

STIGMA-FREE COMMUNITIES INITIATIVE

DISTRICT TOOLKIT

The Rotary District 7475 Stigma-Free Communities Initiative is a nine-county program which aims to eradicate the stigma associated with mental illness and substance use disorders.



*For further information or an electronic version of
this toolkit, please*

contact: 7475stigmfree@gmail.com

or visit <https://www.njrotary.org>



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The Mission of the Rotary District 7475 Community Connection Initiative (CCI)

- To generate awareness in our clubs and our members by providing educational sessions with leading experts in the area of SUD (Substance Use Disorder) & Mental Health.
- Work with clubs to engage with their communities and local agencies in order to enhance prevention and treatment measures.
- Eliminate the stigma associated with substance use disorders and mental health. Educate and help provide a road map to a Stigma Free environment.

The focus of this Toolkit is Mental Health and Substance Use Disorder. However, the elimination of stigma is necessary in all aspects of society. Stigma fuels negative attitudes (prejudice) and negative behaviors (discrimination) that are divisive and exclusionary. As Rotarians, we strive for a Stigma-Free World.

Introduction

The **Rotary District 7475 Stigma-Free Communities Initiative** is a district wide program which aims to eradicate the stigma associated with mental illness and substance use disorders (SUD) in the 80 plus communities in which it serves. We are dedicated to raising awareness of these illnesses by creating an environment where affected individuals are supported in their efforts to achieve wellness and recovery.

Prevalence of Mental Illness & Substance Use Disorder (SUD)

The World Health Organization ranks Mental Health & SUD conditions, including alcohol and substance use disorders, as the leading cause of disability in the United States and Canada, affecting people of all ages and backgrounds. 1 in 4 adults experience a diagnosable mental disorder in a given year (approximately 61.5 million Americans) and 1 in 17 adults live with a serious mental illness such as schizophrenia or bipolar disorder. Yet more than half will not seek treatment. *Why?*

The primary reason individuals fail to seek the help they need is due to the stigma associated with the

disease of mental illness. Main reasons cited are shame and fear of judgment from friends, family and co-workers. Such judgment is often rooted in a lack of knowledge or training. It is our goal to disseminate information and foster a stigma-free environment where people are free from judgment and can get the help they need to recover from disease.

For more information on the disease of mental illness, visit www.nami.org

Mental Illness and Stigma

What is a mental illness?

Mental illnesses refer to disorders generally characterized by dysregulation of mood, thought, and/or behavior. Mental illness encompasses a variety of disorders ranging from depression and anxiety to substance and alcohol use disorder and bipolar disorder. Mental illnesses can affect persons of any age, race, religion or income.

What is stigma?

Stigma is a mark of disgrace which results from the judgment of others. When an individual is labelled by their illness, they experience judgment and prejudice. Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness, and reluctance to seek or accept help. As a result, stigma is the primary reason individuals do not seek help when they experience symptoms of mental illness and substance use disorder (SUD).

Mental illness and SUD touch everyone. We know that people with mental illness and SUD can recover with appropriate support and services in the community, yet many avoid seeking help due to stigma and the fear of discrimination.

Social stigma is the disapproval of, or discrimination against, a person based on perceivable social characteristics that serve to distinguish them from other members of a **society**. Social stigmas are commonly related to culture, gender, race, age, intelligence, and health.

Three main types of stigma:

- (1) stigma associated with **mental illness and substance use disorder**;
- (2) stigma associated with physical deformation;
and
- (3) stigma attached to identification with a particular race, ethnicity, religion, ideology, etc.

The Stigma Free Communities Initiative

The Rotary District 7475 Stigma-Free Initiative aims to inspire public interest and open dialog about stigma.



Establishing Stigma-Free Communities will raise awareness of the local mental health and recovery resources available so that no resident needs to feel hopeless or alone. Stigma-Free Communities will encourage residents to break down barriers and be mindful of their mental health and ask for help when needed. Substance use disorders and mental illness have the potential to worsen if left untreated and complications arise when individuals do not seek help. It is essential that residents engage in care as soon as the need is identified so recovery can begin, hope is inspired, and tragedies are avoided.

