MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH







Each March, the National Association of Councils on Developmental Disabilities (NACDD), and their partners work together to create a social media campaign that highlights the many ways in which people with and without disabilities come together to form strong, diverse communities. To read the full article **click here.**
Here is the link to **The NJ Council on Developmental disabilities.**

JOIN SAMHAJ SUPPORT GROUP MEETINGS

SAMHAJ Family Support Group
For Family Members, Caregivers, and Friends of People with Mental Health Conditions.

Date: Thursday, April 4th, 2024
Time: 7:00 PM - 8:30 PM ET
Venue: Online - Zoom

SAMHAJ Recovery Support Group
For Individuals with Lived Experience of Mental Health Conditions.

Date: Thursday, April 4th, 2024
Time: 7:00 PM - 8:30 PM ET
Venue: Online - Zoom

Social Group Gathering

In-Person Social Group Gathering for SAMHAJ Members
This in-person informal gathering is for SAMHAJ members (individuals and families affected by mental health conditions and SAMHAJ supporters) to come together for socializing and networking. Please register by noon on March 28th, 2024.
Light refreshments will be served.
Date: Saturday, March 30th, 2024
Time: 2:00 PM - 4:00 PM ET

Venue: Food court at Quaker Bridge Mall
Address: 3320 US-1, Lawrenceville, NJ 08648

Disclaimer: As an attendee of a NAMI NJ event or program, as well as anyone entitled to act on my behalf, herby forever waive, release, and hold NAMI NJ, and its employees and agents harmless from any and all claims, suits, liability, actions, judgments, attorney's fees, costs, and any expenses of any kind resulting from injuries or damages, grounded in tort or otherwise, that I and/or my representatives, sustain during or related to my participation or involvement in this program; other than claims based upon intentional or reckless misconduct of NAMI-NJ. NAMI NJ can use names, photos, and video/audio recordings of participants and can be published.

REGISTER HERE

Click here for NAMI NJ Online Support Groups
Click here for NAMI NJ Advocacy

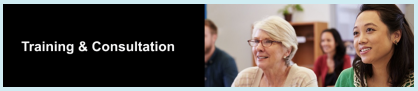
UPCOMING EVENTS, PRESENTATIONS AND WORKSHOPS

Register for Course On How to Support Your Loved One's Mental Health Journey
NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program. This means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.
NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises. There are few Family to Family programs offered through out New Jersey in the month of March. Please click **here** to find a class near you in NJ to register.



A Webinar Series for People with I/DD, Caregivers, and Support Professionals

How to regain a sense of balance in your life? Long-term caregiving can be a fulfilling experience, but it can also be challenging & emotionally taxing. If left unmanaged, the stress of caregiving can lead to burnout, which can affect your physical and mental health, relationships, and overall well-being. This can also impact the person you're caring for, making it crucial to prioritize your own self-care. This session will cover the common and uncommon signs of caregiver stress and burnout, along with tips to lighten the load, avoid burnout, and find balance in your life. To register click on the link on this **PDF**.
Date: Tuesday, March 19
Time: 12:00 p.m. – 1:00 p.m. ET
Location: Via Zoom



Boggs Center - Behavior & Mental Health

Positive Behavior Support (PBS) is an evidence-based practice for addressing behavior by enhancing quality of life and supporting mental health. The Boggs Center provides training and technical assistance to facilitate the development of Person-Centered approaches to effectively support individuals with intellectual and/or developmental disabilities, who display challenging behavior. There are several training opportunities in March and beyond.
To register for the trainings including PBS offered by Boggs center please **click here.**
To register for the DD lecture series offered by Boggs Center please **click here.**

Save the Date!

Join NAMI New Jersey for our Annual Conference.



