



# Words of Wellness



The newsletter of the Collaborative Support Programs of New Jersey Institute for Wellness and Recovery Initiatives • [www.cspnj.org](http://www.cspnj.org) • Volume 2, Number 9 • October 27, 2008

## TICKET IMPROVEMENT AIMED AT GETTING PEOPLE BACK TO WORK

By Tom Gloss, *Ticket to Work/CESSI- [tom.gloss@ssa.gov](mailto:tom.gloss@ssa.gov)*

There's a hot new ticket out there...and we're not talking about Madonna, Hannah Montana, or even the Super Bowl! Like those extravaganzas, this ticket has been around before, too, but if you chose to pass on it before, then this time you may want to take a closer look.

The Social Security Administration's new Ticket to Work (TTW) hit the streets this summer and the buzz is that there are some real advantages to it this time around for people with disabilities who want to work.

Sue Suter, SSA Associate Commissioner, Office of Employment Support Programs, tells us there is real excitement around the country because the new Ticket addresses the concerns that were raised by so many people over the years. "We are listening. We are learning. We are responding." Suter said. "The original Ticket was designed to offer choices to SSA's disability beneficiaries, but that never really happened. We couldn't get enough providers to participate as Employment Networks (ENs) so that beneficiaries had real choice. ENs weren't paid if the beneficiary only worked part-time, and if the beneficiary placed his or her ticket with the state Vocational Rehabilitation (VR) agency, no payments were possible down the road to an EN for the long-term supports so many need to stay working."

The original TTW program was launched in 2001. Congress intended that SSA would monitor and evaluate the program and make changes as needed. One of the things that SSA learned over time is that self-sufficiency is incremental. Many disability beneficiaries want to work part-time, especially at first, and while doing so most won't earn over the amount that SSA calls "substantial gainful activity" (SGA; in 2008 that amount is \$940, or \$1,570 for beneficiaries who are blind.) That meant that no payments would be made to the EN who accepted the beneficiary's Ticket and likely provided services. For most ENs that spelled trou-

ble—as in losing money—and led to either halting the acceptance of Tickets or withdrawing from the TTW program entirely.

To address this, SSA will be paying ENs more money, sooner and for a lower level of earnings by the beneficiary. Under the new Ticket program, the EN will be paid a first milestone payment of \$1,177 after the beneficiary earns just \$335 in a month. The second milestone payment of another \$1,177 is achieved after the beneficiary earns \$670 per month for 3 months (inclusive of the first milestone period). There are third and fourth milestone payments of the same amount after 6 months and 9 months, respectively, after the same level of beneficiary earnings for a total of \$4,708 in this first phase. Part-time work of 20 to 22 hours per week would fit with this level of earnings for most people.

### Remember!

Our annual Wellness and Recovery Conference will take place on Thursday, March 19 and Friday, March 20, at the Pines Manor, Edison. Watch this newsletter for further details.

Under what they are calling Phase 2, SSA will make payments to the EN for up to 11 months at \$353 per month for beneficiaries on the Social Security Disability Insurance (SSDI) program and for up to 18 months at \$203 per month for beneficiaries on the Supplemental Security Income

(SSI) program for each month of gross earnings greater than the SGA level. Total Ticket payments to the EN for Phases 1 and 2 would be \$8,591 for an SSDI beneficiary and \$8,362 for an SSI beneficiary.

Those same monthly payments to the EN can continue under the Outcome Phase, for up to 36 months for SSDI and for up to 60 months for SSI for each month the disability beneficiary has net earnings above the SGA level and no longer receives a cash benefit from SSA. So, for those beneficiaries who work their way off the Social Security rolls, total Ticket payments to the EN can exceed \$21,000 for SSDI and \$20,000 for SSI.

Suter sees this as an opportunity to really support people with disabilities for the long haul. Suter said, "The new Ticket program encourages partnerships between the state VR agencies and ENs by allowing the beneficiary to receive services first from the VR. The benefi-

ciary can later assigning the Ticket to an EN. The EN will receive payments for providing the supports needed to help the beneficiary to maintain employment over a long period of time.” The state VR agency still qualifies for the traditional cost reimbursement by SSA for beneficiaries who complete 9 months of work at the SGA level. In the past, many of the SSA beneficiaries served by state VR agencies never attained that level of employment, precluding cost reimbursement, and the original Ticket program did not help the problem. “Now there is an incentive for the VR and community ENs to work together to help our beneficiaries achieve their employment goals,” says Suter.