Who is involved? Everyone is involved. This district-wide initiative includes all of the nine-county residents it serves, young and old. From bus drivers to school administrators, business owners to law enforcement, every community member is a key stakeholder. We want to link all stakeholders to training opportunities and awareness events aimed at increasing public knowledge about mental illness and substance use disorders and knowledge of local resources available to the communities served by District 7475.

The following pages include a Stigma-Free toolkit for Rotary District 7475 Clubs interested in joining the Stigma-Free Communities Initiative. By signing the Stigma-Free Pledge your Club will be joining a rapidly growing group of District 7475 Clubs dedicated to improving the behavioral health of our communities

The Stigma Free Toolkit .. Be an Agent of Change

Join the Stigma-Free Movement!

It takes a lot of work to live a Stigma-Free life, so we need to anticipate that many, if not all people, will not be successful on the first day of taking their Stigma-Free pledge. We are all raised within

different cultures and learn stigmatizing attitudes from our parents, peers, and community. It is understandable that many of you may already possess stigmatized perceptions, but there is still great hope that all people are able to empower themselves. We encourage you to create and sustain Stigma-Free environments that instill **awareness, understanding, and acceptance**, by taking **Action!**

[Take the Pledge Now](#)

See Appendix A

Stigma-Free Resolution: ROTARY CLUBS

WHEREAS, the Leadership of Rotary District 7475 supports the designation of a Stigma-Free Safe Zone in the nine counties of Rotary 7475 District, and;

WHEREAS, at their March 24, 2021 Leadership meeting, the Governor of Rotary District 7475, in collaboration with the Communities Connection Initiative, declared Rotary District 7475 to be a Stigma-Free Safe Zone, and;

WHEREAS, Rotary District 7475 recognizes that one in five Americans has experienced mental health and substance use disorders, in a given year according to the National Institute of Mental Health, and;

WHEREAS, Mental Health & SUD problems are more common than cancer and heart disease combined, affecting children and adults, including more than half of our Iraq and Afghanistan Veterans treated at Veteran's Administration hospitals, and;

WHEREAS, given the serious nature of this public health problem, we must continue to reach the millions who need help, and;

WHEREAS, the stigma associated with these conditions is identified as the primary reason individuals fail to seek the help they need to recover from the disease, and;

WHEREAS, Stigma-Free Communities aim to inspire public interest and open dialogues about stigma, raise

awareness of mental health and substance use disorders, and create a culture wherein residents feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma, and;

WHEREAS, promoting awareness that there can be no “health” without mental health will break down barriers and encourage residents of all ages to be mindful of their mental health and ask for help when needed, and;

WHEREAS, local resources are available to treat mental health and substance use so no one resident needs to suffer alone or feel hopeless, and;

WHEREAS, establishing Stigma-Free Communities will raise awareness and encourage residents to engage in care as soon as the need is identified so recovery can begin, hope is inspired, and tragedies are avoided, and;

NOW THEREFORE BE IT RESOLVED that *[your Club]* recognizes the community needs and supports the efforts of Rotary District 7475 in designating the Rotary Club of *[your Club]* as a Stigma-Free Safe Zone

Forming a Stigma-Free Task Force

Identify Stigma-Free Ambassadors

A Stigma-Free ambassador is any Club member who embraces the Stigma-Free Initiative and will help bring your Stigma-Free Communities to life.

Stigma-Free ambassadors are involved Rotarians who are connected to the community and understand the specific strengths and weaknesses of their municipality.

Ambassadors do not have to be mental health professionals; they can be individuals who are passionate, interested, and energetic. Any proactive Rotarian can become a Stigma-Free ambassador.

Form a Stigma-Free Task Force²

Gather a team of dedicated residents who can help enhance the culture of caring in your community. It would be ideal to include various sectors, including schools, providers, community leaders, church leaders, law enforcement, etc.

Host a town-hall information meeting to introduce residents to the Stigma-Free Communities Initiative, educate and promote awareness, and gather public interest.

Rally local government and business leaders to support the Stigma-Free cause.

- Municipal Alliance Leaders
- Mayor
- Local business owners
- Directors for the Board of Education, Board of Health
- Superintendent of Schools
- Police Chief
- Chamber of Commerce

Encourage local community service groups to embrace Stigma-Free Communities.

- Kiwanis clubs/ Lions clubs/UNICO &Other service clubs
- VFW/American Legions
- Faith communities
- Senior Citizen Centers
- Libraries

Remember the value that our young people can bring.