This year's theme is "*Self Care for All*" - focusing on the importance of self-care for everyone in our community. The conference will feature workshops, panels, and speakers on self-care related topics and resources.
Whether you are an individual living with mental illness, a caregiver or loved one, a clinician or provider, or a mental health advocate, this conference has something for you. Come recharge, destress, and learn new tools and resources to take better care of yourself.
Registration opening soon. Stay tuned for more details.
Date: Saturday, April 20th 2024
Location:Middlesex County Fire Academy, Sayreville, NJ



Meet the Scientists Webinar: Brain & Behavior Research Foundation presents a Meet the Scientists Webinar on "Detection of Suicide-Related Emergencies Among Children Using Real-World Clinical Data," which will be held at 2 p.m. This webinar highlights new and innovative research applying computational methods, such as machine learning, to medical record datasets to advance the accuracy and equity of detecting children experiencing suicidal thoughts and behaviors. **Register Here**
Date: Tuesday, March 12th 2024
Time: 2:00 p.m. ET
Location: Via Zoom

NAMI TEEN & YOUNG ADULT (T&YA) HELPLINE







NAMI is proud to introduce the **Teen & Young Adult (T&YA) HelpLine:** A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults. Our T&YA Specialists are young people who understand what you're going through because they have been through stuff, too. They are experienced and well-trained. They care and want to help you find a way forward. Reach out by phone, text, or chat.

Text "Friend" to 62640
Chat at nami.org/talktous
Call 1-800-950-6264
Monday through Friday, 10 a.m. to 10 p.m. ET.

NJ Statewide Student Support Services (NJ4S)
In response to a national mental wellness crisis in youth and young adults, the New Jersey Department of Children and Families has proposed to launch a statewide, innovative hub-and-spoke model of services and resources intended to support youth mental wellness and promote prevention initiatives (prevention of bullying, prevention of teen suicide, prevention of substance use, etc...). To read more about the resources available **click here.**

MARCH OUTREACH & EVENTS

Support Groups:
Our recovery connection and family/caregiver support groups are on the first Thursday of the month, March 7th, 2024 at 7:00 PM ET. The Zoom room will be open 10 min before the group starts so feel free to join early if you have any questions.

Social Group:
Our Social Group will run on March 30th from 2:00 - 4:00 PM ET at Quaker Bridge Mall, Lawrenceville, NJ. We hope to see you at this event, as it is a great opportunity to catch up, connect, and network over some snacks!

Young Adult Club by NAMI Middlesex County:
YAC is on a mission to make friends. It is a recreational group for anyone over 18 with emotional or behavioral challenges. YAC meets on Zoom on the 2nd and 4th Sundays of most months unless there is a special outing planned! For more info or the Zoom link, please **email** YAC.

FEBRUARY OUTREACH & EVENTS

Support Groups:
Our recovery connection and family/caregiver support groups ran on February 1st at 7:00 pm ET. Special thanks to our wonderful volunteers for facilitating. SAMHAJ members joined the support groups and found it helpful.

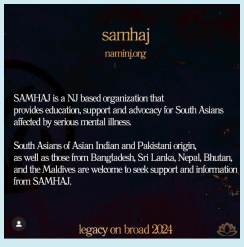
Lunchtime Lectures with American Association of Physicians of Indian Origin (AAPI) Student Club - Rutgers Robert Wood Johnson Medical School:
On Feb 12th, SAMHAJ coordinated with the AAPI Student Club at RWJ Medical School to host a conversation on Mental Health in South Asian Communities: Breaking the Stigma. We had a meaningful discussion at this event!

Share and Care Group:
On February 17th, SAMHAJ held a Share and Care group for caregivers and individuals affected by mental illness at NAMI NJ's conference center. It was a great way for members to share their journeys and connect over good snacks!

Legacy on Broad Charity Partner:
Legacy on Broad is a non-profit collegiate South Asian Fusion Dance competition. They bring together South Asian dance teams from across the nation to put on a production that incorporates creativity and showcases teamwork. They gave SAMHAJ an oppertunity to talk about NAMI NJ SAMHAJ to highlight importance of mental health and stigma in SA comunities. Thanks to this amazing organization for their support! Please click here for the video.

Outreach at East Brunswick Library:
On February 28th, 3 pm - 5 pm SAMHAJ had an outreach and information table at East Brunswick Public Library. We hope to gain new members from this outreach!

