

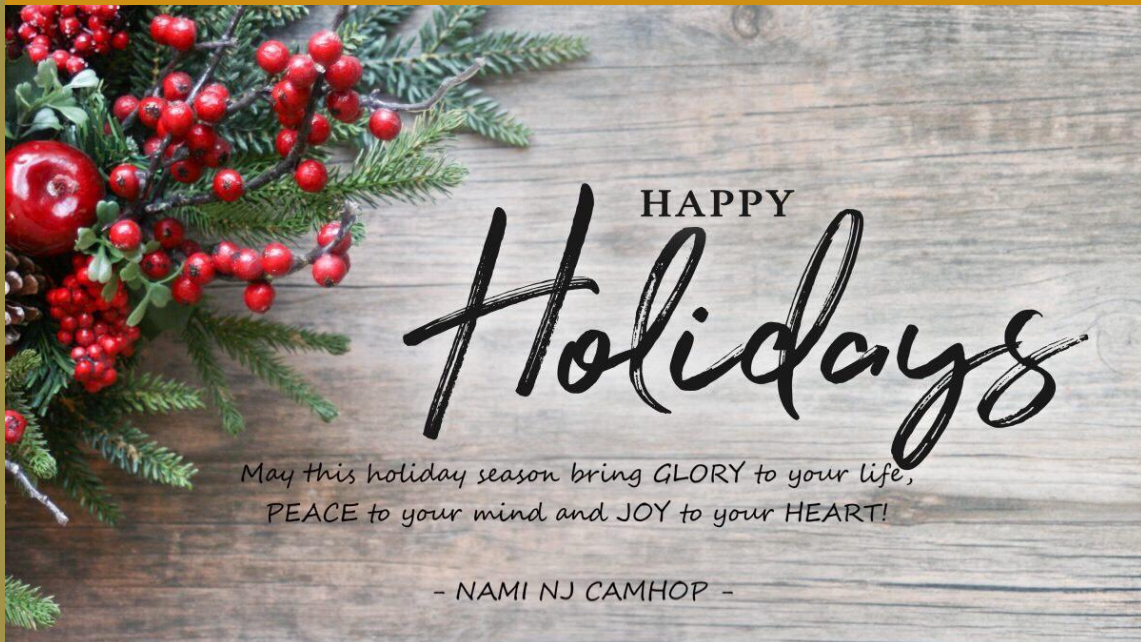


nami
National Alliance on Mental Illness

New Jersey

CHINESE AMERICAN MENTAL HEALTH OUTREACH PROGRAM

December 2021



願這個節日假期給你的生活帶來榮耀，思想帶來安寧，內心帶來喜樂！

--- NAMI NJ CAMHOP

CAMHOP TALK

Topical Discussion Series Offered in CAMHOP Family Support Group Meetings
家庭支持小組會議提供的專題討論系列

專題討論：家屬分享李崇建老師"對話的力量"

Family Discussions: The Power of Conversations

Date: Tuesday, December 14, 2021

Time: 7 P.M. - 8:30 P.M. ET 週二晚7點

Conducted in Mandarin 以普通話進行

我們經常做了自認為對的好的事，卻招來了摯愛憤怒的責難，究竟哪裡出錯了？

對方的言語猶如利箭，錯愕間我們忙不迭地道歉，極力討好，依然得不到想要的回應。

沒有覺察情緒壓抑的我們，費盡心思想要交談總是無功而返地在原地打轉，彼此都找不到出處 --- 多麼希望真正有效地溝通與表達，讓心中的愛沒有隔閡地交融！

12/14 星期二 7 pm 誠摯邀請您來參加家庭互助成員Huale分享李崇建老師"對話的力量"與生活中的應用。

Register Today

CAMHOP ONLINE SUPPORT GROUPS

金鶴心理健康線上互助會

We are here. You are not alone! We welcome Chinese American individuals and families affected by mental health conditions to join our non-judgemental meetings to share experience, show mutual support, and brainstorm on our safe platform, so that our journey of recovery or caregiving is not lonely or helpless with each other's company! "Social distancing does not necessarily mean social isolation." Let us carry on, side by side!

