



**New Jersey Child Placement Advisory Council
and the
National Alliance of Mental Illness of New Jersey**

Live Webinar Series

**Looking at Mental Health Care For Families
Through a Cultural Lens**

Part 2: February 9, 2023



ABOUT YOUR HOST

New Jersey Child Placement Advisory Council (NJ CPAC)

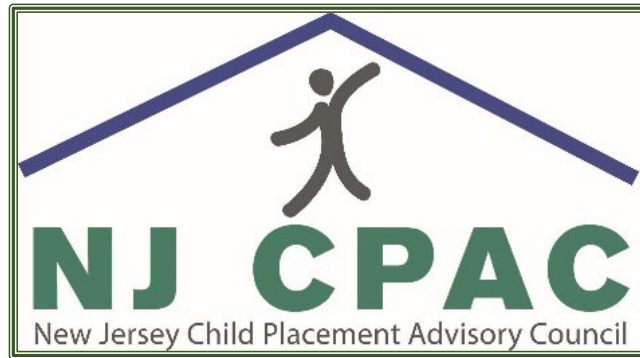
www.njcpac.org

NJ CPAC operates under the auspices of the New Jersey Administrative Office of the Courts. It is a statewide council of citizens who volunteer on Child Placement Review (CPR) boards from each of the 21 New Jersey counties. At least once a month, working as a team, the CPR board volunteers review the cases of children within their counties placed outside their homes by the Division of Child Protection and Permanency (DCP&P), New Jersey's child welfare agency. Each CPR board makes recommendations to their judge to ensure that the best interests of these children are served.

NJ CPAC was established in 1978 by the New Jersey Legislature with the Child Placement Review (CPR) Act and has mandates including advising the New Jersey Supreme Court of the effectiveness of the CPR Act; reviewing the policies, practices and procedures of the DCP&P; and developing and delivering training for CPR Board volunteers and other organizations in the child welfare system

NJ CPAC produces an annual report that is distributed to the Supreme Court, the Governor and the Legislature, as mandated.

To volunteer on your local county's Child Placement Review Board, please refer to volunteer services on the public page of the NJ Courts website, www.njcourts.gov. For further questions about NJ CPAC, please contact Barbara.McClurken@njcourts.gov.



Dear Attendees,

It is with great pleasure that the NJ Child Placement Advisory Council (NJ CPAC) in collaboration with the National Alliance on Mental Illness of New Jersey (NAMI NJ) welcomes you to the Part I webinar of a two-part series focusing on the provision of mental health services through a cultural lens.

Mental health has become a prominent issue in the past two years as we navigated the COVID-19 pandemic. Attention has especially focused on children who have experienced the loss of loved ones; and having to become accustomed to virtual learning. As New Jersey is one of the most diverse states in the nation, it is incumbent upon mental health providers to provide services that are culturally appropriate. During this webinar you will learn how NAMI NJ provides services to children and families of diverse backgrounds.

NJ CPAC continues to provide trainings on subjects and issues that are of importance to stakeholders in the child welfare system as well as organizations throughout New Jersey that provide services to children and families. We hope you take away information today that you may share with your respective organizations.

Sincerely,

Lorene S. Wilkerson

Lorene S. Wilkerson
Chair, NJ Child Placement Advisory Council (NJ CPAC)
Member Children in Court Improvement Committee (CICIC)
Member NJ Task Force on Child Abuse and Neglect (NJTFAN)

ABOUT YOUR CO-HOST

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and the leading voice on mental health.



NAMI of New Jersey (NAMI NJ)

NAMI NJ is a statewide non-profit organization founded in 1985 by a group of concerned New Jersey family members who had loved ones with mental illness. It is composed of full and part-time staff located in Middlesex County partnering with hundreds of dedicated volunteers associated with 19 local affiliates covering all 21 counties. Through education, support, advocacy and public awareness, NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for policies that benefit all, and promotes research into causes, treatment and recovery.



nami | **New Jersey**
National Alliance on Mental Illness

1562 Route 130, North Brunswick, NJ 08902
(732) 940-0991 Fax: (732) 940-0355

PRESIDENT
Mark T. Williams, BSN, RN-BC

EXECUTIVE DIRECTOR
Meredith Masin Blount

Welcome Attendees!

