



# 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) • Calendar Edition • June 1, 2009

## UPCOMING TRAININGS FROM OUR INSTITUTE

The following **FREE** trainings are presented by our institute to the mental health recovery community, including individuals pursuing recoveries, practitioners, and family members. Trainings do fill up, and advance registration is requested<sup>1</sup>. When you register, you will receive a confirmation which will include directions to the training location.

**Wellness 101: A Framework for Living & Working.** Many people living with a diagnosis of mental illness are dying too young and/or living with chronic health conditions largely due to lifestyle choices and habits. This workshop is an overview of this health crisis and will examine how we can proactively develop a lifestyle centered on wellness.

- July 16, 10am-2pm, Clifton
- July 17, 10am-2pm, Eatontown

**Wellness 102: Creating and Sustaining Lifestyle Habits & Routines.** This workshop will empower participants to explore lifestyle choices and habits that can have a positive impact on their overall sense of well-being. Building from the wellness framework, participants will be able to discuss and strategize how they can adopt healthy lifestyle choices to create and sustain a personally defined wellness lifestyle.

- August 14, 10am-2pm, Clifton
- August 21, 10am-2pm, Eatontown

## UPCOMING TRAININGS FROM THE NEW JERSEY SELF-HELP GROUP CLEARINGHOUSE

Contact the clearinghouse at 800-367-6274, [www.njgroups.org](http://www.njgroups.org), for information on the following **FREE** trainings- Registration required

**Roads to Recovery from Child Abuse: Lessons Learned & Support Available** on Friday, June 12, from 9:30 am – noon, at the Holiday Inn, Tinton Falls. The program will include/provide information on:

- Dr. Patricia Sherman - Author of the book, *From Tragedy to Triumph: How to Heal From Trauma and Start Living a Happy Life*.
- HOPES (Helping Ourselves Physically, Emotionally & Spiritually) Groups
- A Personal Story of Recovery
- “Sexual Abuse Survivors” Group

A multipart presentation by **Dr. Lizzie Finn of Curtin University in Western Australia** will take place on Monday, June 22, from 9:30am-noon, at the Freehold Fire House, 16 Spring St<sup>2</sup>. Co-sponsored by CSPNJ, Dr. Finn will discuss:

- “How to Publicize Your Group or Center: Experience from ‘Down Under’ on How to Learn to Give Speaking Engagements & Work with the Media,” and
- “Better Understanding the Value of the Research Studies that Have Been Done on Mental Health Self-Help Groups” (to include her own Research on GROW)

The *Clearinghouse* also offers:

- **FREE** monthly trainings<sup>3</sup> at various locations around the state designed to assist people running, or interested in starting, any kind of self-help group. Information and referral to any of 4000+ self-help groups around the state
- Direct consultation and assistance focused on starting and running groups
- A library of literature for group facilitators/members
- An online training in self-help group publicity
- Trainings and speakers on request to professional organizations interested in learning more about self-help.

<sup>1</sup> Send an e-mail to [WEC@cspnj.org](mailto:WEC@cspnj.org)

<sup>2</sup> This location is NOT accessible to people who are not able to climb stairs

<sup>3</sup> Mostly on Saturdays

## **OTHER UPCOMING TRAININGS AND EVENTS**

*We believe that registration is currently open for all listed programs*

**UMDNJ University Behavioral HealthCare** will host the 6<sup>th</sup> Annual Best Practices Best Outcomes Conference on June 3. Carlo DiClemente, Ph.D. will be the featured speaker for this all day conference entitled "Recovery and a Journey of Discovery: Supporting Self-Regulation, Health Promotion and the Process of Change." 732-235-9282.

**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: On June 4, an attorney will present "Wills and Estate Planning."

The **Mental Health Association of Monmouth County's** Intensive Family Support Service program hosts **FREE** educational programs open to members and the community. On June 4 from 7:30-9pm, at the Eatontown Library, 33 Broad St. Jill Williams, MD will present "Smoking and Serious Mental Illness: A Cause for Concern" Contact Julie Saxe at 732-543-6422. Julie\_mha@yahoo.com.

The **Educational Assistance Resource Network (EARN)** of Central New Jersey offers a **FREE** monthly program regarding resources to help people living with a psychiatric disability to return to college. RSVP not necessary. Light supper will be served. Open to everyone. Second Thursday of every month, 4-6pm. Moving Forward Self-Help Center, 35 Elizabeth St. New Brunswick. 908-889-2563. mullenmi@umdnj.edu.

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

- A **FREE**<sup>4</sup> three-day facilitator training for New Jersey residents who are willing to commit to co-facilitating a weekly support group. September 11-13, Piscataway.
- Its second annual NAMI En Español conference for October 3 in New Brunswick.
- Its annual AACT-NOW<sup>5</sup> forum for October 24 in New Brunswick.

- Expressive Arts Live, a celebration of creating and performing arts and mental health recovery, date TBD, North Brunswick.

Contact 866-464-3267, [judof@hotmail.com](mailto:judof@hotmail.com) for the support group training. For all other information, call 732-940-0991 or visit [www.naminj.org](http://www.naminj.org).

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.

The **Depression and Bipolar Support Alliance** will host its annual conference on September 10-13 in Indianapolis. [www.dbsalliance.org](http://www.dbsalliance.org).

The **New York State Association of Psychiatric Rehabilitation Services** ([www.nyaprs.org](http://www.nyaprs.org)) will host its annual conference on September 16-18 at the Hudson Valley Resort and Conference Center, Kerhonkson, NY. [www.nyaprs.org](http://www.nyaprs.org).

**Alternatives 2009** will be the 23<sup>rd</sup> annual occurrence of the only national mental health conference organized by and for people diagnosed with mental illnesses. It will take place October 28 through November 1 in Omaha, Nebraska. [www.mhselfhelp.org](http://www.mhselfhelp.org)

**The National Caregiver Conference** will take place on Thursday, October 29 in Woodbridge. [www.nationalcaregiversconference.org](http://www.nationalcaregiversconference.org)

The **New Jersey Psychiatric Rehabilitation Association** ([www.njpra.org](http://www.njpra.org)) will host its annual conference on November 12-13 at the Sheraton Raritan Center, Edison. . Keynote speakers are:

- Priscilla Ridgway (Thursday)
- Victoria Maxwell (Friday)

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

The **Supportive Housing Association (SHA) in New Jersey** will conduct its annual conference on Friday, December 4 at the Pines Manor, Edison. SHA also conducts monthly meetings, often featuring senior state officials involved in housing and related services. SHA is also a resource for:

- a wide variety of agency and community initiatives to initiate and sustain supportive housing.
- A monthly newsletter.
- A regularly updated web-based listing of supportive housing and mental health employment opportunities. [www.shanj.org](http://www.shanj.org)

<sup>4</sup> NAMI will also cover all meals, transportation, and lodging

<sup>5</sup> African-American Community Takes New Outreach Worldwide