按語：我們在這裡，你並不孤單！ 如果你或你的家人受到心理健康狀況的影響，歡迎參加我們的互助小組，在安全的平台上分享經驗，相互支持，集思廣益，讓這條康復或護理的旅程走起來不再孤單無助！“隔離不代表被孤立。”讓我們繼續肩並肩、心連心一同走下去。

PLEASE PICK A GROUP MEETING
請仔細選擇您的小組會議 (家屬 或 患者)



金鶴心理健康線上患者互助會
NAMI Connection Peer Online Meetings
(患者互助 For people with lived experiences of mental illness).

Conducted in English 以英語進行

Date: Saturday, December 11, 2021

Time: 11:00 a.m. - 12:30 p.m.

Followed by a Social Group - holiday special virtual gathering this month!

Date: Thursday, December 16, 2021

Time: 7 p.m. - 8:30 p.m. ET

Date: Monday, December 27, 2021

Time: 7:30 pm - 9 p.m. ET

Date: Thursday, January 13, 2021

Time: 7 p.m. - 8:30 p.m. ET

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Conducted in Mandarin 以普通話進行

Date: Thursday, December 23, 2021

Time: 7 p.m. - 8:30 p.m. ET

患者 Register for Connection online meeting



金鶴心理健康線上家屬支持會

NAMI Family Support Group Online Meetings
(家屬互助 For Family members with a loved one with mental illness)

Conducted in Mandarin 以普通話進行

Date: Tuesday, December 14, 2021

Time: 7 p.m. - 8:30 p.m. ET

專題討論系列

邀請您來參加家庭互助成員Huale分享李崇建老師"對話的力量"與生活中的應用

Date: Tuesday, December 28, 2021

Time: 7 p.m. - 8:30 p.m. ET

家屬分享與支持

家屬 Register for FSG online meeting



CAMHOP Online Social Group

We are excited to announce that CAMHOP officially launches a monthly Social Group for Connection support group participants! Last Saturday, we had a successful pilot group - see the list of adjectives that our attendees used to describe the experience!

*Fun, bonding, hilarious, mind-boggling,
relaxing, friendly, socializing, creative!*

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Come join us if you are an individual with lived experience of mental health conditions. This social hangout starts **12:30pm**, immediately following our Connection support group on the **2nd Saturdays of each month**. Email camhop@naminj.org to inquire.

Peer Virtual Holiday Get-Together!

Saturday, December 11, 12:30pm-1:30pm

(right after Connection meeting)

we will have a holiday-theme social gathering. CAMHOP's NAMI Connection participants or new friends are invited to attend this virtual fun time featuring online games and holiday watch-party. No need to dress up or bring gifts - just log on and enjoy togetherness with an understanding community of peers!

Email camhop@naminj.org for more information.

NAMI BLOGS 博文翻譯轉載

以下文章翻譯/轉載自NAMI 博文

By permission of the NAMI Blog, the following articles are translated into traditional Chinese which can be comprehended by most Chinese language users, regardless of which dialect they speak. Visit [CAMHOP webpage](#) for more translated articles from NAMI Blog.

Discrimination in Academia

學術界的歧視

By Joel Bates

[\[Chinese Translation-中文譯稿\]](#)

Overcoming Cultural Barriers on the Road to Recovery

克服康復路上的文化障礙

By Roselin Dueñas

[\[Chinese Translation-中文譯稿\]](#)

When I Missed the Signs That My Son Has Schizophrenia

當我錯失了兒子的精神分裂症的跡象時

By Patty DeMauro

[\[Chinese Translation-中文譯稿\]](#)

Medications Are Not the Only Way to Treat Depression

藥物不是抑鬱症的唯一療法

By Elsa A.

[\[Chinese Translation-中文譯稿\]](#)

義工翻譯: Amy Hu 譯, 曾寶珠博士 校對

Translated by Amy Hu, proofread by Dr. Pao-Chu Tseng (CAMHOP Volunteer Translators)

NAMI NJ MULTICULTURAL CONVERSATIONS WEBINARS

多元文化對話 線上英文講座



NAMI NJ is committed to serving New Jersey's diverse communities and starts a new series of webinars, **NAMI NJ Multicultural Conversations**, in 2021. Our four multicultural programs help facilitate meaningful dialogues on various topics. This program is proudly sponsored by Amerigroup. NAMI NJ致力於為新澤西州的多元化社區提供服務，在今年啟動網絡研討會系列“NAMI NJ多元文化對話”。四個多元文化計劃（非裔、西裔、亞裔）邀請客座講員就相關話題進行有建設意義的對話。該系列由Amerigroup贊助。