The National Alliance on Mental Illness of New Jersey (NAMI NJ) is grateful to join with NJ CPAC on today's webinar: Looking at Mental Health Care For Families Through a Cultural Lens.

NAMI NJ is a statewide nonprofit dedicated to improving the lives of those affected by mental illness. NAMI NJ provides education, advocacy, outreach, and support to families and individuals living with mental illness, across the state. Located in Middlesex County, NAMI NJ has been providing mental health resources to the community for more than 35 years.

Through education, support, advocacy and public awareness programs, NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders. They advocated for improved treatment and living conditions, not only for their own ill family member, but for all people affected by mental illness. From these modest formative years, NAMI NJ has steadily grown our present organization to 19 affiliates that cover all 21 counties.

NAMI NJ is committed to culturally and linguistically appropriate services (CLAS) in our service delivery across the State of New Jersey. NAMI NJ is committed to following the principal standard of CLAS, to provide "effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs."

Our two-part series will explore the cultural aspects of mental health and well-being for New Jersey children and families. You will hear from NAMI NJ professionals and people with lived experience. Panelists will share what it's like living with various mental health conditions and the challenges of seeking treatment within the social context of their African American, Chinese American, Hispanic/Latinx and South Asian communities.

Sincerely,



Meredith Masin Blount
Executive Director

FEBRUARY 9, 2023 PROGRAM

Looking at Mental Health Care For Families Through a Cultural Lens

9:45 A.M. CHECK-IN

10:00 A.M. WELCOME AND OPENING REMARKS

**Eunice I. Salton, NJ CPAC Vice-Chair
Jennifer Hughes, LCSW, NAMI NJ Associate Director of Program Quality
Assurance**

**10:05 A.M. BARRIERS TO MENTAL HEALTH CARE AMONG FAMILIES IN DIVERSE
COMMUNITIES**

Jennifer Hughes, LCSW

There are important cultural differences between Chinese American, South Asian, Black/African American and Latinx families that may influence how each population thinks about mental health and responds when a family member struggles with a mental health condition. We will take a closer look at some of the cultural norms, traditions, values and beliefs that may serve as barriers to mental health care. We will explore how race, language, gender, sexual identity and immigration status can impact willingness to participate in preventative treatments, enter New Jersey's mental healthcare system and take part in community support groups.

10:35 A.M FAMILY LIVED EXPERIENCES: WHERE WE ARE AND HOW WE GOT HERE

Jennifer Hughes, Moderator

Panelists:

- **Laxman Kanduri, SAMHAJ (South Asian)**
- **Maria del Carmen Rodriguez, NAMI NJ en Español (Latinx)**
- **Donna Williams, AACT-NOW (African American)**
- **John Zhang, CAMHOP (Chinese American)**

Panelists from four different cultures will share their stories of how caretaking for a family member with mental illness has affected their lives. They will discuss the impact on family dynamics; the emotional and financial strains of finding appropriate providers and services; educating themselves about mental health conditions; the difficulties in navigating healthcare and school systems; encountering stigma and the relief at discovering support groups where they can talk with their peers about their daily struggles.

You will learn practical strategies that our panelists have found to be effective for supporting a friend or family member with a mental illness and engaging and building collaboration with diverse families experiencing mental health issues.

11:35 A.M. Q&A
Eunice Salton, Moderator

11:55 A.M. CLOSING REMARKS
Eunice Salton
Jennifer Hughes

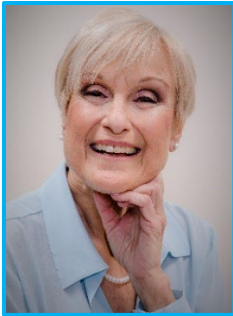
**Recordings of Part 1 and Part 2 of
NJ CPAC's Series with NAMI NJ will be
available on NJ CPAC's website.**

Not on NJ CPAC's distribution list? To receive future training announcements and registration information, please submit an email with "[add me to mailing list](#)" in the subject line to barbara.mcclurken@njcourts.gov



