innovations and Accomplishments

**Systems Change:** Serving as a driver of systems change, the MHANJ's Public Policy Committee's influence has helped to change policies and practices to secure parity and access to behavioral health in both the public and private sectors. Issues addressed in 2016 include working to improve rights for residential health care and boarding home residents, advocating for a "safety net" with the state's transition to a fee-for-service funding model for behavioral health services, and influencing the sustainability of integrated physical and behavioral health care.

**Access to Care and Systems Advocacy:** The MHANJ reaches out to policymakers and legislators at the state and federal levels to advocate for solutions to roadblocks to access to care for mental health and substance use disorders for New Jersey citizens. In 2016, we increased advocacy through a new Access to Mental Health Care initiative made possible with funding from Janssen Pharmaceuticals, Inc.

**Transportation Issues:** The MHANJ's Public Policy Committee identified the Medicaid transportation system as a major barrier to treatment for those with serious mental illness. In response, the Government Affairs Team held listening sessions with consumer groups to identify specific areas of concern. A consumer survey was conducted, and specific areas of concern were identified and reported. Legislators in the Senate and

Assembly submitted bills to improve and monitor the quality of the Medicaid transportation services.

**Advocacy Network:** An important component of the Government Affairs Department is the MHANJ's Legislative Network of over 6,000 mental health advocates, professionals, consumers, and families.



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Breaking the Stigma of Behavioral Health Issues through Community Education and Training

## How We Do It...

*We fight stigma related to mental illness and substance use disorders through education and training programs.*

We decrease prejudice against those who have mental health and substance use issues and break down barriers to treatment by providing education to enhance awareness and understanding.

## Why Now?

Today, New Jersey and the nation as a whole are plagued with stigma about mental health and substance use disorders. Incidences of senseless violence and unfounded fear call for continuous efforts to improve enlightenment and knowledge. Mental health and substance use problems affect more than 60 million people in the U.S., yet the vast majority does not seek or get needed care. New Jersey statistics mirror the national norm, with only an estimated 39% of the people who experience these problems receiving treatment and/or counseling. Ending stigma saves lives.



(Left to right) John Rogers, Director of the MHANJ's New Jersey Mental Health Players, and Laverne Williams, CSW, Director of the MHANJ's Promoting Emotional Wellness and Spirituality program, rehearse a scenario for a mental health awareness session.

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## Innovations and Accomplishments

**Mental Health First Aid:** Mental Health First Aid for New Jersey, an initiative led by the Mental Health Association in New Jersey and a coalition of 16 stakeholder organizations, earned the Excellence in Mental Health First Aid Community Impact Award from the National Council for Behavioral Health. By organizing previously disparate training efforts, the MHANJ's Mental Health First Aid for New Jersey collaboration has contributed to an increase in the number of people in New Jersey certified in Mental Health First Aid, from an estimated 4,500 in September 2015 when the initiative began, to nearly 13,000 through 2016, according to the National Council. Among those trained have been educators and guidance counselors, first responders including firefighters and police officers, YMCA staff members, college students, librarians, troop leaders, school nurses, veteran peer navigators, religious groups, people working in homeless and other social services, and a growing roster of citizens across New Jersey.

**Community Education:** The Community Education Department is dedicated to promoting mental health and decreasing the stigma surrounding mental illness by providing education to enhance awareness and understanding. Programs are offered at onsite venues across the state, such as schools, nonprofit organizations, community groups, police training facilities, and others. In 2016, the department reached over 5,500 people by providing presentations on a variety of topics, such as: Wellness Recovery Action Plan (WRAP), a personal roadmap for recovery; Hearing Distressing Voices, a simulated

experience that inspires an understanding of challenges faced by those with psychiatric problems; and Psychiatric Advance Directives, a legal document indicating one's preferences for mental health care in the event of a crisis.

**Performances:** In 2016, the Mental Health Players' interactive theatre program reached more than 4,000 people through 60 presentations across 13 counties. Ranging in age from 14 to 88, the 40 volunteer Players perform realistic scenarios for diverse groups such as police trainees, health care workers, senior citizens, students, medical conference attendees, and partial care group members.

**Faith-Based Outreach:** The Promoting Emotional Wellness and Spirituality (PEWS) Program engages faith-based communities statewide in working with mental health providers to eliminate the stigma associated with seeking mental health treatment. Recognizing that a majority of religious individuals with emotional challenges go first to their spiritual leaders for help, PEWS assists clergy and layleaders in how to create better caring congregations.