STAY TUNED FOR THE UPCOMING WEBINARS

Webinars Recording 錄影回放：

A discussion on advocacy, culture, and mental illness: Where we have been, where we can go together

關於倡導、文化和精神疾病的討論

[Speaker Biographies 演講者簡介](#)

From Darkness to Hope:

Words of Inspiration from Suicide

Attempt Survivors

從黑暗到希望:自殺未遂倖存者的勵志
話語

[Speaker Biographies 演講者簡介](#)

Same Hope, Different pathways:

Recovery is Possible

相同的希望，不同的旅程：康復是可能的

[Speaker Biographies 演講者簡介](#)

Culturally Competent Mental Health
Services for Diverse Communities

多元化社區心理健康服務

[Speaker Biographies 演講者簡介](#)

Pride Month Conversations: LGBTQ+
and Mental Health

LGBTQ+群體與心理精神健康

[Speaker Biographies 演講者簡介](#)

COMMUNITY MENTAL HEALTH & SOCIAL SERVICES

社區心理健康社會服務

NAMI has partnered with the National Alliance for Caregiving (NAC) to create ***"Circle of Care: A Guidebook for Mental Health Caregivers."*** It is designed to guide unpaid friends, family and neighbors who care for someone with a mental health condition. NAMI 與全國護理聯盟(NAC)合作製作了“護理圈:心理精神健康照護者指南”。旨在指導並幫助那些無償照顧心理精神健康患者的朋友、家人和鄰居。

Circle of Care includes fact sheets that cover:
護理圈包括以下內容簡況:

- Finding the Right Provider 找到合適的診療醫師和機構
- Communicating with Health Professionals 與衛生專業人員溝通
- Getting an Accurate Diagnosis 獲得準確的診斷
- Discharge Planning 出院計畫
- Health Insurance 健康保險
- Community Services 社區服務
- Dealing with the Criminal Justice System 處理刑事司法系統
- Planning for the Future 規劃未來
- Confidentiality and Family Involvement 保密和家庭參與
- Taking Care of Yourself 照顧好自己

[DOWNLOAD THE GUIDE](#)

尋找華語心理精神科醫生

[Psychology Today's directory](#) provides a comprehensive and searchable directory of therapists, psychiatrists and treatment facilities across the U.S. and includes a directory of Asian therapists. [Psychology Today 目錄](#) 提供了一個全面的、可搜索的美國治療師、精神病醫生和治療機構的目錄，並包括一個亞洲治療師的目錄。

Call us at
(833) 223 - 0011
Monday - Friday
8:00 a.m. to 8:00 p.m.

RUTGERS
University Behavioral Health Care
**Mental Health & Addiction
COVID Connect**

您是否正在經歷與疫情相關的心理健康和藥物濫用的問題？Rutgers UBHC 設立了新的服務 COVID Connect，您可撥打 (833) 223-0011 尋求及時的心理治療。



《給陌生人的信》推出心理健康與交集視頻系列。在一年多的製作過程中，該系列採用了他們製作的世界上第一本青年對青年心理健康指南，並將其轉換成帶有更多研究、資源和故事

L2S Mental Health Video Series 《給陌生人的信》心理健康視頻集

Letters to Strangers is launching the Mental Health & Intersectionalities Video Series! Over a year in the making, the series takes their [World's First Youth-for-Youth Mental Health Guidebook](#) and transforms it into episodic videos with more studies, resources, and stories. In Episode 0, Diana kicks off the series with a brief

的視頻集錦。在第0集，东妮以一個簡短的概述，介紹這個系列的靈感來源和內容概括。

overview on where the inspiration came from & what you can expect.

Brain & Behavior Research Foundation presents:
OCD: Using Genome Data to Predict Risk, Symptoms and Treatment Response

強迫症(OCD):利用基因組數據預測風險、症狀和治療反應
Tuesday, December 14, 2021 | 2:00 P.M. EDT

Dr. Zai will discuss how the human genome holds clues to understanding the heterogeneity and complexity of obsessive-compulsive disorder (OCD). She will explain her team's use of genome data to identify genetic variations that contribute to the risk of developing OCD and which may enable prediction of the response of individual patients to antidepressant medications. Dr. Zai 將討論人類基因組如何為理解強迫症(OCD)的異質性和複雜性提供線索。她將解釋她的團隊使用基因組數據來識別導致強迫症風險的基因變異，這可能有助於預測個體患者對抗抑鬱藥物的反應。

