

# JUNE 2021

## NAMI WARREN COUNTY, NJ INC

A 501 (c)(3) organization

An affiliate of NAMI NJ and NAMI National

NAMI Warren County (NJ) is a legal entity separate and distinct from NAMI Inc.



### Juliet Hyndman Named New President for Warren County Affiliate



#### WHO WE ARE

NAMI-Warren County, New Jersey is a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness.

Through education, support, advocacy and public awareness programs, NAMI-Warren County NJ fosters understanding about mental illness, confronts the stigma often associated with mental disorders and advocates for policies that benefit those affected by mental illness as well as their families.

**Crisis Hotline  
(908) 454-5141**

example, five of its alumnae stepped into leadership roles the following year. Prior to this, NAMI Warren County's leadership consisted of one, faithful, Elaine Fehrenbach."

Juliet with husband Arnold, came on board when NAMI was enacting its 5-Year Plan in part, urging every affiliate to formalize by acquiring its 501 c3 status by 2017. Once NAMI WCNJ fulfilled this goal, Juliet's efforts focused on broadening and strengthening the NAMI brand in Warren County through advocacy, education, and fund-raising. In 2019 Juliet, as Team Captain, guided Team Warren County to earn the "Silver Club" status for the 2019 NAMI NJ Walks, the pinnacle fundraising event. In addition, as a certified teacher of the NAMI Smarts for Advocacy Curriculum, she is part of a state-wide team building an advocacy movement through NAMI NJ.

## Juliet Hyndman Named New President for Warren County Chapter (cont.)

With Juliet's vision NAMI WC hosted two public forums – in October 2018 and 2019 – to coincide with *Mental Illness Awareness Week*. The first showcased two, Panel – Q&A sessions, that introduced Warren County's mental health and judicial system to the community. The second forum, *The Language of Stigma*, explored stigma associated with mental illness as it is couched in the words we speak. Stigma prevents people from reaching out for help, and inhibits meaningful dialogue about the subject of mental illness. Stigma has created a culture which negatively discriminates against those who live with a mental illness diagnosis by withholding from them parity in our health care system.

### *So, what does the future of NAMI Warren County look like to Juliet?*

"COVID-19 put a halt on the momentum which Nami Warren County was building. Yet, our year spent in lock-down did not deter our productivity. While our support groups continued to gather virtually, we organized the *Christmas Gift Bag Project*, redesigned our brochure, and re-evaluated the By-Laws and proposed amendments. And finally, the new F2F format unfolded this Spring. There are a number of initiatives I'm working with the Executive Committee to prioritize. Suffice it to say, my focus will be to help navigate the strategic planning in 2021 amidst the backdrop of a COVID-19 culture."

Her top priority is to establish mechanisms that will promote and maintain membership. "We are an all-volunteer organization which advocates around a cause that personally affects each one of us, 24/7," said Juliet. "Naturally, we face higher stress levels from the get-go. So, building upon our current leadership, I'd like to encourage greater participation amongst our Members thus, lighten the burden on everyone." Juliet would like to add more trained facilitators for NAMI WC's support groups and signature courses such as *Family to Family*, and *Family & Friends*. "These education programs are natural recruitment breeders of future members and leaders."

Juliet and Arnold reside in White Township where they raised their four, now adult, sons. They are also blessed with 4 grandchildren. She currently represents NAMI NJ on the 988 Key Stakeholder Coalition. Both she and Arnold are Co-Founders of, and co-shepherd, a Christian home-congregation since 2018.

## **VOLUNTEERS NEEDED!**

### **Have you seen our new brochure?**

This Spring a redesigned version of NAMI Warren County's signature promotion tool was unleashed. Plans are now being developed to place these brochures in every primary care provider's practice in Warren County, to expose as many people to NAMI services in the form peer support, education and advocacy.

Just imagine. Many families would be spared the years of stress, trauma, and heartache if they had the right information at the right time about mental illness. How much better it would be for someone experiencing a mental illness crisis, to receive help rather than hand-cuffs, because families and our communities are better informed about mental illness? The key is early intervention. It will happen as more people in the community are equipped and empowered to appropriately respond and provide care. These brochures, placed in strategic locations will be a first step in the right direction.

To accomplish this task, volunteers are needed. To volunteer, please email [namiwarrencounty@naminj.org](mailto:namiwarrencounty@naminj.org), subject: volunteer/att. Ex. Co.. You will have a positive impact in the lives of others which will be gratefully appreciated. Thank you!

### Holiday Party 2020

As it is a tradition, every season NAMI Warren County hosts a Christmas themed party for local consumers of mental health services in our county. This was not possible in 2020 as public health policies placed restrictions on social gatherings in response to COVID-19. Knowing these public health measures were creating unique hardships for those working towards their recovery, the Executive Committee was determined to find an alternative. There had to be a way to encourage our loved ones in the community thru a season that is typically challenging and difficult for each one.