Young Adult Club by NAMI Middlesex County:
Thanks to NAMI Middlesex County YAC some of our SAMHAJ members and their families participated in events in the month of February.







MULTICULTURAL CONVERSATIONS

NAMI NJ is committed to serving New Jersey's diverse communities and is hosting a webinar

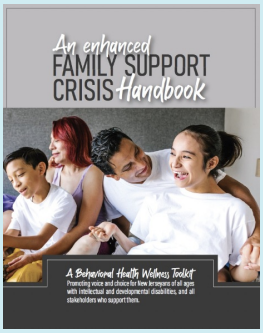


series this year – NAMI NJ Multicultural Conversations. Our four multicultural programs (serving African American, Hispanic/Latinx, South Asian & Chinese American communities) will help facilitate meaningful, culturally-sensitive dialogues on various mental wellness topics. Let's come together and talk about mental health and culture!

Please click here for September's conversation on **How Culture Impacts Our Mental Health and Shapes the Journey of Recovery.**

Please register for the upcoming webinar about **"Lived Experience of Racial Trauma in the AANHPI Community and What is Radical Healing?"** scheduled for Wednesday, March 20, 2024, from 1 p.m. – 2 p.m. ET. Registration is **posted here.**

PODCASTS, BLOGS AND ARTICLES



An Enhanced Family Support Crisis Handbook 4th Edition

The purpose of this expanded version of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness. To read the full handbook **click here.**

LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Strategies for Providing Mental Health Interventions for the DD/MH Population

For over two decades [as of 2021], many children with trauma-related symptoms have been effectively treated with Trauma-Focused Cognitive Behavior Therapy (TF-CBT). The model's flexibility and applicability to children and families of varying cultures and types of trauma serve as major strengths. To read more and access more related resources **click here.**

STATEWIDE RESOURCES

Where to get help
NAMI HelpLine
New Jersey State Psychiatric Hospitals
988: Reimagining Crisis Respons e
A NAMI Resource Guide to Navigating - A Mental Health Crisis

Check out events recommended by NAMI NJ, County Affiliates and other mental health organizations

FROM THE STATE OF NJ & DEPARTMENT OF HUMAN SERVICES

Legal Rights of Psychiatric Patien ts:
Individuals receiving psychiatric in-patient treatment at psychiatric hospitals have legal rights. The rights of a patient depend on what legal status the individual has. There are three main legal statuses: voluntary, involuntary, and Conditional Extension Pending Placement (CEPP). To find out more information **click here.**

Family Connects NJ:
Family Connects NJ is a new program that connects parents with a specially trained nurse for a personalized follow-up visit at home within the first two weeks after their child's birth. Visits are offered to all families at no cost, regardless of income, insurance or immigration status. To find out more **click here.**

Health Insurance for undocumented kids in NJ:

New Jersey has a program that allows undocumented families to enroll their children in NJ Family care (Medicaid). Great news to all the immigrant families whose children may benefit from this program. Please **click here** to learn more about health insurance for undocumented kids in NJ.

Law Against Discrimination in NJ:

The New Jersey Law Against Discrimination (LAD) is one of the most comprehensive anti-discrimination laws in the country. The LAD prohibits discrimination and bias-based harassment based on many protected classes in employment (including labor unions and employment agencies), housing (include housing providers and realtors), and places of public accommodation (generally, places open to the public, including businesses, restaurants, schools, summer camps, medical providers, government offices and agencies, etc.). Great news for people of color who may benefit from this Law. To learn more information **click here**.

Ohana Center of Excellence:

The AANHPI 'Ohana Center of Excellence is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is coordinated by the Hawai'i State Department of Health. Please check their newsletter here.

RESEARCH PROJECTS

NAMI New Jersey (NAMI NJ) is committed to improving the lives of people impacted by mental health conditions through effective treatments, equitable public policies, and greater knowledge and understanding in society. Research is essential to advance each of these goals. NAMI NJ does not accept financial compensation for recruiting research participants. NAMI NJ also does not endorse any products or treatments. We share these research opportunity notices with you, our field leaders, to distribute at your discretion if you believe that members of your community may be interested in participating in these studies.