If you are a SSDI or SSI beneficiary between the ages of 18 and 64, then you most likely have received a Ticket. More than 14 million Tickets have already been issued by SSA. Under the original TTW program rules, however, beneficiaries who were expected to have improvement in their medical condition were not given a Ticket. That’s one of the things which has changed under these new rules launched this summer. If you were one of the approximately 300,000 people in that group, then you can expect to get a paper Ticket in the mail this fall. Anyone interested in using the Ticket to get access to employment supports and services, regardless of whether they have the paper Ticket in hand, can call SSA’s TTW Operations Support Manager, Maximus, toll free at: 1-866-968-7842(v) or 1-866-2967(tty) to get the ball rolling. Using your Ticket is completely voluntary and there is no cost to you. It’s OK to contact Maximus just to get information, even if you are not sure that you are ready to go to work. You will be under no obligation to use the Ticket.

One of the key advantages to beneficiaries of using the Ticket, in addition to accessing employment services, is the delay of Continuing Disability Reviews (CDRs). SSA reviews disability cases periodically to see if beneficiaries still meet the medical requirements for disability benefits. In some cases, disability cash benefits will stop based on the results of this review if the beneficiary no longer meets SSA’s requirements. While you are using your Ticket, SSA will postpone your medical CDR as long as you are working toward your employment goal.

You may be wondering what exactly an EN is and how to go about finding one. Think of ENs as “rehabilitation service providers,” but in a broader sense because under the TTW Program an EN doesn’t have to be a traditional provider. Even employers interested in hiring people with disabilities can become an EN if they apply to SSA and meet all of the requirements. For example, your State Vocational Rehabilitation Agency, community mental health center, or local Goodwill Industries are probably places you think of as traditional providers, and they would most likely be an

EN. But there are also law firms, drug stores, faith-based organizations, and many other non-traditional providers that SSA has approved to help disability beneficiaries get the services needed to achieve their employment goals. To find an EN in your area call Maximus at the one of the number shown above or go to [www.yourtickettowork.com](http://www.yourtickettowork.com). Maximus keeps a list of all ENs organized by state and zip code to make it easy to use.

You may want to contact several ENs in order to find the one that seems just right for your needs and employment goals. The EN will ask you questions about your work background and what supports or services you think you need to achieve your employment goals. Remember, the EN is not allowed to charge you a fee for any TTW services and you are not required to use your ticket. (The EN will get paid a reward from SSA after you attain the earnings milestones or outcomes described above.) If you find an EN you think can help you and that EN agrees, then you will be asked to sign an individualized work plan that will describe the agreed upon services and officially assign your Ticket to that EN. If at any time you wish to assign your ticket to another EN, then you are free to do so.

Should you be dissatisfied with the EN or the services being provided, you should first talk with the EN, whenever possible. If that is not possible or your discussion does not provide a satisfactory resolution, then you should call Maximus to discuss the situation. SSA provides recourse through a program known as Protection and Advocacy for Beneficiaries of Social Security. You can find your local protection and advocacy program listed at [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work), by clicking on “Service Provider Directory.”

To reach more beneficiaries, SSA has its Work Incentive Planning and Assistance teams around the country holding events to bring together those who are interested in working with work incentive counselors, ENs, and other expert resources from that local area. During 2008, SSA plans on holding about 100 of these events and hopes to have many more next year. Most of these events are small, with only 10 to 20 beneficiaries, to ensure time for each person to connect with the available community resources.

More information on the TTW program is available at: [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work).

***Editor’s Note: We will pass on information about upcoming SSA Work Incentive Planning and Assistance programs in New Jersey.***

*We are well aware of the difficulty which New Jersey residents with psychiatric disabilities have had using their tickets. We are very interested in hearing from readers who may be interested in launching an EN for our population, applying state-of-the-art psychiatric and vocational rehabilitation approaches. We believe that such an EN can be a collaboration between mental health providers, rehabilitation providers, Government, academia, and self-help. Please let us know (nleditor@cspnj.org) if you are interested in being in the discussion towards such a project.*

## DIMENSIONS OF WELLNESS & CONVENTIONS

As the table on the next page shows, going to a convention<sup>1</sup> can not only have many wellness *benefits*, but can also create many wellness *challenges*. Going to a convention can be exciting. It can also generate feelings of dread while making preparations to go, confusion and being overwhelmed when at the convention, and disappointment or unwellness on return. For every person who goes to a convention and comes back refreshed, informed, and inspired, we see others come back suffering a bit from having “overdone it,” in either spending, eating, drinking, or exerting, or having “underdone it” in either sleep or needed relaxation. We believe that people *can* act to minimize the unwellness created by attending a convention, and offer the following suggestions.

