

BILINGUAL SUPPORT GROUP

MENTE SANA, VIDA SANA

Mente Sana, Vida Sana (*healthy mind, healthy life*) is a monthly psychoeducational support group that focuses on helping the Hispanic community obtain the education and motivation to be mentally healthy. Each session has a defined topic, and we'll discuss issues such as access to treatment, self-care, stigma, and more.

Must be at least 18 years or older to participate.

MAY 4, 2022

**TOPIC: SUBSTANCE USE'S NEGATIVE
IMPACT ON YOUR MENTAL HEALTH**

6:00pm - 8:00pm

Please register by calling

Red Bank Resource Network
103 Drs. James Parker Blvd.
Suite B
Red Bank, NJ 07701
(732) 383-5135 ext. 132 and 133

www.mentalhealthmonmouth.org

**Red Bank
Resource Network**

Mental Health Association
of Monmouth County

An Affiliate of

MHA
Mental Health America



GRUPO DE SOPORTE BILINGÜE

MENTE SANA, VIDA SANA

Mente Sana, Vida Sana (*healthy mind, healthy life*) es un grupo de apoyo bilingüe que ayuda a la comunidad hispana a obtener educación y motivación para tener una buena salud mental. Cada sesión tendrá un tema definido y discutiremos problemas como el autocuidado, acceso a tratamientos, estigma y más.

Dirigido a personas de 18 años en adelante.

MAYO 4, 2022

**TEMA: COMO EL ABUSO DE SUSTANCIAS
AFECTA NEGATIVAMENTE SU SALUD MENTAL**

6:00pm - 8:00pm

Por favor regístrate llamando

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103 Drs. James Parker Blvd.
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Red Bank Resource Network
 &
 Aetna Better Health of New Jersey
 invite to

Community
BABY SHOWER

Wednesday, May 11 | 11 – 2 pm

103 Dr. James Parker Blvd. Red Bank, NJ

We are hosting a baby shower for pregnant moms!
 Pre-registration is necessary.

Join us for fun games, lunch, and education for you
 and your baby!

All attendees will receive an Aetna diaper bag filled
 with goodies to help keep your baby healthy. The
 baby shower will provide education on health
 coverage, pre and post natal care and community
 resources including Healthy Women Healthy
 Families, WIC Program(Women Infants and
 Children) and more.

To pre-register at:
 Red Bank Resource Network at:
(732) 383-5135 x 133 and 132



Event brought to you by:



Aetna Better Health® of New Jersey





Red Bank Resource Network
&
Aetna Better Health of New Jersey
invitan a un

Community BABY SHOWER

Miércoles, May 11 | 11 – 2 pm

103 Dr. James Parker Blvd. Red Bank, NJ

Las esperamos en un baby shower para mamás embarazadas! Es necesaria la registración previa.

¡Únase a nosotros para juegos divertidos, refrigerios y educación para usted y su bebé!

Todas las participantes recibirán una bolsa de pañales de Aetna llena de regalitos para ayudar a mantener saludable a su bebé. El baby shower brindará educación sobre cobertura de salud, atención prenatal y posnatal y recursos comunitarios que incluye Mujeres Saludables, Familias Saludables, el Programa de WIC y más.

Regístrese en:
Red Bank Resource Network
(732) 383-5135 x 133 and 132



**Red Bank
Resource Network**
Mental Health Association
of Monmouth County



Event brought to you by:



Aetna Better Health® of New Jersey



Healthy Women Healthy Families

SOMETHING BEAUTIFUL ON THE HORIZON



SAVE THE DATE!
THURSDAY,
JUNE 2ND AT 5:30 PM
AT THE OYSTER POINT
IN RED BANK

Mental Health Association
of Monmouth County

An Affiliate of



Mental Health America

mentalhealthmonmouth.org

Honorees



Humanitarian Award

Senator Vin Gopal

for his outstanding

Leadership and Advocacy

*on behalf of those who
experience mental health
concerns*

throughout New Jersey.

Child Advocacy Award

Amanda's Easel +

2nd Floor

Youth Helpline

*These programs of 180 Turning
Lives Around empower young
people and help them find
courage and strength.*



2NDFLOOR
888-222-2228
YOUTH HELPLINE

CELEBRATING YOU

A FREE WELLNESS EVENT FOR SCHOOL PERSONNEL

Please join us for an afternoon of
Relaxation, Rejuvenation, and Refreshment as we

THANK YOU

for your exceptional dedication and perseverance,
especially these last two years.

