



May 30, 2023

To: Network Member, Participant, or Subscriber

Re: United in Care, and Newsletter on Strengthening Mental Health: "Alone, we can do so little; together, we can do so much." - Helen Keller.

Subject: Building a Stronger, More Resilient Monmouth: Join Us in Making a Difference

Dear Reader,

Welcome to this month's edition of our community newsletter, focused on building community resilience and strengthening connections in Monmouth. We are excited to share the latest local initiatives, resources, and opportunities to get involved in our community. Let's work together to make Monmouth an even better place to live, work, and grow.

In honor of Mental Health Month, we are thrilled to present the latest edition of our newsletter with the theme of United in Care. Our objective is to unite individuals and families with resources and community engagement opportunities that support mental health and well-being. Working together can create a positive impact and foster a robust and supportive community.

1. **Building Community Resilience:** We can overcome our community members' challenges. Join us in promoting mental health and well-being by supporting our local initiatives to empower individuals and families. Click here to explore our resilience-building resources.
2. **Fighting Stigma in Behavioral Health:** We're proud to partner with the Stigma Free initiative in Monmouth, working tirelessly to break down barriers and change perceptions around behavioral health issues. Learn more about Stigma Free's efforts and how you can contribute to the cause. The next meeting will be July 17th; contact Lynn Seaward for additional details: Lynn.Seaward@co.monmouth.nj.us
3. **Local Resources Directory:** Looking for assistance or services in Monmouth? See Monmouth Resource Net: [Browse our comprehensive directory of local resources, support groups, and counseling services tailored to the unique needs of our community.](#) Download our local [resources directories here.](#)

4. Food Distribution Sites: Access to nutritious food is essential for our community's well-being. [Visit Fulfill's list of food distribution sites in Monmouth and learn how you can support or volunteer with these vital services.](#)
5. Spotlight on No Stigma Network: We're excited to showcase the incredible work of No Stigma Network, a local organization dedicated to improving health and wellness for all Monmouth residents. Learn more about their programs, success stories, and how you can get involved.

As National Mental Health Awareness Month wraps up, the No Stigma Network (NSN) emphasizes its ongoing mission to promote awareness and end mental health stigma. The Third Annual Walk to End Mental Health Stigma was a resounding success, with numerous participants joining virtually and in person.

The closing ceremony for Mental Health Awareness Month will be held [virtually on May 31st from 6:30-7:30 pm](#). This poignant event will feature stories from parents and caregivers of mental health survivors, offering participants a potent dose of empathetic empowerment.

NSN, a volunteer-driven grassroots non-profit, operates thanks to fundraising, grants, and donations. They offer cultural, social, and educational events free of charge to survivors, along with a peer support group for those battling mental health challenges.

NSN's dedicated team works tirelessly year-round to raise funds, write grants, and secure contributions to support survivors at no cost. Founder & President Shrabanee Shah, extends her heartfelt thanks for the support given to this cause, emphasizing that together, we can change perceptions and encourage acceptance of mental health issues without stigma or bias. Please refer to the attached invitation for details about the closing ceremony.



The Community
Engagement Network is
proud partner with
No Stigma Network



**Surviving & thriving with
mental health challenges**



**Support, advocacy,
education, & outreach**

**Contact 732-533-7632
or 732-939-2092**

**Email:
nostigmanetwork@gmail.com**



Working together can build a stronger, more resilient Monmouth. Thank you for being an essential part of our community network and for your ongoing commitment to creating positive change.

The “**Case Collaborative**” is still up and running! If you have a challenging case, RWJ, Institute of Prevention and Recovery operates it every other Thursday at 1:00 PM. To join, please email. This Thursday, June 1, at 1:30 PM, will be the next opportunity to share in helping solve complex human services cases. Please contact Brenda Paris for instructions on how to join remotely (by Zoom, the registration form is attached). prpcommunitysupport@rwjbh.org



Gratitude and something to be proud of: Monmouth County Crisis Intervention Team wins the award for #1 in New Jersey! This picture features Rev. Joe Gratzel (Preferred Behavioral Health) and Lynn Seaward, Dir. of the Div. of Behavioral Health for the Dept. of Human Services in Monmouth County.

Warm regards,

LINKS:

- [Google Drive to All Pamphlets, Letters, and Banner Ads](#)
- [Resources from the Community \(food, etc.\)](#)
- [Food Pantries & Providers we have worked with for collaborative outreach](#)
- [Salvation Army of Asbury Park](#)
- [Recovery Case Collaborative article on the Monmouth ACTS website](#)

Tyler J. Breaux

Attachments:

Tyler J. Breaux, Esq.

Banner Pamphlet, Engl.;
Banner Pamphlet, Span.; and
Hyperlinks within to every other issue,
[English, Creole, and Spanish here](#).

Attached:

Registration / Consent form for Case Collaborative,
NSN flyer for the closing ceremony on Wednesday.

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