BIOGRAPHIES

NJ CPAC HOST



EUNICE I. SALTON is a Dispute Resolution Specialist in the New York State Unified Court System mediating in various New York courts, as well as arbitrating in the New York State Lemon Law Arbitration and New York State Part 137 Attorney-Client Fee Dispute Resolution Programs. In addition to participating in the New York Federal Executive Board Shared Neutrals Program, she mediates in Middlesex County New Jersey Municipal courts and serves as a mentor, conflict coach and mediator in the Community Dispute Resolutions Centers (CDRC) in Brooklyn, Queens, Long Island and Manhattan. Additionally, she is a delegate to the United Nations representing Mediators Beyond Borders International (MBBI). Her corporate background includes executive positions at Simon & Schuster, JPMorgan Chase & Co., and Cavillo, Schevack & Partners Advertising. She is Vice Chair of NJ CPAC; sits on the District VIII Ethics Committee for Middlesex County, NJ; serves as a member of the New York Women’s Forum (WFNY) Education Fund Advisory Board; and is a past National Council member of Graywolf Press, Minneapolis, MN. She holds an E.d.S. from Florida Atlantic University, an MS from Virginia Commonwealth University and a BA from William Paterson University.

NAMI NJ CO-HOST, MAIN PRESENTER AND PANEL MODERATOR



JENNIFER HUGHES, LCSW, is the Associate Director of Program Quality Assurance at the National Alliance on Mental Illness of NJ (NAMI NJ). She has been with NAMI NJ since 2019 and has worked in the social work field for seven years. Jennifer oversees NAMI NJ’s education, support and outreach programming; including, programs specialized for families and those living with a mental illness.

Additionally, Jennifer supervises NAMI NJ's multicultural outreach programs throughout the state. As an Associate Director, Jennifer focuses on program development, evaluation, and expansion across diverse populations. She collaborates with community partners across New Jersey to increase awareness of mental illness.

Jennifer completed her Masters of Science in Social Work at Columbia University in 2015. She began her career as a mental health clinician and program manager at the School-Based Youth Services Program in New Brunswick, NJ. In addition to her work at NAMI NJ, Jennifer works as a therapist at a private practice in Middlesex County, NJ, where she works with children, adolescents, adults, and families.



FEBRUARY 9, 2023 PANELISTS



Laxman Kanduri is a board member of NAMI NJ and an active volunteer and advisory committee member of its SAMHAJ multicultural program. Laxman became involved in NAMI NJ when a previously high-functioning child's college education was disrupted on experiencing a mental health crisis. When one family member is affected by mental illness, everyone in the family is like to have an emotional response. Through its family and caregiver programs, NAMI NJ was there to provide the Laxman family with support and education as they found themselves navigating bewildering circumstances. As a result of their experiences, Laxman became an advocate for South Asian families undergoing similar journeys. He is a strong proponent of community help and support because the nature of the disease is such that there's no easy solution, treatment or therapy that actually exists in a perfect sense, coupled with the unpalatable fact that it affects people of all ages, and from all walks of life. Laxman believes it is crucial that the mentally ill receive steady attention, support and understanding from all members of society.



Maria del Carmen Rodriguez, Ph.D., LPC, NCC, NJ-DRCC is a mental health professional-educator passionate about developing, promoting and providing mental health services that are culturally and linguistically appropriate and encourage the growth of healthy New Jersey communities. She recently retired as a full-time, tenured faculty member of the Department of Counselor Education at Nathan Weiss Graduate College/Kean University. Maria has presented her research on culturally inclusive counseling and the role of a community's cultural belief system in progressive mental health care to national and international counseling conferences.

Maria is the immediate past president (2021-2022) of the NJ Counseling Association. Her community involvement includes being a chair-elect of the North Atlantic Region of the American Counseling Association and board member for the Puerto Rican Organization for Community Education and Economic Development (Proceed), an agency serving children, adolescents, adults and seniors in Union County; and board member for the Kean Graduate Council Advisory Board. She also consults with New Jersey mental health agencies on how to best serve diverse clients in marginalized/oppressive circumstances.

Maria graduated from New York University. She is a Licensed Professional Counselor (LPC) and National Certified Counselor (NCC) and has her NJ Disaster Response Crisis Counseling Certification (NJ-DRCC).