***Make an informed choice to attend or not attend the convention.*** Ensure that you know what you are expecting to get, and what it will *cost* you (money, energy, and more). Unless you have a pretty good idea of what the convention is like, seek the counsel of others who have attended. One problem about informed choosing is that many national conventions require paid reservations many months in advance, when it is hard to predict what your energy level or tolerance for inconvenience will be at the time of the convention.

***Plan your attendance carefully.*** Understand that many conventions have such a large number events and activities going on at the same time that you cannot possibly take them all in. It is worth having a good idea of what major events you will be attending, especially if those events re-

quire advance registration. Again, veterans of the convention can be a good source of information.

***Do not overplan.*** This varies by individual, but overplanning seems to create a setup for having trouble dealing flexibly with the changes you inevitably need or want to make during the course of the convention. For many people, this may include intentionally interrupting a busy schedule to relieve themselves of overstimulation or “overload.”

***Do not overschedule.*** Give yourself breathing room, time to get between places, time for distractions, relaxation, socialization, etc.

***Plan your travel carefully.*** “Getting there may be half of the fun,” but air and ground travel may be stressful, especially if you are not a frequent traveler. Things like getting between home and the airport, or between the airport and hotel, or storing your luggage before check-in or after checkout seem to create significant challenges. These challenges can be aggravated when you are traveling on a tight budget. If you cannot sit for long periods or have other specialized needs, you will want to factor those into your travel plans. Experienced travelers can be a good source of travel planning review. You also may want to consider how you can link up with another convention attendee from your area and travel together.

***Pack with your head, not over it.*** This is an art that involves keeping luggage amount and weight reasonable, without omitting the things you need. Excess luggage is harder to transport, harder to keep secure, easier to lose, and may not fit in a shared vehicle. It can also set you up for airline surcharges. Many travelers start with a basic packing list, which they update based on each trip. It should include:

- Whatever clothing, toiletries, and other personal items you need.
- Whatever “wellness accessories” you need. These can range from relaxation tapes, diaries, and religious articles to the charger for the cellphone you use to feel secure and in-touch. If you expect to take advantage of a swimming pool, exercise room, or the like, you need to the appropriate clothing. If medications, medical appliances, etc., are part of your wellness, make sure that those (including as-needed meds) are packed.

<sup>1</sup> We will use the term “convention” throughout this article to mean regional or national conventions, typically involving overnight stays. Some of these may be called conferences, colloquia, consortia, or something else. Some of what we address here applies to the shorter events (more typically called conferences) that often take place on a statewide or more local level. Also, some of what is included in this article can apply to business, family, recreational, or employment-related travel.

<i>Dimension</i>	<i>Wellness Benefits of Attending a Convention</i>	<i>Challenges that a Convention Can Cause</i>
Physical wellness – the maintenance of a healthy body, good physical health habits, good nutrition, and exercise, and obtaining appropriate health care.	Chance to get lots of exercise, possibly use a pool or other exercise assets not normally accessible to you.	<ul style="list-style-type: none"> <li>• Missed/misscheduled medications</li> <li>• Lost sleep</li> <li>• Physical demands of the convention</li> <li>• “Overdoing it” physically</li> <li>• Physical impacts of travel in general</li> </ul>
Intellectual wellness – lifelong learning, application of knowledge learned, and sharing knowledge.	The learning and sharing of knowledge is the primary reason most people attend a convention.	
Environmental wellness – being able to be and feel physically safe, in safe and clean surroundings, and able to access clean air, food, and water.	Conventions are usually at places that provide a high level of Environmental wellness.	<ul style="list-style-type: none"> <li>• Potential to be staying in/traveling through “uncomfortable” parts of cities</li> <li>• Travel creates “environmental unwellness” for many people, ranging from safety fears to cramped seats</li> </ul>
Occupational wellness – participating in activities that provide meaning and purpose.	We often attend conventions about the things that are part of our occupational, spiritual, and/or social wellness.  Conventions are a great chance to meet people/catch up with old acquaintances.	<ul style="list-style-type: none"> <li>• Absence from the workplace</li> </ul>
Spiritual wellness – having meaning and purpose and a sense of balance and peace.		<ul style="list-style-type: none"> <li>• Potential for overload</li> <li>• Interruptions in regular activities of meditation/ worship, etc.</li> </ul>
Social wellness – having healthy relationships with friends, family, and the community and having an interest in and concern for the needs of others and humankind.		
Emotional wellness – involves the ability express feelings, adjust to emotional challenges, cope with life’s stressors, and enjoy life.	Like a vacation, a convention provides enjoyment and the opportunity to reduce routine stress by providing a break.	<ul style="list-style-type: none"> <li>• Amount of stimulation at a convention can be stressful to some</li> <li>• For some people, the physical and financial stressors seem to create a setup for greater vulnerability to emotional unwellness at a convention</li> <li>• Some people derive emotional unwellness from comparing themselves to speakers and others</li> </ul>
Financial wellness – the ability to have financial resources to meet practical needs and achieve satisfaction.		<ul style="list-style-type: none"> <li>• Being away from work may reduce/interrupt income</li> <li>• Being away from home may cause added expenses (e.g., pet care)</li> <li>• Conventions carry many direct expenses: registration, travel, meals</li> <li>• People sometimes underestimate the “out of pocket” expenses they may incur at a convention, causing financial unwellness by being unable to meet expenses or make optional purchases</li> <li>• Some people get uncomfortable dealing with credit and debit cards, etc., that may be a necessary part of travel</li> </ul>