Date: **Saturday, June 4th**

Time: **1-4 pm**

Place: **Bell Works | Holmdel, NJ**



Featuring a variety of activities

Demonstration Kitchen | Live Performances | Blowouts/Makeovers | Yoga/Meditation
Refreshments... and much more!!!

To register, please visit www.mentalhealthmonmouth.org/wellness

SPONSORED WITH DEEP GRATITUDE BY

MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of
MHIA
Mental Health America



This free event is made possible by a suicide prevention grant from the Monmouth County Department of Human Services awarded to the Mental Health Association of Monmouth County in collaboration with community partners.

NAVIGATE WELLNESS COUNSELING PRESENTS:

NAVIGATING EMOTIONS

Navigating emotions helps you take ownership of your life, and participants will learn skills to integrate their thoughts and feelings, which are key to having a successful relationship with yourself and others. By joining with other people, you will find that you are not alone in your search for meaningful connections.

This therapeutic group assists people 18+ years old who are struggling with depression, anxiety, trauma, and other emotional and relational concerns.

SESSION AGENDA

- Introduction
- Agenda Setting
- Review of Group Norms
- Check-in
- Topic Discussion
- Session Takeaways

MEETING DETAILS



Wednesdays
(Weekly)



12:00 - 1:30 PM



Telehealth (Virtual)
Limited to 10 participants



Medicaid accepted or
\$40 self-pay / session



Host

BOB BAKER, LAC

Mental Health Clinician

"Everybody needs a recovery family to help them do the hard work of living one day at a time."

[REGISTER HERE](#)

FOR MORE INFORMATION, CONTACT:

Marie Argibay-Boccasino

Information and Referral Specialist

mboccasino@mentalhealthmonmouth.org

phone (732) 542-6422 | cell (609) 515-0912



NAVIGATE WELLNESS COUNSELING PRESENTS:

NAVIGATING RECOVERY




This group is specifically designed for non-adolescent adults who struggle with a substance use disorder and desire to reduce their dependence on illicit substances. While total abstinence is ideal, we place greater importance on harm reduction. This group is voluntary, and we ask members to consistently show up for each other to the best of their ability. Otherwise, the benefits of kinship cannot be realized.

Clients must be ready for change and actively pursuing a sober life. Total abstinence is not a criterion for participation.

SESSION AGENDA

- Introduction
- Agenda Setting
- Review of Group Norms
- Check-in
- Topic Discussion
- Session Takeaways

MEETING DETAILS

-  Wednesdays
(Second and Fourth)
-  7:00 - 8:00 PM
-  Telehealth (Virtual)
Limited to 10 participants
-  Medicaid accepted or
\$40 self-pay / session



Host

BOB BAKER, LAC

Mental Health Clinician

"Everybody needs a recovery family to help them do the hard work of living one day at a time."

[REGISTER HERE](#)

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Monmouth
ACTS
ASSISTING COMMUNITY THROUGH SERVICES

WE'RE LISTENING:

(732) 542-6422

**We're helping
Monmouth
County residents
navigate the
COVID-19 crisis.**



In collaboration with the Monmouth County Board of County Commissioners and Monmouth ACTS, the Mental Health Association of Monmouth County is connecting residents to a licensed counselor who can provide supportive counseling.

Sessions are available in English, Spanish, and Portuguese.



**Whether you need guidance, resources, mental health support,
or just someone to talk to, we are here for you.**

Call (732) 542-6422 Mon-Fri 9am-5pm

STAY SAFE. STAY WELL. STAY CONNECTED.

CONNECTING FAMILIES WITH THE COMMUNITY



THE SOURCE
AT RED BANK REGIONAL HIGH SCHOOL
A School Based Youth Services Program
thesourcerbrhs.org

These meetings are designed for parents and guardians. The objective of this event is to discuss different supports available to our families and how to better connect with our children.

Please join us for our last parent meeting of the school year. Claudette Sierra-Papas and Carlos Barrera from Integrated Care Concepts will present to us about *How to Support My Child During the Last Marking Period*.