Donna E. William is committed to altering the stigma of mental illness, encouraging others to join her as agents and advocates for system changes and supporting and educating family members struggling to care for family members and loved ones with mental illness. Donna's involvement in NAMI NJ stems from her experiences growing up with a bipolar mother and becoming her caretaker as an adolescent. She has been active in NAMI NJ for more than ten years and is the recipient of the NAMI NJ 2020 Multicultural Program Recognition Award for her commitment and passion in serving New Jersey's diverse communities.

Donna currently serves as the Southern Regional Coordinator of NAMI NJ and co-facilitator of the AACT-NOW Family Support Group. She is a certified instructor in NAMI NJ's Family-to-Family program and has participated in numerous workshops from the caretaker's perspective.. Donna retired from the New York City Transit Authority in 2013. She attended the Taylor Business Institute and SUNY at Old Westbury College of New York. Her educational background is in Business Management. Additionally, she completed John Maxwell's Coaching and Leadership Certification.



John Zhang became a member of NAMI New Jersey in 2016 and has been a member of the NAMI NJ Board of Trustees since 2019. Like many NAMI NJ volunteers, he became involved when a family member, in this instance his adult son, experienced mental illness symptoms and was diagnosed with a mental health condition. After graduating from the NAMI NJ Family-to-Family class in 2016, John became a trained instructor and has since co-instructed multiple Family-to-Family classes. Through these classes and his attendance at CAMHOP First Family Group Support meetings, he has met many other individuals and families undergoing the challenges of supporting and caring for a loved family member with mental illness. Serving the NAMI NJ and CAMHOP community has been a challenging and rewarding experience for him, helped him feel connected, and ultimately become a better caregiver for his son.

Besides his volunteer work with NAMI NJ, John is a computer scientist/professor working in a major public university in New York City. He lives in Hunterdon County with his lovely family and has two grandkids.



NAMI NJ

EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES



NAMI Family-to-Family is a free educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.



NAMI Basics is an education program for parents, caregivers, and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online.



NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

For More Information on Family Programs:

info@naminnj.org

NAMI NJ

PROGRAM AND TOOLKIT

FOR SCHOOLS/EDUCATORS



Educating the Educators (ETE)

During an ETE session, presenters provide an overview of practical tools to help motivate children and youth with mental health conditions. Topics include symptoms, treatment, collaboration, resources, referrals, stigma, empathy and accommodations.



Every Mind Matters (EMM) Toolkit

An interactive health supplement designed for students in Grades 5-8 and Grades 9-12 to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations. It contains information and resources on mental health, mental illness, the brain, stress relief, anti-stigma and anti-bullying.

**ATTENTION EDUCATORS:
NAMI NJ NEEDS YOUR HELP!**

NAMI NJ is working on a project to meet educators' needs in a post-pandemic world. Please complete this survey <https://forms.gle/rnUhfbVeVK9q98on9> and choose NJ CPAC for how you heard about this program. Contact schoolprograms@naminj.org for more information.

NAMI NJ MULTICULTURAL OUTREACH PROGRAMS

The following are four NAMI NJ multicultural programs for African American, Chinese American, Latinx and South Asian families with services in education, support and advocacy. They also provide education for mental health providers to help them better understand cultural and treatment issues relevant to these populations..

AACT-NOW



NAMI NJ African American Community Together NOW

AACT-NOW is a NAMI NJ initiative serving New Jersey's **African American communities** which include individuals and families affected by mental illness, the faith community, and mental health professionals. AACT-NOW provides culturally competent support, education and advocacy in the northern, central and southern regions of New Jersey, through free services such as support groups, phone referral, community workshops and other outreach activities.

Contact AACT-NOW: aactnow@naminj.org (English)

CAMHOP-NJ



CAMHOP-NJ is a NAMI NJ initiative to help people of **Chinese origin (including immigrants from mainland China, Hong Kong, Taiwan, and their descendants)** in New Jersey gain better understanding about mental illness as a biological based and treatable disease. Our free services include support groups, referral services, advocacy, NAMI Family-to-Family Education Course in Chinese, community workshops, and educational materials in Chinese.