Project Christmas Gift-Bag, was conceived. In total, 76 gift bags were assembled and personally distributed to consumers. Each gift-bag contained a soft blanket/throw and other sundried items such as, masks, packets of vitamin C, pocket calendars and a greeting card of blessings.

Our hope is in-person social gatherings will resume full scale by the end of 2021. When this becomes a reality, appropriate and safe measures will be observed to ensure our consumers enjoy blessed, and much needed fellowship.

Much thanks to NAVAH New Covenant Fellowship, who partnered in this project, along with Laurie Boehm of WC Family Guidance Center, and Jennifer Finkle and the Self-help Staff for overseeing distribution. Working together, this project was well received!

### Roadside Clean Up Fundraiser

At least once a year, towns and municipalities alike, offer to service organizations and non-profits the opportunity to raise their own funds through a roadside cleanup grant program. In November of 2020, NAMI Warren County mustered together three "crews". For their efforts \$1,800 was earned for picking up garbage/litter along designated roadways in Harmony and White Township.

Kudos, to these townships for helping us raise cash with minimal effort. A big "THANKS!" to NAMI Warren County members who participated in the project. They are: Elaine Geschardt, Aaron Hyndman, Arnold and Juliet Hyndman, & Michelle and Jeff Wieder. Well done!

Does your community participate in the roadside clean-up program? If so please let the Executive Committee know. It is a great way to spend a couple of hours with good folks, raising funds to support our programs and expand NAMI's impact in Warren County.



### July 2021

#### Annual Meeting

With Summer just around the bend be aware that in July, **NAMI Warren County** will convene for its Annual Meeting. At this gathering (yes this will be a live, in-person event) you will hear the Report from the Executive Committee, and the proposed amendments to our By-Laws will be discussed and voted on by Members. Nomination and election of the Trustee Board will be held; there are 6 vacancies to be filled

Mark your calendars, now. **The date for this gathering is Thursday, July 15th. The time and location: 6:30p, Harmony Baseball Field (possible indoor venue, thus subject to change -TBA)**

An announcement letter with the current By-Laws and proposed amendments will be emailed to all members on June 8th. Those for whom we have no email address, will be mailed.

Please plan to be at this gathering. It will be a wonderful opportunity to receive support and encouragement while you meet and re-acquaint with fellow Members, exchange ideas and share great fellowship. Light refreshments will be served.

### Programs Offered Through NAMI

#### NAMI Connection Recovery Support Group

- Offered through Zoom
- a FREE, peer-led support group for adults living with mental health conditions.
- 1st Saturday of each month @ 11:30am

Summer Schedule: No Change

#### NAMI Family Support Group

- Offered through Zoom
- 1st and 3rd Thursday of each month @ 7pm
- 1st Saturday of the month @ 10am

Summer Schedule:

- 1st Thursday of each month @ 7pm

## 2021 NAMI National Conference

NAMI National is holding their annual convention virtually this year titled, NAMICon. The event will take place virtually on July 27th and 28th and is aimed towards bringing people together to have powerful conversations surrounding mental health.

The event is dedicated to 'uplift, empower and inform communities with resources, research, support and programming.'

Attendees will listen to guest speakers like Joshua A. Gordon, M.D., Ph.D., who is the director of the National Institute of Mental Health.

Registration, pricing and FAQs can be found at [www.nami.org/GetInvolved](http://www.nami.org/GetInvolved). Click on 'Attend the NAMI National Convention'.



## 2021 NAMIWalks

Every year, NAMI holds NAMIWalks to support families in the program and to fundraise for our organization. This year, NAMI Warren County will hold NAMIWalks on Saturday, October 9th. We will be advocating *Mental Health for All*. Location is in the works.

More details to follow.

## Thoughts on COVID-19

When the COVID-19 pandemic came upon us more than a year ago, there seemed to be a shortage of trusted sources of information available to the average person that would help make sense of it all. So, most of us complied with the restrictions to our social interactions for the sake of the well-being of everyone's health and safety.

*Fast forward a year.*

Information from most public health agencies, providers, and the dominant media sources in our country remains conspicuously absent nor available. In lieu of this, NAMI Warren County Executive Committee took action. A position paper was created to help guide the community to safely transition into normalcy.

The Executive Committee believes this project is consistent with NAMI's mission to empower individuals and families in recovery. Quite frankly, this information would benefit the public, in general.

You may find the entire position paper on-line at NAMI Warren County's website. We encourage you to share it with as many as you feel would benefit from this timely information. Click on the link below for direct access to the tab.