- Whatever “documentation,” such as flight and confirmation numbers and travelers’ checks you will need to travel, register for your hotel, and attend the conference. It also makes sense to leave a copy of this information with a friend or family member who is not traveling.
- Whatever material you will need if you are participating in the conference as a presenter, exhibitor, merchant, etc.
- Space to pack the paperwork and other things people always pick up at conferences. If you plan to travel with your pet (a wellness strategy for some, an impossible challenge for others), that adds another layer of challenges in planning and packing.
- Of equal importance may be choosing to leave out what you do not need. For anything you pack which is fragile or expensive, you need a proper plan for transporting or securing it. One useful tip is to find out what amenities

will be available to you. For example, if you are thinking about taking a laptop for the sole purpose of checking your email, and the conference offers an “Internet café” that has computers you can use, then the laptop can be left at home. If the hotel offers blow dryers in every room, you do not need to pack one.

**Plan time for wellness.** This includes giving yourself time for:

- Sleep
- Non-sleep “downtime”
- Other wellness activities, from meditation to staying in touch with family and friends<sup>2</sup>
- Medication and other routine health activities.

If you will be traveling a great distance, then you need to think about the impact of the travel on your sleep. Some people sleep well on planes or in vehicles, others do not, or at least do not get the restful sleep they need.<sup>3</sup> If you will be traveling to another time zone, you need to be very conscious that your body will generally be on your “home time,” regardless of what the hotel clocks say.

**Plan your spending very carefully.** Money trouble can be a source of unwellness. If you are being sponsored or sent by an employer or organization to a convention, then you need a clear idea of what is and is not covered, and whether you will get money in advance or get reimbursed. If you are going to be reimbursed, then you need to be aware of what receipts or other documentation will you need to present in order to get reimbursed. Remember that at many conventions, anything that is not advertised as included will not be. You will need to plan for:

- all travel expenses, including transfers and tips, and airport parking if part of your trip
- the hotel stay, if not prepaid
- any meals not included (at the hotel or at the conference)
- any optional spending, including snacking, entertainment, and shopping (from convention vendors or “souvenir” purchases)
- some extra funds for the little things that always come up

It is worth remembering that if you charge a hotel room to a debit card, the hotel may place a hold well above your expected room rate (to cover “incidentals”), and those holds may stay on the account for days after checkout. Conven-

tion hotels are also notorious for high prices, and you may be someplace where you cannot conveniently walk or have access to a car to buy food or other items at reasonable prices. Shopping for books and other materials from convention vendors is an activity many people look forward to, but it may be important to plan a budget for this activity and enforce it. You may need to think about how you will actually carry “money,” including debit cards, travelers’ checks, and cash.

**Plan to have your special needs accommodated.** The travel/lodging industry, as well as convention organizers, are experienced at dealing with the special needs of travelers and attendees. The key is to plan, request, communicate, and confirm accommodations for your needs well in advance. This applies whether you need an accessible room, a wheelchair,<sup>4</sup> special seating, assistive listening, a special diet, refrigerated storage for medications or special foods, or any other accommodation.

**Be emotionally good to yourself.** Do not “beat yourself up” by comparing yourself to others, in frustration regarding your inability to keep up with every session, or over every misplaced item or missed opportunity.

**Take advantage of the resources the convention organizers are probably providing that can assist in your wellness.** Many conventions have some combination of “orientation sessions,” hospitality rooms, trouble desks, and lots of convention staff available to answer your questions. Also common are message boards, rideshare arrangements, and coat/package checkrooms. Conventions that include a Sunday are likely to have a multi-denominational church service on-site, or make arrangements with local congregations for attendees. Some conventions will offer some combination of a support room and scheduled support group sessions.

Enjoy the convention, and make it a pro-wellness experience!