Calling on AANHPI youth between 14-18 years old or parents:

In partnership with Child Trends, The Asian AmericanFoundation (TAAF) is looking for AANHPI young people age 14-18 to participate in focus groups on mental health. These focus groups are critical to the inclusive development of our upcoming survey on AANHPI youth mental health. To make sure our focus groups are representative of our community's incredible diversity, we're particularly in need of participants who identify with these ethnic backgrounds: 1) South Asian; 2) Southeast Asian; 3) Filipinx; 4) Native Hawaiian or Pacific Islander. Multiracial and multiethnic individuals are encouraged to sign up. Please click **here** for more information.
Study participation will include participating in completing a 15-20 minute online survey prior to the focus group and a90-minute virtual focus group with Child Trends and AANHPI youth researchers.All activities are voluntary. Participants will be compensated with a $30electronic gift card for their time after completion of the online survey and joining a focus group.
Interested young people or their parents/caretakers may email Winnie Chan (wchan@childtrends.org) to sign up.

Research Study on Indian American Women and Perfectionism, Cultural Stress, and Disordered Eating

The purpose of this research study is to begin to understand the relationship between acculturation strategy and experience of acculturative stress in white culture, maladaptive perfectionism, and disordered eating attitudes and behaviors among Indian American women. To participate in this study, one must identify as an Indian American cis or trans woman, living in the US, above the age of 18. All responses are kept anonymous, and five random participants will be given a $20 Visa gift card as a thank you.
Please **click here** for the direct survey link.

Investigating the genetic factors behind mental health conditions:

Rutgers University seeks individuals to participate in a vital research study investigating the genetic factors behind mental health conditions. Research has highlighted the role of genes in making certain individuals more susceptible to conditions like Schizophrenia or Bipolar Disorder. The goal is to identify these



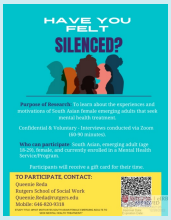
genes for a deeper understanding. For any inquiries contact **cphg@rutgers.edu** or call 732-235-4109.
Download flyer in English | Download Flyer in Spanish



University of Illinois at Chicago Healthy ReStart Study

UIC Health Restart Study is testing a program where you work with a personal virtual wellness coach to improve your well-being and quality of life. You choose what to work on at your own convenience on Zoom!

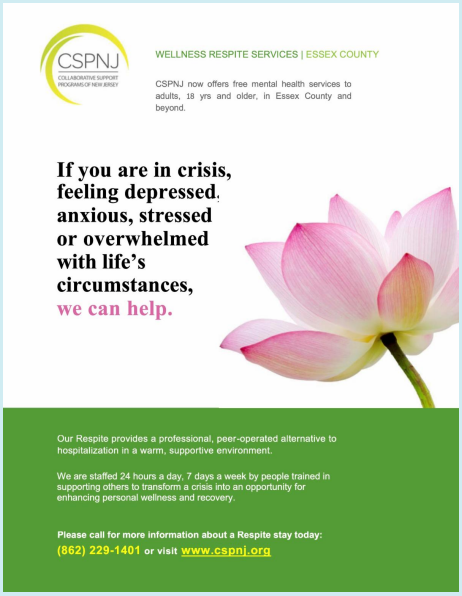
Study participants have a 50/50 chance of entering the new program OR getting an incentive, but everyone will be paid $100 to complete 2 study interviews.



What Motivates South Asian Female Emerging Adults to Seek Mental Health Treatment?

The purpose of this study is to learn about the experiences and motivations of **South Asian female** emerging adults that seek mental health treatment.
Download NAMI NJ's Research Flyer | Download Flyer

RESPITE CENTER



CSPNJ is now offering free mental health services to adults, 18 yrs and older, in Essex County and beyond.

Please call : (862) 229-1401 or visit **www.cspnj.org | Download Brochure**

CSPNJ Peer Respite
Respite is a safe alternative to an inpatient psychiatric hospitalization. As a peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a behavioral health crisis in a comfortable setting in which guests can establish positive coping skills and become empowered. Establish healthy habits and routine. For more information please click on **CSPNJ Peer Respite**.