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Changing Lives by Connecting Citizens to Treatment, Support, Recovery and Work

## How We Do It...

*The MHANJ changes lives by connecting New Jersey citizens to treatment, support and recovery.*

We are the leading advocate in New Jersey for hiring “peers,” people in recovery who use their life experience to support others in recovery. We help individuals in recovery attain the community services and training they need to assure their active participation as productive citizens.

## Why Now?

The mental health system needs to continue to improve its capacity to meet the challenge of providing services to people in the most appropriate settings. Too many people remain in institutions who could be better served in the community, and too many people experience long delays in emergency rooms while waiting for psychiatric screening. Further, the shortage of outpatient services leads to unnecessary delays in accessing care. As access to clinical services continues to be a challenge, the creation of peer delivered community recovery support services is critical for filling the gaps.



(Left to right) Parantap Pandya, MA, Family Support Specialist, and Joyce Benz, LCSW, Program Director, for the MHANJ's Intensive Family Support Services in Union County, welcome guests at the Open House.

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## Innovations and Accomplishments

### **Creating Employment Opportunities and Workforce Development:**

The MHANJ remains at the forefront of developing and providing innovative peer-to-peer services, peer work programs, and training for people living with mental health issues, as well as training for mental health professionals. Our leadership in employment services for persons with behavioral health issues is recognized at the state and national levels, as we have engaged government officials, mental health providers, and the business community at large in the expansion of employment opportunities for persons in recovery.

Our Consumer Connections Program offers training to aspiring mental health peer service providers, helping to prepare them to enter and be successful in the workforce. With 75 graduates per year, this program fulfills one of the important requirements that leads to certification as a peer recovery specialist. Our Career Connection Employment Resource Institute (CCERI) promotes best practices and works to expand workforce opportunities. In 2016, CCERI provided training to over 1,700 employment service providers, behavioral health professionals, peer providers, employers, behavioral health consumers, and family members. CCERI has become involved with outreach to state hospitals to assist patients in obtaining supported employment services upon discharge. The MHANJ's Tools for Success Program combines job readiness and job training skills to prepare individuals in recovery for employment, with services provided by peers who model through their own recovery.

**Supporting Families in Crisis:** In 2016, the MHANJ's Intensive Family Support Services Programs in Atlantic and Union Counties provided services, through more than 5,300 contacts, to people who have an adult family member with mental illness. The Acute Family Care Programs in Atlantic and Union Counties assisted families that had a family member in crisis with more than 2,370 contacts. We have expanded our outreach by offering additional support groups across the state and by acquiring the New Jersey Self-Help Group Clearinghouse, which helps people find and run self-help groups for a vast variety of behavioral health and other physical and psychosocial issues.



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**Supporting Peers:** Our Community Wellness Centers in Atlantic and Ocean Counties and our Spanish-speaking Community Wellness Center in Union County offered a wide array of peer-delivered wellness and recovery services to over 1,500 consumers in 2016. Peer Outreach Support Teams in Atlantic, Hudson, Ocean, and Union Counties provided one-to-one support to more than 240 individuals.

**Call Center:** The MHANJ is established as a “go-to” provider of behavioral health call center services, answering over 27,280 calls annually and integrating professional and peer services to offer counseling, information and referral, and emotional support. The MHANJ’s Call Center is nationally accredited by Contact USA, one of the only programs in the country devoted to maintaining standards of service at crisis lines, warmlines, and reassurance calling programs.

**The MHANJ’s Call Lines include:**

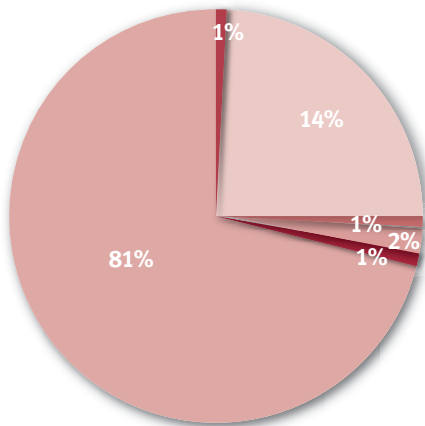
- **NJ Connect for Recovery** — counseling specifically to individuals and families coping with addiction to heroin and prescription painkillers, collaborating with the State of New Jersey’s Interim Managing Entity to help assure that people attain treatment and support.
- **New Jersey MentalHealthCares** — behavioral counseling, information, and referral service providing ongoing emotional support, case management, intervention, and mental health screenings.
- **Peer Recovery WarmLine** — peer counseling service, providing ongoing telephone support to behavioral health consumers as they work toward their recovery.