## GUIDELINES FOR BONE HEALTH

The US Department of Health and Human Services has paid significant attention to issues around degenerative bone loss. It’s Office on Women’s Health produced a “Women’s Health Daybook” issue in February, 2007,

<sup>2</sup> Consider the value of a “phone buddy,” as well as the possible impact of time zone differences.

<sup>3</sup> Returning from West Coast travel on the “red eye” overnight flight, and planning to go directly to work on return, seems to be a setup for trouble for some people.

<sup>4</sup> Convention hotels are so big that some people whose mobility is sufficient for smaller venues may need mobility assistance devices at a convention.

entitled “Getting Strong Bones: From Youth to Old Age”<sup>5</sup>. The article introduces osteoporosis, a disease of reduced bone density in which a person’s bones get weak, and he or she (but predominantly she) is more likely to break a bone. It notes that osteoporosis goes undetected until a broken bone occurs, and that a broken bone can cause disability, pain, and loss of independence. Millions of women already have osteoporosis, and millions more may be at risk for it. There are several medical tests for osteoporosis., the most common one being DEXA<sup>6</sup>. DEXA is painless and non-invasive<sup>7</sup>, and offered at almost every radiology facility and hospital. Osteoporosis screening guidelines are in the box at right.

The Radiological Society of North America notes that bone density testing is strongly recommended if you:

- are a post-menopausal woman and not taking estrogen.
- have a personal or maternal history of hip fracture or smoking.
- are a post-menopausal woman who is tall (over 5 feet 7 inches) or thin (less than 125 pounds).
- are a man with clinical conditions associated with bone loss.
- use medications that are known to cause bone loss, including corticosteroids such as Prednisone, various anti-seizure medications such as Depakote or Dilantin, certain barbiturates, or high-dose thyroid replacement drugs.
- have type 1 diabetes, liver disease, kidney disease or a family history of osteoporosis.
- have high bone turnover, which shows up in the form of excessive collagen in urine samples.
- have a thyroid condition, such as hyperthyroidism.
- have a parathyroid condition, such as hyperparathyroidism.
- have experienced a fracture after only mild trauma.
- have had x-ray evidence of vertebral fracture or other signs of osteoporosis.

*cle just published<sup>8</sup> this week shows a link between Vitamin D insufficiency and Parkinson’s Disease.*

- Get sufficient exercise (60 minutes daily for pre-teens/teenagers, 30 minutes x 5 times per week for adults of all ages). The articles lists specific types of exercise which could be valuable.
- Don’t smoke
- Drink alcohol moderately
- Take steps to reduce fall risks in the home. Examples given include reducing clutter, using a night light, and using a non-skid bathtub mat.
- Consider medication approaches to

reducing bone loss, in conjunction with your prescriber.

The article makes the case that building strong bones during childhood and adolescence is the best defense against getting osteoporosis later. It notes that bone loss typically begins around age 30, and increases after menopause. It makes three recommendations towards this end:

- Get enough calcium each day. Daily intake via diet or supplements should be 1300mg for girls age 9-18, 1000mg for women 18-50, and 1200mg for women 50 and over. The article lists some dietary values for calcium-rich foods. Lean dairy is an obvious source.
- Get enough vitamin D each day. While the article lists specific intake guidelines and food values, it also notes that 10-15 minutes of sunlight 2-3 times per week can be a good source if vitamin D. ***BREAKING NEWS:an arti-***

Remember:

- Registrations for our trainings to [jgarafano@cspnj.org](mailto:jgarafano@cspnj.org) .
- Newsletter subscription requests, comments, and content to [nleditor@cspnj.org](mailto:nleditor@cspnj.org)
- Back issues of this newsletter (and an index) are online at [www.cspnj.org/services/wrinstitute/newsletters.html](http://www.cspnj.org/services/wrinstitute/newsletters.html)

## UPCOMING TRAININGS FROM OUR INSTITUTE

The following trainings are presented by our institute free of charge to the mental health recovery community.

Trainings do fill up, and advance registration is requested<sup>9</sup>. When you register, you will receive a confirmation which will include directions to the training location.

### ***Creating a Wellness Plan: Wellness and Recovery Action Plan (WRAP)*** by John Garafano Jr., BS, CPRP

WRAP is a self-care program (developed by Mary Ellen Copeland, PhD) that can help persons in recovery to enhance personal wellness. Participants will be exposed to the core WRAP components and principles and will have the opportunity to explore how to apply WRAP personally, professionally or both.

<sup>5</sup> free download at [www.womenshealth.gov/pub/2007daybook/bones/2007Daybook\\_c02\\_bone.pdf](http://www.womenshealth.gov/pub/2007daybook/bones/2007Daybook_c02_bone.pdf).

<sup>6</sup> Dual-Energy X-Ray Absorptiometry.