- Work with Interact students to promote Stigma-Free
- Reach out to local Boy and Girl Scout troops
- Consider forming a youth task force

Stigma-Free Action Plan

Below are some ideas to bring your local Stigma -Free Community to life. Feel free to follow these suggestions and plans and add your own that you think will benefit your local municipality.

- ❓ Run a town-hall meeting about your local Stigma-Free resolution and efforts.
- ❓ Hold a public Stigma-Free forum to discuss your community's Stigma-Free goals and gather input for community events to promote *Mental Health & SUD First Aid Training* for Rotarians and community groups. (For more information on *Mental Health & SUD First Aid*, see page 8)
- ❓ Host a Stigma-Free or Recovery Walk.
- ❓ Set up a Stigma-Free booth at town-wide events and community days.
- ❓ Host a Stigma-Free poster contest within local middle schools.
- ❓ Have educational events for pre-school and elementary students.
- ❓ Develop a website (or extension of the District website) with Stigma-Free information from county and state Mental Health & SUD resources.
- ❓ Encourage student Stigma-Free afterschool clubs.

- ❓ Collaborate with local community service groups and your local Municipal Alliance leaders to host a town-wide Stigma-Free celebration.
- ❓ Distribute Stigma-Free promotional materials to community members to place on their private lawns and vehicles.
- ❓ Host a Stigma-Free/Recovery awareness town concert.
- ❓ Collaborate with NAMI and other Mental Health & SUD awareness groups to provide community education and awareness events.
- ❓ Develop a media campaign and put out press releases for your Stigma-Free efforts.
- ❓ Collaborate with recovery groups to promote their efforts and promote recovery activities and recreational events.
- ❓ Promote personal stories of wellness and recovery.

Remember that Stigma-Free is a *community effort*; think about the strengths of your individual municipality and encourage local residents and organizations to take initiative in your Stigma-Free Community.

What is Mental Health & SUD First Aid?

Mental Health & SUD First Aid is a public education program that introduces participants to risk factors and warning signs of Mental Health & SUD problems. It provides understanding of the impact and the appropriate support required. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a Mental Health & SUD crisis and connect people to the appropriate professional, peer, social, and self-help care. The program also teaches common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.

What do you learn?

Just as CPR helps you assist an individual having a heart attack, Mental Health & SUD First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.



***You could be the help that someone
needs. Get trained today!***
Contact Mental Health First Aid At
<https://www.mentalhealthfirstaid.org/>

**Or reach out to your county department of
Human Services**

WHY IT MATTERS

Because sometimes
**PEOPLE DON'T KNOW
HOW TO ASK FOR HELP.**

Because **THERE IS A
SUICIDE EVERY 12.8
MINUTES.**

Because we can all be
**MORE AWARE AND
MORE INFORMED.**



QPR “Question, Persuade, Refer”

Ask a Question, Save a Life

QPR for Suicide Prevention

“Suicide is our most preventable form of death”: Dr. David Satcher, former U.S. Surgeon General. Facts You Need to Know

- Over 90 percent of all people who die by suicide are suffering from a major psychiatric illness.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease COMBINED.
- Every 17 minutes another American dies by suicide, every day 86 Americans take their own life and another 1,500 attempt suicide.
- Over half of all suicides in America occur in adult men aged 25-55 and most are employed.
- For every suicide death there are 5 hospitalizations and 22 Emergency Room visits for suicidal behaviors – over 670,000 visits per year.
- Firearms are used in 6 of every 10 suicides.
- Suicide rates remain highest among Americans 65 and older.

- Males are four times more likely to die by suicide than females.
- For all Americans, suicide is the eighth leading cause of death. *Source: Surgeon General of the United States*

As someone who may be in the best possible position to prevent a suicide, you will find that QPR is designed to help you save a life. QPR consists of these three skills:

- Question ...a person about suicide
- Persuade...someone to get help and,
- Refer...someone to the appropriate resource

QPR is not a form of counseling or treatment. Rather it is intended to offer hope through positive action. By learning QPR, you will come to recognize the warning signs, clues, and suicidal communications of people in trouble, and gain skills to act vigorously to prevent a possible tragedy.