- **Operator of the Disaster Mental Health Helpline for the State of New Jersey**
  - **Participating center with the National Suicide Prevention LifeLine**
- Disaster Response:** The MHANJ is a strategic partner with the New Jersey Department of Mental Health and Addiction Services Disaster and Terrorism Branch to manage the NJ Disaster Response Crisis Counselor Certification, one of only a handful of this type of certification program in the nation. The project provides training in trauma and crisis counseling in preparation to meet New Jersey’s mental health needs during times of community crisis or natural disasters.

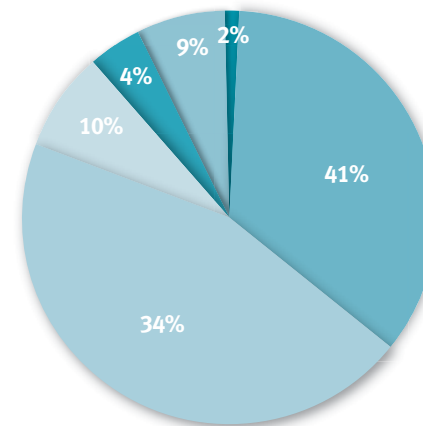
*The Mental Health Association in New Jersey (MHANJ) works to ensure access to treatment and services for people with mental health and substance use disorders. We advocate to help individuals living with behavioral health issues (both mental illness and/or substance use disorders) have full, productive lives.*



# Financials



Affiliate Support (1%)	\$44,323
Contributions (14%)	\$ 758,066
Special Events (1%)	\$91,053
Legacies and Bequests (2%)	\$115,435
Investment Income and Miscellaneous Income (1%)	\$37,388
Government Grants (81%)	\$4,418,472
<b>Total</b>	<b>\$5,464,737</b>



Adult Services (41%)	\$2,224,336
Community Education (34%)	\$1,826,904
Family and Children's Services (10%)	\$ 546,102
Public Education and Advocacy (4%)	\$ 214,799
Administration (9%)	\$ 504,144
Fundraising (2%)	\$114,281
<b>Total</b>	<b>\$5,430,566</b>

## ASSETS

Cash/Cash Management	\$79,082
Accounts Receivable	\$152,218
Prepaid Expenses	\$135,555
Investments	\$534,460
Office Equipment (Less Depreciation)	\$27,948
<b>Total Assets</b>	<b>\$929,263</b>

The majority of funding for the MHANJ's programs is provided through government grants, primarily from the New Jersey Division of Mental Health and Addiction Services.

## LIABILITIES AND NET ASSETS

Accrued Expenses	\$333,410
Deferred Revenue	\$30,000
Refundable Advances	\$8,348
<b>Total Liabilities</b>	<b>\$371,758</b>
<b>Net Assets</b>	<b>\$557,505</b>
<b>Total Liabilities and Net Assets</b>	<b>\$929,263</b>

A copy of the complete audited financial statement of the MHANJ is available by contacting our Chief Financial Officer at 800-367-8850.

## You Can Help!

The MHANJ has expanded its Strategic Development Plan to help assure that our advocacy, training, programs, and services will continue in the long run for New Jerseyans who need help. There is a multitude of opportunities to become involved, including special event participation, sponsorship, planned giving, major gifts, and memorial tributes. Anyone who is interested in participating or learning more about how to become active with the MHANJ is asked to contact Merrill Altberg, Director of Communications, at [maltberg@mhanj.org](mailto:maltberg@mhanj.org) or 800-367-8850.

### An Evening of Excellence

The MHANJ’s 17th Annual Evening of Excellence was a great success, with 300 people in attendance. The program featured a distinguished panel of experts focusing on the topic, “Fighting Heroin and Opiate Addiction in New Jersey: What Works?” Our Master of Ceremonies and Panel Moderator was Steve Adubato, PhD, Emmy Award-winning Anchor, Thirteen/WNET (PBS) and NJTV (PBS) and Author, Lessons in Leadership. The panel included: Tonia Ahern, Parent to Parent, Partnership for Drug-Free Kids Parent Coach; Kaitlan Baston, MD, MSc, Medical Director, Addiction Medicine, Cooper University Hospital; Linda Y. Mur, PhD, LCADC, Associate Vice President of Adult Behavioral Health and Substance Use Disorder Services Center for Family Services, Inc.; and Carolyn Beauchamp, President and CEO, Mental Health Association in New Jersey

### Walk/Run for Wellness and Recovery

Everyone enjoyed our 2016 Annual Walk for Wellness and Recovery, which was held in a new location – Nomahegan Park in Cranford, New Jersey. Working in partnership with Monarch Housing Associates, and the National Council on Alcoholism and Drug Dependence-NJ – the Walk raised awareness of the importance of recovery from mental illness and substance use disorders and the importance of breaking the stigma that may serve as a barrier to seeking treatment.