REGISTER NOW

中部澤西法律服務處
專為低收入及收入有限的家庭提供免費法律協助

座落在New Brunswick法院附近的中部澤西法律服務處 (Central Jersey Legal Services, 簡稱 CJLS) 是一個非營利法律服務機構,專為低收入及收入有限的家庭提供免費的法律服務。如果您遇到有關民事(非刑事)案件,但無法負擔私人律師費用, CJLS可能可以免費提供法律服務給住在Union 友聯郡, Middlesex 密德薩斯郡和 Mercer 莫塞郡的低收入和有限收入的家庭, CJLS的律師和律師助理會回答您的問題,並提供法律建議和自救途徑。或者他們也可以提供全權的代表服務。講中文的聯繫方式:

電話: 732-249-7600 | 地址:317 George Street #201, New Brunswick, NJ 08901
疫情期間, CJLS辦公室沒有完全開放, 請先打電話找 **Yann 小姐**。 [詳情請閱海報](#)

YOU CAN HELP ADVANCE RESEARCH!

參與前沿研究

Rutgers Robert Wood Johnson Medical School are looking to hire Standardized Patients
羅格斯大學RWJ醫學院正在招聘標準化患者

Standardized patients (SPs) are independent specialists trained to portray patient scenarios for the instruction and assessment of clinical skills of medical students, residents, fellows and other diverse professionals. SPs receive rigorous training to maintain a consistent, highly realistic portrayal. They're also prepared extensively to give feedback to trainees on communication and interpersonal skills, and in many cases, to complete scoring checklists. Job applicants are required to participate in an interview and complete training sessions. 標準化患者(SP)是經過培訓的獨立專業人員, 可以描繪患者病情, 為醫學生、住院醫師、研究員和其他不同專業人員提供臨床技能的指導和評估。過程可測量和可重複。標準化患者接受嚴格的訓練, 以保持持續和高度現實的病情描繪。培訓課程還準備廣泛地向學員提供溝通和人際交往技巧方面的回饋, 多數情況下會完成評分清單。申請人須參加面試並完成培訓。

Contact: Kathy-Ann Mitchell at kathy.mitchell@rwjms.rutgers.edu or call 732-235-4510.

A Qualitative Exploration into Asian Americans' Experience and Persistence in Therapy
亞裔美國人治療經驗與堅持的定性探討

Information about the Study: This study aims to learn more about Asian Americans and their experience in therapy, particularly persistence in therapy. This study will help clinicians gain important information regarding an under-represented and under-researched demographic. 研究資訊:本研究旨在更多地瞭解亞

裔美國人在治療方面的經驗，特別是在治療中的堅持。這項研究將幫助臨床醫生獲得關於代表性不足和研究不足人口的重要資訊。

How you can participate: Anyone who identifies as Asian American, 22 years or older, who is currently attending outpatient individual therapy or who has attended therapy in the past four years can participate in this study. This study is looking for Asian American individuals who are currently attending or have attended therapy as an adult. If you have been mandated to treatment or primarily attended inpatient, couples, or family treatment you will not be able to participate in this study. Participation in this study is voluntary, and you may choose to withdraw at any point. Interviews will be administered via confidential video platforms (Doxy.me). 如何參與: 任何確認為亞裔美國人、22歲或以上、目前正在接受個人門診治療或在過去四年中參加過門診治療的人都可以參與這項研究。這項研究尋找的是作為成年人目前正在接受治療或已經接受治療的亞裔美國人。如果您已被強制接受治療或接受住院治療、夫妻或家庭治療，您將不能參加本研究。參加本研究是自願的，您可以在任何時候選擇退出。面試將通過保密視頻平臺(Doxy.me)進行。

Length of Study: The study will take about 1 hour and will include a 15-minute questionnaire and an interview with the researcher. All of your information will be private and your interview as well as participation will be confidential. The interview will focus on your experience in therapy. If you do decide to participate in the study, you will be compensated with a \$10 Target gift card after the interview. 研究時間: 研究時間約為1小時，包括15分鐘的問卷調查和對研究人員的採訪。你的所有個人隱私，面試和參與都是保密的。面試的重點是你的治療經驗。您將在面試後獲得10美元的Target禮品卡作為酬勞。

Contact: novakn@chc.edu

Study Seeks Smokers who also have a Mental Health Condition 評估患有心理精神健康問題的吸煙者的戒煙障礙

Rutgers-Robert Wood Johnson Medical School, Department of Psychiatry in New Brunswick is conducting an **online survey** to evaluate tobacco quitting barriers in smokers with mental health conditions. Eligibility Requirements: Volunteers must be smokers who are 18 years or older. Compensation: You will be compensated for your time (\$20 gift card). Visit www.tinyurl.com/RUTBS to complete the survey or scan the QR code below with your phone! 羅格斯-羅伯特·伍德·詹森醫學院精神病學系正進行一項**線上調查**，評估患有心理精神健康問題的吸煙者的戒煙障礙。資格要求: 年滿18歲的吸煙者。補助: 20美元的禮品卡。訪問www.tinyurl.com/RUTBS完成調查!