QPR is a 1-2 hour educational program designed to teach lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. The term “gatekeeper” refers to anyone who may benefit from learning how to use QPR to intervene to stop a suicide. Gatekeepers are people who may be in a position

to recognize warning signs of a suicide and that someone is considering taking their own life. Gatekeepers can include school personnel, clergy, law enforcement, community volunteers, health care providers, family, and friends. Virtually everyone can benefit from learning QPR. The process follows three steps: 1) Question the individual's intent regarding suicide, 2) Persuade the person to seek and accept help, and 3) Refer the person to appropriate resources.

The training is delivered by certified QPR gatekeeper instructors in person or online. Although the foundation for the APR Gatekeeper training is the same for all audiences, the training can be customized for use with specific audiences in collaboration with the QPR Institute. Extended learning modules on specific topics are available to complement the basic 1-2 hour course.

Contact QPR Institute at
<https://www.qprinstitute.com>
**Or reach out to your country department of
Human Services**

Helpful Hints About Mental Health & SUD

The following prose provides a mini synopsis of Mental Health & SUD conditions and how they may affect children. Provided also is a developmental break out of how Mental Health & SUD symptoms can be observed and manifested at different developmental cycles.

Children can experience a range of mental health conditions, including:

- Anxiety disorders. Children who have anxiety disorders — such as obsessive-compulsive disorder, post-traumatic stress disorder, social phobia and generalized anxiety disorder — experience anxiety as a persistent problem that interferes with their daily activities.
- Some worry is a normal part of every child's experience, often changing from one developmental stage to the next. However, when worry or stress makes it hard for a child to function normally, an anxiety disorder should be considered.
- Attention-deficit/hyperactivity disorder (ADHD). This condition typically includes symptoms in difficulty paying attention, hyperactivity and impulsive behavior. Some children with ADHD have symptoms in all of these categories, while others might have symptoms in only one.
- Autism spectrum disorder (ASD). Autism spectrum disorder is a serious developmental disorder that appears in early childhood — usually before age 3.

Though symptoms and severity vary, ASD always affects a child's ability to communicate and interact with others.

- Eating disorders. Eating disorders — such as anorexia nervosa, bulimia nervosa and binge-eating disorder — are serious, even life-threatening, conditions. Children can become so preoccupied with food and weight that they focus on little else.
- Mood disorders. Mood disorders — such as depression and bipolar disorder — can cause a child to feel persistent feelings of sadness or extreme mood swings much more severe than the normal mood swings common in many people.
- Schizophrenia. This chronic mental illness causes a child to lose touch with reality (psychosis). Schizophrenia most often appears in the late teens through the 20s.

Warning Signs of Mental illness in Children

- Mood changes. Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.
- Intense feelings. Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.
- Behavior changes. These include drastic changes in behavior or personality, as well as dangerous or

out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others also are warning signs.

- Difficulty concentrating. Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.
- Unexplained weight loss. A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.
- Physical symptoms. Compared with adults, children with a mental health condition might develop headaches and stomachaches rather than sadness or anxiety.
- Physical harm. Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also might develop suicidal thoughts or attempt suicide.
- Substance abuse. Some kids use drugs or alcohol to try to cope with their feelings. Mayo Clinic www.mayoclinic.org

Warning Signs of Mental illness During Different Age Ranges

Preschool/early Elementary School years

- Behavior problems in preschool or daycare
- Hyperactivity way beyond what the other kids are doing
- Trouble sleeping
- Persistent nightmares
- Excessive fear, worrying or crying
- Extreme disobedience or aggression
- Frequent temper tantrums
- Persistent difficulty separating from a parent

Grade School Years

- Extreme hyperactivity
- Sudden decrease in school performance
- Loss of interest in friends or favorite activities
- Loss of appetite
- Sudden changes in weight
- Visible prolonged sadness
- Substance use or abuse
- Seeing or hearing things that are not there

Tween Years and Teen Years

- The preceding signs/symptoms are still a concern
- Destructive behavior such as damaging property or setting fires

- Constantly threatening to run away or running away
- Withdrawal from family and friends
- Comments or writings that suggest a desire to harm self or others



Words Matter

Words Matter: Using People-First, Non-Stigmatizing Language

The way health care professionals talk about addiction affects the stigma attached to opioid use disorder, and may influence whether or not people seek treatment. Using clinically appropriate and medically accurate language that recognizes SUD as a disease rather than a moral failing will help to create a stigma-free environment prioritizing treatment and recovery. When in doubt, use people- first language. People-first language prioritizes the personhood of every patient over descriptive social identities and stigmatizing labels.