Contact CAMHOP-NJ: Camhop@naminj.org (Mandarin and Cantonese)

NAMI NJ en Español



NAMI NJ en Español is an awareness & education program developed by NAMI NJ serving the **Hispanic/Latinx community** in New Jersey. It offers local self-help support groups, referral services, NAMI Family-to-Family Education Course in Spanish, community workshops, and other outreach activities.

Contact NAMI NJ en Español: enespanol@naminj.org (Spanish)

SAMHAJ



SAMHAJ is a NAMI NJ initiative to help **South Asians (of Indian, Pakistani, Bangladeshi, Sri Lankan, Nepali, Afghan and Bhutanese origin)** in New Jersey understand that mental illness is a biologically based and treatable illness. Our free services include support groups, referral services, advocacy, community workshops, and other outreach activities. This program won the NAMI 2002 Multicultural Award.

Contact SAMHAJ: samhaj@naminj.org (Hindi, Konkani, Marathi, Malayalam, Telugu, Tamil, Punjabi)

NJ COUNTY COURT CONTACTS FOR NJ CPAC

NJ CPAC

All NJ CPAC members are also volunteers in the New Jersey Court's CPR program in their respective counties.

CPR Program Overview

The Child Placement Review (CPR) program is a key component of the court's role in the oversight of children in foster care. Groups of trained judicial volunteers, appointed by the assignment judge, assist the court in reviewing cases of children placed outside of their homes by the Division of Child Protection and Permanency (DCP&P).

To Become a CPR Board Volunteer

We welcome your interest. Please refer to the Volunteer Services page on the NJ Courts public website for general information and the application form:

<https://www.njcourts.gov/public/overview-volunteer-services>

Or contact your local county Volunteer Services Liaison as listed below:

| | |
|--|---|
| <p>Atlantic County <u>AtlVolunteer.mailbox@njcourts.gov</u> 609-402-0100, ext. 47248</p> | <p>Middlesex County <u>MidVolunteer.Mailbox@njcourts.gov</u> 732-645-4300, ext. 88748</p> |
| <p>Bergen County <u>BerVolunteer.mailbox@njcourts.gov</u> 201-221-0700, ext. 25108</p> | <p>Monmouth County <u>MonVolunteer.Mailbox@njcourts.gov</u> 732-358-8700, ext. 87080</p> |
| <p>Burlington County <u>BurVolunteer.Mailbox@njcourts.gov</u> 609-288-9500, ext. 38220</p> | <p>Morris County <u>MrsVolunteer.Mailbox@njcourts.gov</u> 862-397-5700, ext. 75050</p> |
| <p>Camden County <u>CamVolunteer.Mailbox@njcourts.gov</u> 856-650-9100, ext. 43120</p> | <p>Ocean County <u>OCNVolunteer.mailbox@njcourts.gov</u> 732-504-0700, ext. 64490</p> |
| <p>Cape May County <u>AtlVolunteer.mailbox@njcourts.gov</u> 609-402-0100, ext. 47248</p> | <p>Passaic County <u>PasVolunteer.Mailbox@njcourts.gov</u> 973-653-2910, ext. 24063</p> |
| <p>Cumberland County <u>Vic15volunteer.Mbx@njcourts.gov</u> 856-878-5050, ext. 15158</p> | <p>Salem County <u>Vic15volunteer.Mbx@njcourts.gov</u> 856-878-5050, ext. 15158</p> |

| | |
|---|--|
| <p>Essex County <u>EsxVolunteer.Mailbox@nicourts.gov</u> 973-776-9300, ext. 55854</p> | <p>Somerset County <u>V13Volunteer.Mailbox@nicourts.gov</u> 908-332-7700, ext. 13095</p> |
| <p>Gloucester County <u>Vic15volunteer.Mbx@njcourts.gov</u> 856-878-5050, ext. 15158</p> | <p>Sussex County <u>SsxVolunteer.Mailbox@nicourts.gov</u> 862-397-5700, ext. 75050</p> |
| <p>Hudson County <u>HudVolunteer.Mailbox@njcourts.gov</u> 201-748-4400, ext. 60418</p> | <p>Union County <u>UnnVolunteer.Mailbox@nicourts.gov</u> 908-787-1650, ext. 21354</p> |
| <p>Hunterdon County <u>V13Volunteer.Mailbox@nicourts.gov</u> 908-332-7700, ext. 13095</p> | <p>Warren County <u>V13Volunteer.Mailbox@nicourts.gov</u> 908-332-7700, ext. 13095</p> |
| <p>Mercer County <u>MerVolunteer.Mailbox@nicourts.gov</u> 609-571-4200, ext. 74804</p> |  |