Meeting: May 18, 2022

Time: 6:30-8:00 PM

Place: Lunch Break

**121 Drs James Parker Blvd,
Red Bank, NJ**

• Babysitting Available • Refreshments •

CONECTANDO A LA FAMILIA CON LA COMUNIDAD



THE SOURCE
AT RED BANK REGIONAL HIGH SCHOOL
A School Based Youth Services Program
thesourcerbrhs.org

Esta reunión es para las madres y los padres de familia. El objetivo es conversar sobre los diferentes apoyos disponibles para nuestras familias y como poder conectarnos mejor con nuestros hijos e hijas.

Por favor acompáñenos en nuestra última reunión de padres de este año escolar. Algunos de los temas a tratar en esta reunión serán presentados por Claudette Sierra-Pappas y Juan Carlos Barrera de la agencia Integrated Care Concepts quienes entregaran información acerca de cómo apoyar a nuestros hijos/as en el último semestre de la escuela.

Cuarta Reunión: 18 de Mayo del 2022

Hora: 6:30-8:00PM

Lugar: Lunch Break

121 Drs James Parker Blvd

Red Bank, NJ

• Niñera disponible • Habrá refrescos •

Scholarship opportunities available for all classes

Please reach out to Rachel Repole for more information
rrepole@thebasie.org
732-224-8778 x125

Oportunidades de becas disponibles para todas las clases

Comuníquese con Rachel Repole para obtener más información.
rrepole@thebasie.org
732-224-8778 x125

**COUNT BASIE CENTER
ACADEMY OF THE
ARTS**

SCHOOL OF PERFORMING ARTS

SCHOOL OF MUSIC

Summer 2022

**ENROLL TODAY
THEBASIE.ORG/ACADEMY**



CALPULLI MEXICAN DANCE COMPANY

PUEBLA: THE STORY OF CINCO DE MAYO

MAY 5



Hackensack
Meridian *Health* Theatre

at the Count Basie Center for the Arts

TheBASIE.org

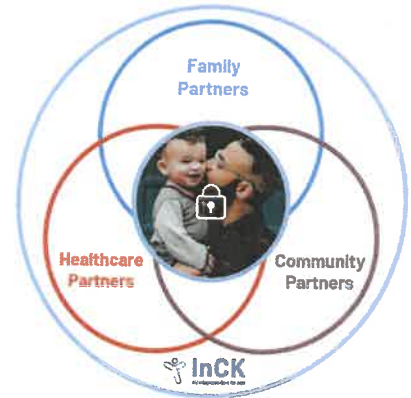
732.842.9000

99 MONMOUTH ST  
RED BANK, NJ 07701  



Healthier Together

WITH A CIRCLE OF CARE
FAMILIES + PROVIDERS + COMMUNITY



What is the goal of NJ Integrated Care for Kids (NJ InCK)?

To support families with children enrolled in NJ FamilyCare who have medical, behavioral and social needs by providing one single point of contact to better coordinate their care and improve health and wellness. InCK is free of charge for all NJ FamilyCare families.

Who is NJ InCK for?

- Families with children:
- aged birth through 20
 - enrolled in NJ FamilyCare
 - living in Monmouth or Ocean counties

What do I need to do?

Complete the NJ InCK HealthStory, an age-specific questionnaire asking about your child and family's needs.

What are the benefits of NJ InCK?

- Broader understanding of your child or youth's medical, social and behavioral needs
- Coordinating all parts of your circle of care involving primary care providers and community-based organizations
- Potential access to the NJ InCK care management team which includes a licensed social worker, community health worker, child life specialist, and family support specialist
- Additional resources such as NJ211.org with 24/7 live help

How do I start?



Scan the QR code to complete the Interest Form. If eligible, you will receive a special link and access code to take the NJ InCK HealthStory. If you don't get the link in 5 days, check your SPAM folder.

Need help?