Study Director: Dr. Jill Williams
For more information: Contact Patricia Dooley 732-235-4341

Persist to Quit: Telehealth Counseling for Smokers with Serious Mental Illness 為患有嚴重精神疾病的吸煙者提供遠端健康諮詢

A team at Rutgers is conducting a research study funded by the National Institutes of Health in which they are providing telehealth counseling (plus nicotine patches) to help individuals with bipolar disorder, schizophrenia, and schizoaffective disorder to quit smoking. There is no cost to the consumers, and they can earn up to \$100 for completing assessments before and after the 8 counseling sessions. Individuals wishing to learn more can call 732-659-4805, 732-235-4600 or provide their contact info online using this link:

羅格斯大學的一個研究小組正進行由國立衛生研究院資助的研究，提供遠端健康諮詢(加尼古丁貼片)來幫助雙相情感障礙、精神分裂症和分裂情感障礙患者戒煙。消費者無需支付任何費用，在8次諮詢會議前後完成評估，可獲得最高100美元的酬勞。撥打**732-659-4805, 732-235-4600**瞭解更多資訊，或使用此鏈接:

https://rutgers.ca1.qualtrics.com/jfe/form/SV_0PR6FtUCgCCYOH3

Comparison of Treatments of PTSD 創傷後應激障礙的治療對比

Researchers at Rutgers are conducting a study and recruiting participants who may have **Post Traumatic Stress Disorder (PTSD)**. Eligible participants will get free counseling and some will get free acupuncture treatment too. The acupuncture clinic is in Plainsboro, NJ. All participants will receive compensation totaling \$70 at the conclusion of the brief counseling sessions, and those also receiving acupuncture will receive an additional \$20 at the completion of the acupuncture sessions. Please share it with your friends in need.

羅格斯大學的研究人員正在招募可能患有創傷後應激障礙(PTSD)的朋友參與一項研究。符合條件的參與者將獲得免費諮詢，一些人還將獲得免費的針灸治療。針灸診所在新澤西州的Plainsboro。在三次簡短的諮詢時段結束後，參與者將獲得總計70美元的補償，同時接受針灸治療的參與者將在完成針灸課程後額外獲得20美元。請將資訊與有需要的朋友分享。

For more information please call or text (609) 474-4754 or email luwe1@shp.rutgers.edu, cindy.kumi@rutgers.edu

SHOUT-OUT TO OTHER COLLABORATIVE ORGANIZATIONS

社區精神健康支持機構推薦

The silver lining of a pandemic is that geographic limitations are mitigated when our communities can utilize local and out-of-state resources. The following organizations offer wonderful support and education to Chinese American and immigrant communities. 疫情為我們降低了地域限制，實是不幸中的大幸。我們社區可利用本地和外州資源。以下組織為華裔美國人和移民提供出色的支持和教育。

美國華裔精神健康聯盟 Mental Health Association for Chinese Communities (MHACC)

美國華裔精神健康聯盟前身是2010年開始服務於美國加州舊金山灣區的NAMI華裔社區服務委員會。美國華裔精神健康聯盟致力於建設更美好的生活品質！對那些數以百萬計在痛苦掙扎中的精神疾病患者及家人，提供教育、支持、轉診服務、倡導、和協助研究。堅定不移地提高大眾對精神健康的認知，共創一個大家所希望的美好康復家園。

網站: www.mhacc-usa.org | 電話: (800) 881-8502 | 電子郵件: info@mhacc-usa.org

通訊地址: 3160 Castro Valley Blvd., Suite 210, Castro Valley, CA 94546

每月簡報 | 國語/粵語 照顧者/患友 互助小組

紐約心理安康家屬互援會 Chinese-American Family Alliance for Mental Health (CAFAMH) and +Collected, its College Student Wellness Program

互援會旨在通過心理健康教育項目和支持小組項目，在亞裔社區普及有文化適應力的心理健康支持系統；並培養亞裔美國人在談論心理健康問題時，以及因心理健康問題求助時的一種開放性文化。

網站: www.cafamh.org | 電子郵件: cafamhny@gmail.com

通訊地址: 168 Centre Street 3rd floor, New York, NY 10013 (at the corner of Canal St.)

