



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

Live Webinar Series

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

Part 1: January 19, 2023



ABOUT YOUR HOST

New Jersey Child Placement Advisory Council (NJ CPAC)

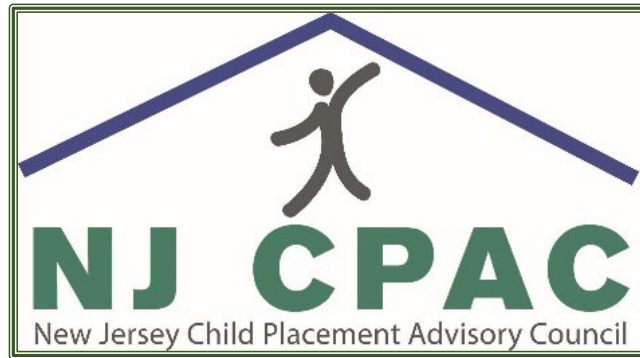
www.njcpac.org

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 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

JANUARY 19, 2023 PROGRAM

Looking at Mental Health Care 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. THE INTERSECTION OF CULTURE AND MENTAL HEALTH IN NEW JERSEY

Jennifer Hughes

Every culture—as defined by a group’s beliefs, values and communication — has different ways of looking at mental health. Such cultural differences influence how people cope with problems and challenges.

Learn about common mental health conditions experienced by New Jersey children, youth and families; the basic language of mental health; and why a mental health care system built on traditional medicine, research and approaches may not meet everyone’s needs.

You will also be introduced to the concepts of cultural competency and cultural humility and why both are necessary to create an equitable and inclusive mental health care system.

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

Jennifer Hughes, Moderator

Panelists:

- **Victor Chou, CAMHOP (Chinese American)**
- **Viviana De Los Angeles, NAMI NJ en Español (Latinx)**
- **Peer Volunteer, SAMHAJ (South Asian)**
- **Shavonne C. Davis, AACT-NOW (African American)**

Hear how different cultures, identities and backgrounds influence the way people approach their mental health care needs. Through guided discussion and storytelling, panelists from four different cultures will describe the realities of living with mental health conditions; impact of mental illness on family relationships; the challenges of navigating New Jersey’s mental health care system; and how culture-specific supports have helped them feel safe, seen and heard.

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

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

DON'T MISS OUT

Part 2 of NJ CPAC's Series with NAMI NJ

February 9, 2023
10:00 am – 12:00 pm

- **Learn about barriers and disparities faced by different cultures**
- **Gain insight into how different cultures view mental health conditions**
- **Identify strategies and resources for youth and families**

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

FEATURED 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)

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 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.

JANUARY 19, 2023 PANELISTS



SHAVONNE C. DAVIS, a native of Vineland, NJ in Cumberland County, has an educational background in psychology and criminology. Shavonne received her bachelor's degree in psychology from Rutgers University, New Brunswick, and then proceeded to receive her master's degree in forensic psychology from John Jay College of Criminal Justice in New York City. Shavonne sits on the Board of Trustees for the National Alliance of Mental Illness (NAMI) for the Atlantic/Cape May chapter of the organization, and co-facilitates Connection, a peer-led mental health support group. She is the recipient of the 2022 Diversity, Equity, & Inclusion Award from NAMI-NJ. Through her volunteer work at NAMI and her employment as Deputy Director of Community Outreach at the Atlantic County Prosecutor's Office, Shavonne strives to dispel stigmas surrounding mental health and promote mental health wellness and awareness.



VICTOR CHOU is a 23- years old and a student at Rutgers University, majoring in Psychology and Psychiatric Rehabilitation. He lives with Depressive Schizoaffective Disorder and Obsessive Compulsive Disorder. Victor is a member of the Chinese American Mental Health Outreach Program (CAMHOP) at NAMI NJ. His parents found out about CAMHOP and attended the educational meetings and then Victor began attending peer support groups. He believes the support groups were a safe place where everyone had gone through similar experiences. Victor became a trained peer facilitator and enjoys being a part of a community where there is support. Victor states "Living with mental illness is very hard, and I hope I can bring people hope and let them know that recovery is possible and that there is support. You are not alone."



SOUTH ASIAN MENTAL HEALTH PROGRAM (SAMHAJ) VOLUNTEER. This individual has been a peer volunteer at NAMI NJ SAMHAJ since 2020. He has experience with mental illness, specifically psychosis. He is in recovery and hopes to be helpful to the organization and the greater mental health community. He believes that the world can be made a better place and that understanding mental illness will be crucial in increasing our compassion as we evolve into a new future. We can heal and there are others like us.

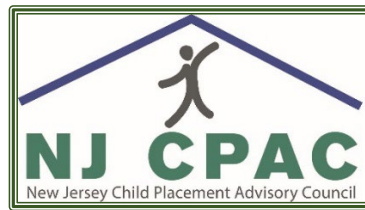


VIVIANA DE LOS ÁNGELES is passionate about raising awareness of mental illness and breaking down the stigma attached to it by sharing her personal journey of mental health recovery. In 2019, she became a trained facilitator for NAMI Family Support Groups. She is also a presenter on NAMI's In Our Own Voice signature program, and she is helping to reduce stigma in different audiences in both English and Spanish. Viviana is the NAMI NJ Program Coordinator for Diversity, Equity and Inclusion Program working directly with LGBTQ+, Law Enforcement, and Asylee/Refugee communities. She has worked for the Middlesex County Department of Public Health and Safety Office of Health Services for 12 years. Viviana is the Coordinator for the Middlesex and Union Counties Regional Chronic Disease Coalition. She is responsible for managing, organizing, and promoting all coalition activities and grants, as well as planning, implementing and evaluating bilingual evidence-based health education and outreach programs. She is a Master Trainer for the SMRC programs held by the New Jersey Department of Human Services and is responsible for providing training and technical assistance to peer leaders throughout the state.

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: Victor Chou, Viviana De Los Angeles, SAMHAJ Peer Volunteer and Shavonne C. Davis. 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



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

Cumberland County

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

Essex/ Passaic County

(862) 297-0835
NAMINJEssexPassaic@gmail.com 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.com 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

Toll-free Numbers

English: 1-866-626-4664

Spanish: 1-888-803-3413

NAMI NJ Multicultural Outreach Contacts

Refer to pages 8 and 9, "Multicultural Outreach Programs"

COUNTY COURT CONTACTS

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@njcourts.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>	