<sup>7</sup> No needles or other objects need to be inserted in the patient

<sup>8</sup> Evatt ML, Delong MR, Khazai N, Rosen A, Triche S, & Tangpricha V (2008). Prevalence of vitamin D insufficiency in patients with Parkinson disease and Alzheimer disease. *Archives of Neurology*; Oct;65(10):1348-52.

<sup>9</sup> Send an e-mail to [jgarafano@cspnj.org](mailto:jgarafano@cspnj.org)

- November 6, 1-3:30pm, Clifton
- ~~November 20, 1-3:30pm, Eatontown~~ **Workshop Full**
- November 21, 1-3:30pm, Sewell

***How Alternative and Complimentary Practices Can Enhance Wellness*** by John Garafano Jr., BS, CPRP

This workshop will provide an overview of how alternative and complimentary practices can be used to enhance personal wellness. Participants will be exposed to a range of options that are available for persons in recovery, their supporters and professionals.

- December 11, 1-3:30pm, Clifton
- December 18, 1-3:30pm, Eatontown

***What We Don't Know CAN Hurt Us: Increasing Our Life Span by Avoiding HIV Infection*** by Andy Bernstein, Ph.D., CPRP

The HIV infection rate among mental health consumers is 17 times the infection rate in the general US population. As increasing numbers of people in our community confront the potentially life-shortening dangers of HIV infection. This workshop will expose participants to knowledge about the disease and real prevention strategies that can decrease the health disparity facing mental health consumers. This workshop combines a didactic overview of transmission routes uniquely affect people living with mental illnesses. Participants will have the opportunity to learn proactive strategies to avoid HIV infection.

- December 12, 10am-2pm, Eatontown

## OTHER UPCOMING TRAININGS AND EVENTS

***We believe that registration is still open for all listed conferences***

The ***National Caregiver Conference*** provides information aimed at both professional and family caregivers of people with a variety of health conditions. October 29, Woodbridge. [www.nationalcaregiversconference.com](http://www.nationalcaregiversconference.com).

The ***Statewide Clinical Consultation and Training Service (SCCAT)*** provides services to people with co-occurring mental illness and developmental disabilities, including trainings and consultations for their professional and family caregivers. The SCCAT annual conference will take place on October 30 in Edison. [www.sccatnj.org](http://www.sccatnj.org).

### November 4 is Election Day.

The ***Mental Health Association in Monmouth County*** will present Taking Action to Exercise Your Self-Esteem by Jeanne Rohach, BA, of the New Jersey Self-Help Group clearinghouse. November 6, 7:30-9pm, at the Eatontown Library. Free. Contact Julie at 732-542-6422.

***CSPNJ's Financial Fitness Self-Help Center*** is a program designed to bring information about economic issues to the mental health recovery community. Areas addressed by the center include:

- budgeting and savings
- credit repair
- starting a business
- any other financial product or service.
- taxes
- home buying
- investing

The center conducts trainings on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month, from 3-4pm, at 8 Spring St., Freehold. ***You can now also access these trainings via telephone/internet.*** These trainings are free and open to the community. Contact [zreyes@cspnj.org](mailto:zreyes@cspnj.org). Upcoming topics include:

- November 12, Formation of Business-Legal Entities
- November 26, Take Control of Debt
- December 10, Basics of Credit

The ***Educational Assistance Resource Network (EARN)*** of Central New Jersey will offer a monthly program regarding resources to help people with psychiatric disabilities return to college. Open to anybody interested. RSVP not necessary. Light supper will be served. 2nd Thursday of every month (through December), 4:30pm. Moving Forward Self-Help Center, 35 Elizabeth St. New Brunswick. 908-889-2563. [mullenmi@umdnj.edu](mailto:mullenmi@umdnj.edu).

***Community Connections Employment Resource Institute*** and its parent, the Mental Health Association in NJ, will be hosting the 5th Annual Excellence in Employment Luncheon on November 12 in Livingston. The luncheon acknowledges New Jersey employers, providers and consumers who have made contributions to lessening the stigma surrounding hiring individuals with mental illness. Contact Bridget Bardge at [bbardge@mhanj.org](mailto:bbardge@mhanj.org), 973-571-4100.

The ***New Jersey Psychiatric Rehabilitation Association*** will conduct its annual conference on November 13-14 at the Hilton Hotel, Woodbridge. [www.njpra.org](http://www.njpra.org). Scheduled keynote speakers are:

- Darby Penney (11/13), President and Executive Director of the Community Consortium ([www.community-consortium.org/bd-dp.htm](http://www.community-consortium.org/bd-dp.htm)).
- Lori Ashcraft (11/14), executive director of Recovery Opportunity Center ([www.recoveryopportunity.com](http://www.recoveryopportunity.com)).