NAMI NJ COUNTY AFFILIATES

Atlantic/ Cape May County

(609) 741-5125
Nami1557@comcast.net www.namiacm.org

Bergen County

(201) 935-6264
namibergennj@gmail.com www.namigreaterbergen.org

Burlington County

(856) 222-9400
namiface@verizon.net namibcnj@yahoo.com www.namiburlingtonnj.org

Camden County

(856) 878-2757
namicamdencounty@gmail.com [www.facebook.com/ NAMICamdenCounty](http://www.facebook.com/NAMICamdenCounty)

Cumberland County

NAMI NJ Office (732) 940-0991
[www.naminj.org/support/affiliates/ cumberland](http://www.naminj.org/support/affiliates/cumberland)

Essex/ Passaic County

(862) 297-0835
NAMINJEssexPassaic@gmail.com [www.facebook.com/ NAMINJEssexPassaic](http://www.facebook.com/NAMINJEssexPassaic)

Gloucester County

(856) 582-7461
namigc@comcast.net sites.google.com/view/namigloucester

Hudson County

(201) 283-8776
namihudson@gmail.com namihudsoncounty.org

Hunterdon County

(908) 284-0500
info@namihunterdon.org www.namihunterdon.org

Mercer County

(609) 799-8994
home@namimercer.org www.namimercer.org

Middlesex County

(732) 745-0709
namiofmiddlesex@gmail.com www.namiofmiddlesex.org

Monmouth County

732-4NAMI-4U (462-6448)
nami.greater.monmouth@gmail www.namigm.org



Morris County

(845) 893-8250

namimorriscounty@gmail.com www.naminj.org/support/affiliates/morris

Ocean County

(732) 244-4401

info@namiocinc.org www.facebook.com/NAMIOceanCountyNJ

Salem County

(609) 202-6406

namisalemcountynj@gmail.com www.naminj.org/support/affiliates/salem

Somerset County

(908) 296-3732

namisomerset@gmail.com www.facebook.com/namisomerset

Sussex County

(862) 299-9250

info@namisussex.org www.namisussex.org

Union County

(908) 233-1628

namiunioncounty@yahoo.com www.facebook.com/NAMI.unioncounty

Warren County

(908) 301-1030

namiwcnj@namiwarren.org www.namiwarren.org

NAMI NJ Family Programs

info@naminj.org.

Toll-free Numbers

English: 1-866-626-4664

Spanish: 1-888-803-3413

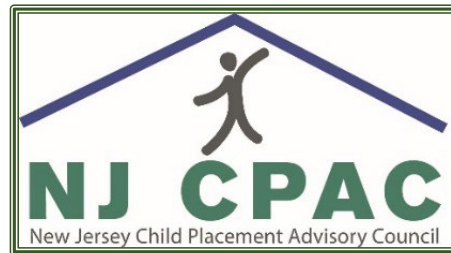
NAMI NJ Multicultural Outreach Contacts

Refer to pages 15 and 16, "Multicultural Outreach Programs"

THANK YOU FOR JOINING US TODAY

All of us at the New Jersey Child Placement Advisory Council (NJ CPAC) would like to thank our co-host, the National Alliance on Mental Illness of New Jersey (NAMI NJ), especially Executive Director Meredith Mason Blount and Jennifer Hughes, Associate Director of Program Quality Assurance. A very special thanks to our four panelists for sharing their voices: Laxman Kanduri, Maria del Carmen Rodriguez, Donna Williams and John Zhang. We also want to thank the staff at Administrative Office of the Courts who made this webinar possible.

Today's program was recorded and will be posted on the NJ CPAC and NAMI NJ websites



www.njcpac.org



Stay Tuned for NJ CPAC'S 2023 Annual Conference



NJ CPAC is excited to announce that we will be hosting our Annual Conference at the New Jersey Department of Children and Families (DCF) Child Welfare Training Academy in New Brunswick.

Save the Date coming soon.