Words to Avoid	Words to Use
<ul style="list-style-type: none"> • Addict • User • Abuser • Junkie 	<ul style="list-style-type: none"> • Person with an opioid/substance use disorder • Person who uses drugs
<ul style="list-style-type: none"> • Drug habit • Abuse • Problem 	<ul style="list-style-type: none"> • Opioid/substance use disorder • Use, misuse, harmful use • Regular, risky, unhealthy, or heavy use
<ul style="list-style-type: none"> • Clean • Former/reformed addict 	<ul style="list-style-type: none"> • Person in recovery • Abstinent • Not actively using
<ul style="list-style-type: none"> • Dirty 	<ul style="list-style-type: none"> • Actively using
<ul style="list-style-type: none"> • Clean drug screen 	<ul style="list-style-type: none"> • Testing negative for substance use
<ul style="list-style-type: none"> • Dirty drug screen 	<ul style="list-style-type: none"> • Testing positive for substance use
<ul style="list-style-type: none"> • Substitution or replacement therapy 	<ul style="list-style-type: none"> • Treatment or medication for addiction
<ul style="list-style-type: none"> • Relapse 	<ul style="list-style-type: none"> • Resumed • Recurrence of symptoms
<ul style="list-style-type: none"> • Addicted babies/born addicted 	<ul style="list-style-type: none"> • Babies born with an opioid dependency • Babies born with neonatal abstinence syndrome

Sample Press Materials

Sample Press Release:

[TOWN] DECLARES MUNICIPALITY A STIGMA-FREE ZONE

One in four adults experience a diagnosable mental illness every year and many of these individuals do not seek help because of fear of shame or judgment from friends, family, and coworkers. On [DATE] [TOWN] made the first step towards eliminating the stigma associated with mental illness. The elimination of Mental Health & SUD stigma will allow residents to get the resources they need without judgment.

[TOWN] representatives passed a resolution designating the municipality a Stigma-Free Zone in order to create an environment in which residents will feel free to seek treatment for the disease of mental illness without the fear of being stigmatized. [TOWN] joins Rotary District 7475 in declaring a Stigma-Free Zone.

[TOWN] hopes to raise awareness of the disease of mental illness, provide an effective way to reduce the stigma associated with the disease, and encourage those who are affected to seek services

and feel supported. The establishment of this Stigma-Free Zone will raise awareness of local [TOWN] Mental Health & SUD resources so no one resident needs to feel hopeless or alone. The elimination of stigma will enable residents to ask for help when needed so recovery can begin, hope is inspired, and tragedies are avoided.

[TOWN] urges anyone who would like more information on the Stigma-Free Campaign to contact and to help us to eliminate stigma and promote wellness amongst all [TOWN] residents.



Rotary International Diversity, Equity, and Inclusion Statement

As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity.

Rotary will
cultivate a



diverse, equitable, and inclusive culture in which people from underrepresented groups have greater opportunities to participate as members and leaders.

Appendix A ... The Stigma Free Pledge

Join the District 7475 Campaign to End Stigma

We Stand with Those Impacted by Mental Illness & SUD!

Statement of Support

As a supporter to individuals who may be of a different race, gender, ethnic, socioeconomic status, and/or sexual orientation background than I am; have a mental health and/or substance use disorder; have a disability; or need any form of assistance, I understand the importance of recognizing the impact stigma and discrimination has on others and the need to reduce it.

By taking this pledge, I will:

1. Educate myself about mental health disorders, substance use disorders, disabilities or differences to include race, ethnicity, socioeconomic status, gender, and/or sexual orientation;
2. Check myself by changing any discriminatory language I use, words matter;

3. Object to any labels that turn individuals into things;
4. Raise awareness by taking any opportunity or teachable moment to educate others; and
5. Know it starts with me.

These action steps lead to the positive improvement of the lives of individuals with a mental health and/or substance use disorder; a physical and/or intellectual disability; or need assistance. These steps also allow individuals to fully participate in society in areas as basic as education, housing, and employment.