### COVID 19 Updates

<https://www.namiwarren.org/general-4>

Look for this article:

***With the Relaxing of Restrictions: How Safely to Expand One's Social Pod***

## Elaine Fehrenbach Named NAMI NJ's Volunteer of the Month



With great pride we announce that our own, Elaine Fehrenbach, was given the distinct honor of *NAMI New Jersey, April-May 2021 Volunteer of the Month!* Elaine Fehrenbach is the founding member of *NAMI Warren County* which she began in 1988, and served as its President until 2020.

After 32 years, Elaine felt the time had come to release the reigns to the capable core of leaders she mentored. Elaine is well known in Warren County for her faithful and tireless efforts to provide support and education to those living with mental illness and their families. For decades, she was the “face” of NAMI Warren County.

Now “retired” Elaine and Bob, her husband, reside in Pohatcong Twsp. and are involved with their church community, St. Patrick Roman Catholic Church. They have three adult children and enjoy the blessings of 3 grandchildren. Elaine no longer serves on the Executive Committee for *NAMI WCNJ*. Yet, she remains an essential and integral part of this affiliate as coordinator of our support groups, and education programs. She also functions as communications monitor, directing e-mail and phone inquiries. Congratulations, Elaine!

To learn more about Elaine’s service to *NAMI*, and the *NAMI NJ Volunteer of the Month* we invite you to visit: [NAMI New Jersey, N Brunswick, NJ \(naminj.org\)](http://NAMI New Jersey, N Brunswick, NJ (naminj.org)), click “Our Stories” tab.

## 2021 NAMI New Jersey Annual Meeting & Conference



NAMI New Jersey is hosting their annual statewide meeting on Friday, June 18th and the conference will follow on Saturday, June 19th. The event's theme, *Growing Through Adversity, Embracing Resilience*, is meant to show members how to support and advocate for the mental health community. Updates on the State's program will be given as well as awards for those who go far beyond the role of an advocate.

The main topics of discussion will be: Opioid, Education, Advocacy and Community Trauma and Resilience.

NAMI NJ will also have a showing of the documentary *Orchestrating Change*, followed by a discussion with the cast and crew.

**For additional information and registration, go to [WWW.NamiNJ.org/events](http://WWW.NamiNJ.org/events) and click on 'Annual Conferences'.**

## Upcoming Events in 2021

### June

#### Warren County Health & Wellness Field Day

Saturday, June 19th  
12PM- 5PM

\*Raindate: June 21st

#### NAMI NJ Virtual Annual Meeting & Conference

Friday, June 18th - Saturday 19th  
All Day (Online) \*see page 5\*

### July

#### NAMI Warren County NJ Annual Meeting

Thursday, July 15th  
Time: 6:30PM

Location: Harmony Baseball Field

#### NAMI National Annual Conference

Tuesday, July 27 - Wednesday 28th  
All Day (Online) \*see page 4\*

### September

#### 2021 Washington Bid-Festival in the Borough

Saturday, September 18th  
11AM - 10PM

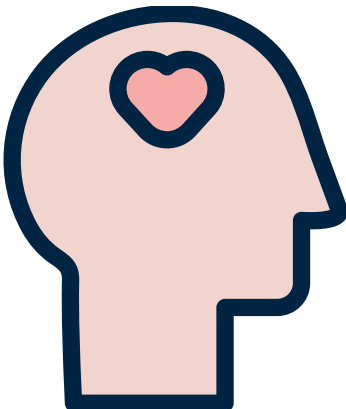
### October

#### Community Day

Atlantic Health  
Hackettstown Hospital  
Saturday, October 2nd  
Time: TBD


#### NAMIWALKS NJ/ Warren County

*Mental Health For All*  
Bred Lock Park (in the works)  
Saturday, October 9th  
Time:TBD



To become a Member or renew  
your membership, [click here!](#)  
Credit card required for payment!

If unable to use card payment, use  
form below and send in with check.



**NAMI** Warren County, NJ  
National Alliance on Mental Illness

### Membership and Donation Form

Membership dues entitle you to National NAMI's magazine Advocate and opportunities to attend seminars, workshops and local, state and national conferences. Members of **NAMI Warren County, NJ** are also members of NAMI New Jersey and NAMI National

___ Individual	\$40
___ Household/ Families	\$60
___ "Open Door"	\$5 for limited income
___ Donation	\$ _____

*Your tax deductible donation helps support our educational and advocacy efforts.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_


Phone: \_\_\_\_\_


Email: \_\_\_\_\_

**Make check payable to:**  
NAMI Warren County NJ

Check here if any of your information has changed since membership renewal.

**Mail form & check to:**  
NAMI Warren County NJ  
201 Strykers Road  
Suite 19 #224  
Phillipsburg, New Jersey 08865

*Thank you* 



**CONTACT US**

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