The Evening of Excellence featured an interactive panel discussion: (front right) Master of Ceremonies/Panel Moderator Steve Adubato, PhD, Emmy Award-winning Anchor, Thirteen/WNET (PBS) and NJTV (PBS) and Author, Lessons in Leadership facilitates panel discussion with (left to right) Tonia Ahern, Parent to Parent, Partnership for Drug-Free Kids Parent Coach; Kaitlan Baston, MD, MSc, Medical Director, Addiction Medicine, Cooper University Hospital; Linda Y. Mur, PhD, LCADC, Associate Vice President of Adult Behavioral Health and Substance Use Disorder Services Center for Family Services, Inc.; and Carolyn Beauchamp, President and CEO, Mental Health Association in New Jersey.



Ready, Set, Walk for Wellness and Recovery!

## 2016 Corporate, Foundation and Organization Supporters

*The Mental Health Association in New Jersey received many financial contributions in 2016. In addition to the generosity of our individual donors, the following corporations, foundations and community organizations supported us as well:*

Alkermes, Inc.

Beacon Health Options

Brown & Brown of Lehigh Valley, Inc.

Carrier Clinic

Catholic Health Initiative

Community Foundation of New Jersey

Community Health Charities

Community Health Law Project

Daytop New Jersey

The Gateway Center for

Counseling & Recovery, LLC

The Hyde and Watson Foundation

Investors Bank

Janssen Pharmaceuticals, Inc.

Johnson & Johnson

Keller Williams

Lexpath

Merck

Merck Employee Giving Campaign

Mercurio Associates

Monarch Housing Associates

Morris County Chamber of Commerce

MWW Group

NCADD

Nisivoccia LLP

Otsuka America Pharmaceutical, Inc.

Paradigm Technology Consulting, LLC

Partnership for a Drug-Free New Jersey

Pfizer Inc.

Quest Diagnostics

Ray Catena Auto Group

The Robert Wood Johnson Foundation

RWJBarnabas Health

St. Claire's Behavioral Health

Summit Oaks Hospital

Trinitas Regional Medical Center

United Way Hudson County

Wakefern Shoprite

## The MHANJ Board of Trustees 2016

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## Mental Health Association in New Jersey

*The Mental Health Association in New Jersey (MHANJ) is a state affiliate of Mental Health America, the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.*

### Mental Health Association in New Jersey Statewide Headquarters

673 Morris Avenue, Suite 100, Springfield, NJ 07081 • 800-367-8850 • [www.mhanj.org](http://www.mhanj.org)

### MHANJ in Atlantic County

4 Jimmie Leeds Road  
Suite 8  
Galloway, NJ 08205  
609-652-3800

### MHANJ in Hudson County

35 Journal Square  
Suite 831  
Jersey City, NJ 07306  
201-653-4700

### MHANJ in Ocean County

25 South Shore Drive  
Toms River, NJ 08753  
732-244-0940

### MHANJ in Union County

2333 Morris Avenue  
Building C, Suites 206/208  
Union, NJ 07083  
908-810-1001

## MHANJ Affiliates

The MHANJ has the following independent entities that provide advocacy, programs and services on a county or regional level, which also support the statewide advocacy efforts of the MHANJ.

### MHA of Essex County

33 South Fullerton Avenue  
Montclair, NJ 07042  
973-509-9777  
[www.mhaessex.org](http://www.mhaessex.org)

### MHA of Morris County

100 US-46 East, Building C  
Mountain Lakes, NJ 07046  
973-334-3496  
[www.mhamorris.org](http://www.mhamorris.org)

### MHA in Southwestern NJ

217 Black Horse Pike  
Haddon Heights, NJ 08035  
856-522-0639  
[www.mhaswnj.org](http://www.mhaswnj.org)

### MHA of Monmouth County

119 Avenue at the Common  
Shrewsbury, NJ 07702  
732-542-6422  
[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)

### MHA in Passaic County

404 Clifton Avenue  
Clifton, NJ 07011  
973-478-4444  
[www.mhapassaic.org](http://www.mhapassaic.org)