Go to: njrotary.org & Take the Pledge

First Name _____

Last Name _____

Initial _____

Rotary Club _____

Your Information will not be shared. Thank you!

Appendix B ... Acknowledgment

The Community Connections Initiative of Rotary District 7475 would like to acknowledge the contributions of the following sources in the compiling of the Rotary District 7475 Stigma-Free Communities Initiative Toolkit:

- Stigma Free Mercer
- Morris County Stigma-Free Communities Initiative
- Somerset County Stigma-Free Community Campaign Toolkit
- Michigan Department of Health and Human Services
- Psychology Today **Mar 13, 2019**

Appendix C ... Help Resource

County Resources

Essex County

Joseph Scarpelli, D.C. Mental Health
Administrator. Essex County Mental Health Board
204 Grove Avenue. Cedar Grove, NJ 07009 (973)
571-2821 / 2822
E-mail: jscarpelli@health.essexcountynj.org

Hunterdon County

Susan Nekola Mental Health Administrator
Dept. of Human Services
Stacey Becker Assistant Mental Health
Administrator Dept. of Human Services
Eight Gaunt Place - PO Box 2900 Flemington,
NJ 08822-2900 (908) 788-1253
E-mail: snekola@co.hunterdon.nj.us
sbecker@co.hunterdon.nj.us

Mercer County

Michele Madiou Mental Health Administrator
Division of Mental Health
640 South Broad Street Trenton, NJ 08650.
Phone: (609) 989-6574 / 6529
E-Mail: mmadiou@mercercounty.org

Middlesex County

Penny Grande. Mental Health Administrator
Middlesex County Div. of Addiction & Mental
Health Planning - Office of Human Services
JFK Square - 5th Floor New Brunswick, NJ 08901
(732) 745-4313
E-mail: penny.grande@co.middlesex.nj.us

Morris County

Amy Archer Mental Health Administrator Morris
County Dept. of Human Services
One Medical Drive Parsippany, NJ 07054
P.O. Box 900 Morristown, NJ 07963-0900 (973)
285-6852
E-mail: aarcher@co.morris.nj.us

Somerset County

Michael Frost Mental Health Administrator Dept.
of Human Services
Megan Isbitski Assistant Mental Health
Administrator Dept. of Human Services
27 Warren Street, 3rd Floor Somerville, NJ 08876-
1262 (908) 704-6302 / 6300
E-mail: isbitski@co.somerset.nj.us

Sussex County

Cindy Armstrong Mental Health Administrator
Sussex County Administrative Center
One Spring Street. Newton, NJ 07860 (973) 940-
5200, ext. 1371
E-mail: carmstrong@sussex.nj.us

Union County

Marilucy Lopes, LCSW. Mental Health
Administrator. Dept. of Human Services
Division of Individual & Family Support Services
10 Elizabethtown Plaza Elizabeth, NJ 07207. 908)
527-4846
E-mail: marilucy.lopes@ucnj.org

Warren County

Laura Richter. Mental Health Administrator
Warren County Dept. of Human Services
One Shotwell Drive. Belvidere, NJ 07823 (908)
475-6237
E-mail: lrichter@co.warren.nj.us

State/Federal Resources

State of NJ Department of Human Services
[New Jersey Resource Directory 2020-2021](#)

New Jersey [Division of Mental Health and
Addiction Services \(DMHAS\) Home Page](#)

KnockOutOpioidAbuse.DrugFreeNJ.org
The Partnership for a Drug-Free New Jersey
165 Millburn Ave. Millburn, NJ 07041. 973-467-
2100

Mental Health Association in New Jersey, Inc.
673 Morris Ave. Suite 100 Springfield NJ
07081 973.571.4100
<https://www.mhanj.org>

NAMI NJ
1562 Route 130 North Brunswick, NJ 08902
Toll-Free: 1-866-626-4664
<https://www.namini.org>

Substance Abuse and Mental Health Services
Administration SAMHSA
5600 Fishers Lane, Rockville, MD 20857
1-877-SAMSHA-7 (1-877-726-4727)
<https://www.samhsa.gov/>

National Suicide Prevention Lifeline
1 (800) 273-8255

NJ Hopeline 1 (855) 654-6735



For more information about Rotary please
Contact: 7475stigmafree@gmail.com
or visit: njrotary.com