**Active Minds on Campus** will conduct the fifth annual Mental Health on Campus Conference, November 14-15, at the University of Pennsylvania, Philadelphia. [www.activemindsoncampus.org](http://www.activemindsoncampus.org).

The **Morehouse School of Medicine** will conduct a national conference, Making It Real: Integrating Primary Care and Behavioral Health in Community-Based Settings on November 18-19 in Atlanta. [rshim@msm.edu](mailto:rshim@msm.edu).

The **New Jersey State Bar Foundation** ([www.njsbf.org](http://www.njsbf.org)), run under the auspices of the state bar association, is designed "to help people better understand the law." It offers a series of free workshops and programs at its New Brunswick facility, many of which may be useful to our readers:

- November 19, Special Education Law
- December 4, Buying and Selling A Home
- January 8, Wills and Estate Planning
- February 19, Understanding the Medicare-Medicaid Maze
- March 5, Starting and Succeeding with a New Business
- March 10, Landlord-Tenant Rights
- April 7, Annual Law and Disability Conference
- May 6, Senior Citizens' Law Day Conference
- June 4, Wills and Estate Planning

The **Supportive Housing Association in New Jersey** will conduct its annual conference on December 5 at the Pines Manor, Edison. This association, SHA, is also a resource for:

- a wide variety of agency and community initiatives to initiate and sustain supportive housing.
- A monthly newsletter which bridges the gap between housing and supportive, rehabilitative services
- a monthly meeting, often featuring senior state officials
- a regularly updated web-based listing of employment opportunities in the supportive housing and mental health fields.

[www.shanj.org](http://www.shanj.org).

**CSPNJ, NJPRA**, and the **New Jersey Division of Mental Health Services** will host Live Long & Prosper: Self-Management and Practical Programmatic Approaches for Integrating Physical & Mental Health, December 8 in Mt. Laurel. Please see details/reservation form for this **free** day-long training on the next page.

The **Depression and Bipolar Support Alliance** (DBSA) will offer a course as part of its "Continuing Education for Peer Specialists":

- December 8 - Trauma-Informed Care: What the Peer Specialist Needs to Know

This group will be presented as a "webinar"<sup>10</sup> from 3-4:30pm. Details are at [www.softconference.com/dbsa/slist.asp?C=1798](http://www.softconference.com/dbsa/slist.asp?C=1798). It will also be offered to the New Jersey mental health community at no charge, for any attendees who wish to call in from a single group in Freehold, by the Consumer Provider Association in NJ<sup>11</sup>. Contact [harrybcoe@aol.com](mailto:harrybcoe@aol.com).

The **New Jersey Self-Help Group Clearinghouse** conducts free monthly trainings<sup>12</sup> at various locations around the state. Topics include developing a self-help group and advanced or fine-tuning facilitation skills. 800-367-6274. [www.njgroups.org](http://www.njgroups.org). The clearing house has scheduled a special training for people interested in starting and facilitating Double Trouble in Recovery (DTR) support groups. Featuring DTR founder Howie Vogel, this **free** training will take place on December 10, from 9:30-3:30 at the Radisson hotel, Freehold. 800-367-6274. [www.njgroups.org](http://www.njgroups.org)

The **New Jersey Mental Health Institute** will host a conference on December 12, Improving Treatment Outcomes through Cultural Competence. This **free** training will take place on December 12, from 8:30-4 at the Sheraton Edison Hotel in Wododbridge (Raritan center). [www.njmhi.org](http://www.njmhi.org).

The **New Jersey Coalition of Mental Health Consumer Organizations (COMHCO)** will hold its annual conference on January 23-25 at the Ocean Place Hotel, Long Branch. [comhco@aol.com](mailto:comhco@aol.com)

The **Integrated Employment Institute of Central and Southern New Jersey** has published its fall calendar of trainings. All trainings are free. and take place at various locations around central and south Jersey While most of these trainings are focused on service providers, many are also suitable for people in recovery, and family members. Details on all trainings are at [www.shrp.umdnj.edu/smi](http://www.shrp.umdnj.edu/smi).

**NAMI NEW JERSEY** ([www.naminj.org](http://www.naminj.org)) will host its annual conference on June 13 in Monroe Township. The parent national organization, NAMI, will conduct its annual conference on July 6-9 in San Francisco.

The **US Psychiatric Rehabilitation Association** ([www.uspra.org](http://www.uspra.org)) will host its annual conference on June 29-July 2 in Norfolk, Virginia.