紐約華裔社區資源指南 | Chinese Community Resource Guide

陽光心理安康中心 Chinese-American Sunshine House (CSH)

陽光心理安康中心 (CSH) 是一家成立於2011年的非營利性組織，致力於為紐約華人移民社區提供一個具有文化敏感性的環境。我們為受心理健康問題困擾的人提供幫助，也為社區提供心理健康教育，同時也為客戶聯絡紐約市相關資源。

網站: chinesesunshinehouse.org | 電子郵件: chinesesunshinehouse@gmail.com

通訊地址: 837 58th St 3FL, Brooklyn, NY 11220; 6304 5th Ave 1FL, Brooklyn, NY 11220

為華人移民提供的教育項目

致陌生人的信 Letters to Strangers (L2S)

L2S是一家全球青少年經營的非營利組織。通過匿名寫信的方式，L2S幫助精神健康出現的困難的青少年擺脫「羞恥」，沒有負擔地表達自己的心聲。

網站: www.letterstostrangers.org | 電子郵件: hi@letterstostrangers.org

Youth-for-Youth Mental Health Guidebook 青少年心理健康指南

父母子女教育俱樂部 Parents and Children Education Club (PCE)

PCE 是一個非營利非宗教非政治的教育組織。自2003年成立以來，堅持學習和宣傳情商育兒，專注踐行育兒育己、成長即成功理念。其宗旨是為華人父母提供一個學習和討論的平台，不斷提高個人和子女情商，關注心理健康，增進和子女的交流，發展健全真我。

網站: www.pceclub.org | 電子郵件: info@pceclub.org

推薦書籍 | 活動信息

美國華裔聯合會精神健康項目組 UCA WAVES – Youth Mental Health Collaborative

美國華裔聯合會 (UCA) 創建一個支持性和參與性的社區，以促進美國華裔青年的健康和全面發展，致力於健康、倡導、聲音、教育和支持 (WAVES)。United Chinese Americans (UCA)'s initiative to create a supportive and engaging community that fosters healthy and holistic development of Chinese American youths, working towards Wellness, Advocacy, Voices, Education, and Support (WAVES).

網站: ucausa.org/uca-waves | 電子郵件: waves@ucausa.org

通訊地址: 1050 Connecticut Ave. NW, Suite 500, Washington, DC 20036

WAVES Webinar Channel | 活動信息

台北市心生活協會 Taipei Life of Heart Association

由台北市的精神疾病患者及家屬共同發起成立的公益社福組織。

網站: www.心生活.tw | 電子郵件: heart.life@msa.hinet.net

During the COVID pandemic, CAMHOP offers free online support groups and phone support to families to help them better support their loved ones who are going through difficult times. We also maintains a list of Chinese-speaking mental health providers, many of whom offer telehealth. 疫情期間, 我們為華人家庭提供免費的線上互助會和電話聆聽支持, 幫助家屬更好地支持處於困難時期的患病親人。我們網頁提供華語心理精神科醫生名單, 不少醫生提供遠程醫療收費服務。

電話 (請留言): 732-940-0991 ext. 109

電郵: camhop@naminj.org

請訪問我們的網站:

www.naminj.org/programs/camhop/camhop.html

CAMHOP-NJ (Chinese American Mental Health Outreach Program in New Jersey) is a NAMI New Jersey initiative to provide support, education and advocacy to people of Chinese origin (including immigrants from mainland China, Hong Kong, Taiwan, and their descendants) in NJ who are affected by mental illness. We offer support groups, educational events and phone referral service.

金鶴計劃是由全美心理疾病聯盟新澤西分部創始和推動的新澤西華人心理健康推廣計劃。此計劃是為了幫助新州華人(包括來自中國大陸、香港、臺灣的移民及其後代)對心理健康與精神疾病有正確的理解, 從而減少對精神疾病的歧視; 並為需要專業幫助的家庭提供華語資訊及支持。

CAMHOP - NAMI New Jersey

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www.naminj.org/programs/multicultural/camhop



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