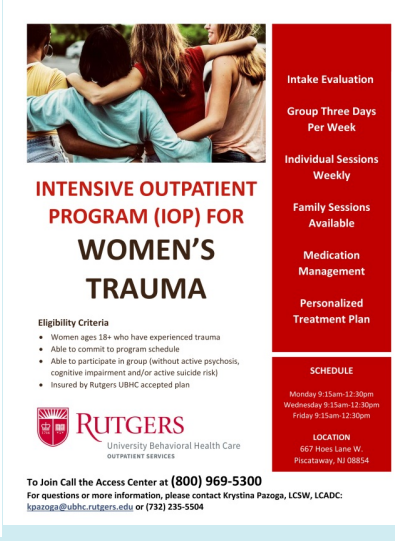
PARTIAL/INTENSIVE OUTPATIENT PROGRAM

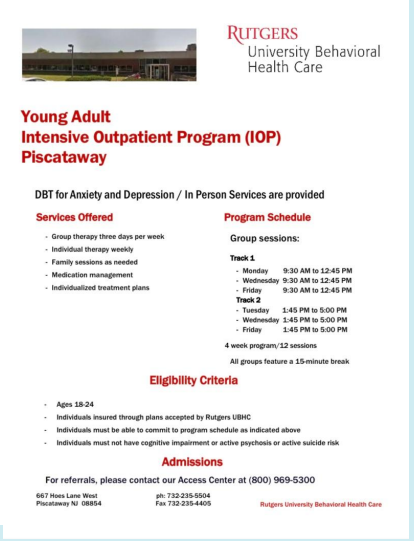
Rutgers University Behavioral Health Care Adult Acute Partial Hospital of Manmouth Junction.

Rutgers University Behavioral Health Care Women's Trauma IOP Program.

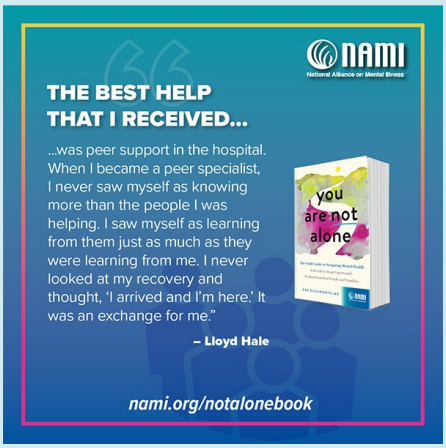
Rutgers Young adult Intensive outpatient Program (For young adults ages 18 to 24)







YOU ARE NOT ALONE



It's finally here! NAMI's first-ever book, "You Are Not Alone" by Dr. Ken Duckworth, NAMI's Chief Medical Officer: NAMI's Guide to Navigating Mental Health" is now available.

This comprehensive guide includes stories from more than 130 people who have been there — people with mental illness and their caregivers — and understand how challenging it can be to find the help you need, when you need it. Their stories are what makes this book different from your typical mental health guide.

ORDER YOUR COPY TODAY

SAMHAJ OFFERS HOPE, RECOVERY AND RESILIENCE

South Asian American Mental Health Awareness in Jersey is a NAMI NJ initiative to provide support, education and advocacy to people of South Asian origin in NJ who are affected by mental illness. We offer support groups, educational events and phone referral service.

Donate Today!

At the option- **Feel free to let us know why you are passionate about our cause! Please mention you would like to designate your contribution to SAMHAJ program. Thank you!**

SAMHAJ - NAMI New Jersey
email: samhaj@naminj.org | phone: 732-940-0991 Ext 116
www.naminj.org/programs/multicultural/Samhaj

Check us out on

Download PDF of this email to share!

NAMI NEW JERSEY | 1562 Route 130, North Brunswick, NJ 08902

Unsubscribe info@naminj.org

Update Profile |Constant Contact Data Notice

Sent bysamhaj@naminj.orgpowered by

Constant Contact

Try email marketing for free today!