Visit www.njinck.org | Email info@njinck.org | Call 855-619-4445

Start Here



(scan QR code)



Children & Family Health Institute

Caroline Marte, AA
Community Health Worker

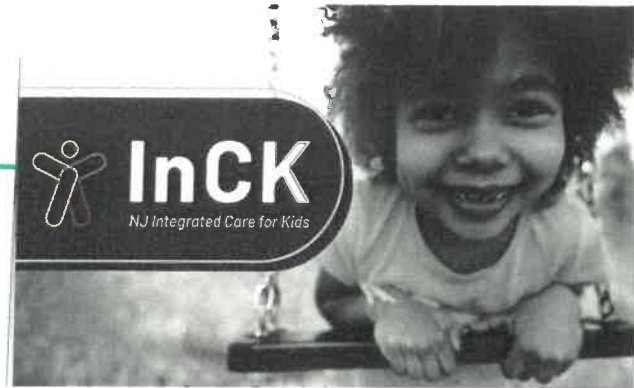
597 Park Avenue, Suite C | Freehold, NJ 07728
Cell 908.461.8676 | Fax 732.747.4404
Caroline.Marte@vnahg.org
www.vnahg.org/cfhi



Children & Family Health Institute

Dail Moise, BS
Community Health Worker

597 Park Avenue, Suite C | Freehold, NJ 07728
Cell 908.692.6496 | Fax 732.747.4404
Dail.Moise@vnahg.org
www.vnahg.org/cfhi



**The Key to unlocking better care is
YOURS.**

You know your child's needs best.

That's why with New Jersey Integrated Care for Kids (NJ InCK), you are in control of deciding what's best for your child. By bringing together all of the services you need, NJ InCK creates a circle of care for your family.

When you share your child's *NJ InCK HealthStory* with your circle of care, your child may qualify for additional support to keep them healthy and thriving.

Share your child's
NJ InCK HealthStory!

Scan this code to start sharing.



To learn more, visit us at www.njinck.org

NJ InCK is for families living in Monmouth or Ocean County with children aged birth through 20 enrolled in NJ FamilyCare.

This NJ InCK project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,993,979 in 2020, \$2,636,146 in 2021 and \$1,698,437 in 2022, with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.



**Volunteers Needed to Support Survivors of Sexual Violence: You Can Make a Difference
Applications Are Now Being Accepted**

Sexual violence is never the survivor's fault and 180 Turning Lives Around stands with all survivors. We believe in their strength and courage. It is in these very trying times that a survivor needs 180 even more and we are here for anyone who needs our services. This April we honor Sexual Assault Awareness Month and invite the community to join 180's life-changing mission today.

For forty-six years, 180, a private non-profit organization in Monmouth County, continues to provide support and advocacy for victims of sexual violence in the aftermath of a highly emotional and traumatic experience with the assistance of its dedicated Sexual Assault Response Team (SART) volunteers. 180's specially-trained, confidential victim advocates, in collaboration with countywide law enforcement and the Forensic Nurse Examiners program, provide emotional support and assistance to victims, and their significant-others, during accompaniments for timely and sensitive hospital medical examinations, and police and grand jury procedures. 180's volunteers also provide telephone support, which includes at the time of crisis, addressing medical and emotional needs, information regarding the justice system, and referrals for services. They also provide support and advocacy for the survivor's significant-other and adult survivors of childhood sexual assault.

180 is conducting the mandatory, 40-hour SART training course for new volunteers June 7-30, Tuesdays/Wednesdays/Thursdays, 6:00p-9:30p. Weeks 1 and 4 are in-person at our office in Bethany Commons, 1 Bethany Road in Hazlet. Weeks 2 and 3 are remote via Zoom. Basic requirements for volunteers to apply include that they must be eighteen-years of age or older, have access to reliable transportation, possess a valid driver's license, be willing to serve on an on-call shift basis, participate in an interview process, and submit to fingerprinting and background checks. 180 is committed to a socially and culturally diverse team to best serve the community. Bi-lingual capability is helpful. Prior knowledge of or training in sexual violence is not required. To obtain an application, contact Kate Gerahty, Confidential Sexual Violence Advocate Manager, at kateg@180nj.org or 732 264-4360, Ext. 3308, or visit <https://180nj.org/get-help/sexual-assault-response-teams-sart/>. The deadline to apply is Tuesday, May 31st.

Together, we can create pathways to safety and healing. 180 is dedicated to providing comprehensive supportive services at no charge – emergency safe housing, counseling, legal advocacy, creative arts therapies for children, education, and advocacy for those in Monmouth County who are affected by domestic violence and sexual violence. If you, or someone you know, is a victim of sexual violence, please call 180's 24/7 Confidential Hotline at 1-888-264-RAPE (7273). In addition, our Sexual Violence Chat Line is available on Fridays 1p -5p. For more information, visit www.180nj.org. In an emergency, call 911.