<sup>10</sup> A live course you can access from a telephone only, from a PC equipped with sound system only, or simultaneously from a PC and a telephone

<sup>11</sup> [www.cpanj.org](http://www.cpanj.org)

<sup>12</sup> Mostly on Saturdays

*Announcing*

**Live Long & Prosper:  
Self-Management and Practical Programmatic Approaches for  
Integrating Physical & Mental Health**

**A Full Day Conference for New Jersey's Mental Health Community**

*on*

**Monday, December 8, 2008**

*at*

**The Enterprise Center at Burlington County College  
3331 Route 38, Mount Laurel, New Jersey**

[www.enterprisebcc.net](http://www.enterprisebcc.net)

The program will be offered free of charge, and is suitable for practitioners of all disciplines in mental health and health, people pursuing psychiatric recoveries, and family members. *CEU credits pending.*

**Agenda**

9:00	Registration Opens	
10:00	Welcome	Tony Lucibello, President, New Jersey Psychiatric Rehabilitation Association
10:05	Opening Remarks: Collaboration for Improving Physical Health	Barbara Neary, Assistant Director, New Jersey Division of Mental Health Services.
10:25	AM Training: Improving Physical Health for People with Psychiatric Disabilities	Richard W. Goldberg, Ph.D.
12:30	Lunch (provided on-site)	
1:30	PM Training: Practical Health and Wellness Approaches for Psychiatric Rehabilitation Practice	Peggy Swarbrick, Ph.D., OTR, CPRP and Michelle Zechner, MSW, LSW, CPRP
3:45	Evaluations/Adjournment	

**Registration instructions**

Cut out and complete one form (below) for each attendee (copies OK). Send all registrations for your group, along with a deposit check covering \$10 per attendee (payable to NJPRA) to:

CSPNJ Institute for Wellness & Recovery Initiatives  
8 Spring St.  
Freehold NJ 07728

Registration deposits will be refunded for all people who attend the conference, and forfeited for any "no-shows." Registration deadline is December 1<sup>st</sup>, or when space fills up. Cancellations up to December 4<sup>th</sup> at 732-625-9516, ext. 113, [pswarbrick@cspnj.org](mailto:pswarbrick@cspnj.org).

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_ Check here and detail on back if you have any special needs (physical, dietary). The Enterprise Center is fully accessible.

## Trainer Biographies



**Richard W. Goldberg, Ph.D.** is a Clinical/ Community Psychologist and Associate Professor of Psychiatry at the University of Maryland School of Medicine. He is also the Director of the VA Capitol Health Care Network Mental Illness Research, Education and Clinical Center. Dr. Goldberg's clinical and research experiences have focused on improving the quality of psychiatric and medical care available to people living with serious mental illnesses. His resume contains 36 articles regarding people with mental illness published in the peer-reviewed literature, including:

- 10 on employment
- 6 on diabetes
- 5 on HIV and/or Hepatitis C

**Peggy Swarbrick, Ph.D., OTR, CPRP** is the Director of CSPNJ's Institute for Wellness and Recovery Initiatives, and a part-time Clinical Assistant Professor in the Department of Psychiatric Rehabilitation & Counseling, UMDNJ School of Health Related Professions. Dr. Swarbrick takes a leading role in working to integrate recovery and wellness approaches into community based mental health services.

**Michelle Zechner, MSW, LSW, CPRP** is an instructor in the Department of Psychiatric Rehabilitation & Counseling, UMDNJ School of Health Related Professions. She takes a leading role in bringing Evidence-Based Practices to a NJ state psychiatric hospital. She has been involved in programs to raise awareness of physical health risks and approaches to the mental health community and presents frequently on related topics

## Driving Directions

**FROM THE NEW JERSEY TURNPIKE EITHER: North OR South:**

1. Follow the New Jersey Turnpike to Exit 4. Take NJ73 North to 295 North.
2. Proceed on 295 North to Exit 40A (Route 38 East).
3. Proceed on 38 East & follow signs for Hartford Road North.
4. Stay in right lane. Go through the light, stay right and make a right at the jug handle around the gas station.

5. Go back to Route 38 on Hartford Road. You will be at the light facing Route 38.
6. Make a left on to Route 38 West.
7. Stay in the right lane.
8. Make a right on to the Campus of Burlington County College.
9. Turn left into the first parking lot.
10. Access to The Enterprise Center is in the Votta Pavilion. "**Votta Pavilion**" sign is on the upper part of the building

## Sponsorship

This conference is proudly co-sponsored by



The New Jersey Division of  
Mental Health Services



The New Jersey Psychiatric  
Rehabilitation Association



Collaborative Support Programs-NJ  
Institute for Wellness and Recovery Initiatives