NAMI New Jersey
National Alliance on Mental Illness

CHINESE AMERICAN MENTAL HEALTH OUTREACH PROGRAM

CAMHOP Webinar
金鶴線上講座

Navigating Mental Health Crisis (Mandarin)
1. Understanding mental health crisis
2. Overview of services at Acute Psychiatric Services at Rutgers UBHC (APS)
3. Psychiatric evaluation process at APS
4. Treatment options: What to expect (client and family members)
5. Resources

Date: Wednesday, April 17, 2024
Time: 7pm - 8pm ET
Venue: Virtual

如何處理精神健康危機 (普通話)
1. 理解何為精神健康危機
2. 精神科急診服務
3. 精神科評估
4. 精神健康治療 (患者及家屬)
5. 處理精神健康危機的有效資源

講座日期：2024年4月17日
講座時間：晚上7時至8時 (美東時間)
地點：ZOOM線上進行



Presenter:

Yushi Wang is a licensed clinical social worker at Counseling and Psychological Services at Columbia University. Prior to Columbia, Yushi worked as a bilingual psychotherapist at Rutgers University Counseling Center. She also worked in the psychiatric emergency room at Rutgers University, where she provided psychiatric evaluations and crisis counseling to children, adolescents, and adults and worked in other settings including psychiatric hospitals, prison, and intensive in-home therapy.

Yushi believes in a strengths-based and person-centered approach when working with her clients. She has experience working with a variety of issues, including first-generation immigration issues, multiculturalism, depression, anxiety, OCD, relationships, adjustment issues, crisis counseling, and intervention. She is passionate in serving ethnic minority students, first-generation immigrants, and international students. Yushi is fluent in Mandarin Chinese.

講員:

王雨詩現職哥倫比亞大學輔導及心理學系註冊臨床社工。
在哥倫比亞大學任職前，YuShi 在羅格斯大學輔導中心擔任雙語心理咨詢師， 亦曾於羅格斯醫院精神科急診部為求診者作精神評估，以及為兒童、 青少年及成人提供危機輔導服務。
Yushi輔導經驗豐富，過往於精神科醫院、監獄、居家到訪等不同場所為有需要人士提供輔導。

王雨詩主要以「優勢為本介入」 及 「個人中心治療」兩種模式與服務對象進行輔導。她專門處理首代移民、多元文化主義、抑鬱症、焦慮症、強迫症、人際關係、適應困難、危機處理及介入。她熱衷於服務少數族裔、首代移民及國際留學生，並能以流利英語及普通話與服務對象溝通。

Register 報名

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-judgmental 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)

NAMI Connection
National Alliance on Mental Illness RECOVERY SUPPORT GROUP

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 health conditions)

(English 英語)
Upcoming Meeting:
Thu, March 14, 2024, Time: 7:00 p.m. – 8:30 p.m. ET
Mon, March 25, 2024, Time: 7:30 p.m. – 9:00 p.m. ET

(Mandarin 國語)
Upcoming Meeting:
Thu, March 28, 2024, Time: 7:00 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, significant others and friends of people with mental health conditions)

(Mandarin 國語)
Upcoming meeting:

Tue, March 12, 2024, Time: 7:00 p.m. – 8:30 p.m. ET
Tue, March 26, 2024, Time: 7:00 p.m. – 8:30 p.m. ET

家屬 Register for FSG online meeting

Join the NAMI Volunteer Team



If you are interested in becoming a support group facilitator (voluntary), educational program teacher (voluntary) or outreach program coordinator (voluntary), please do not hesitate to contact us at camhop@naminj.org. Our team is happy to address any questions you may have about the application process, volunteer roles, or our organization.

如您有興趣成為金鶴線上互助會導師、教育或社區外展服務的義工，請電郵至 camhop@naminj.org 與我們聯絡。

NAMI Resources

NAMI Convention 2024
NAMI 年度高峰會2024

NAMICon is where hundreds of dynamic and important voices unite to improve mental health for all through mental health awareness, education and advocacy.
It's where personal journeys are celebrated, positive change takes root, and new connections and community cultivate a safe space, fostering support, hope, and healing.

Date: Tuesday-Thursday, June 4-6, 2024

Please click **HERE** for more details

NAMI 年度高峰會旨在提升社會人士對精神健康的關注度、推廣有關精神健康的教育和宣傳。同時，參與者能透過高峰會，分享個人經驗、以及跟公眾和同行者加強連繫、建立互相信任及支持的關係。

高峰會日期：2024年6月4日至6日 (星期二至四)
詳情及報名請 **按此**

The NAMI Teen and Youth Adult Helpline
NAMI 青少年熱線



NAMI Teen & Young Adult HelpLine

Available Monday Through Friday, 10:00 AM - 10:00 PM ET

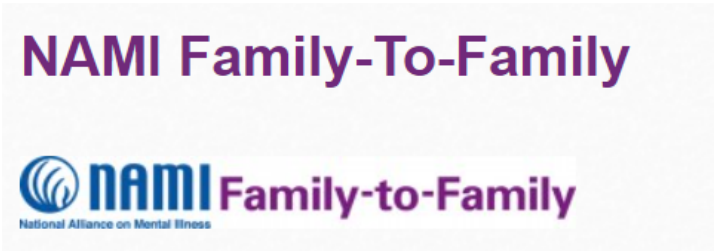
Mental wellness starts here.

The NAMI Teen and Youth Adult Helpline
NAMI 青少年熱線
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.

Please click **HERE** for more details.

NAMI 推出青少年熱線，由已受培訓的青少年輔導專員為相同年齡層的人士提供精神健康支援服務。你可透過電話、短訊或網上平台與輔導專員聯繫。
詳情請 **按此**。

NAMI Family-To-Family
NAMI 家連家課程



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.

Click **HERE** for more details and registration

「家連家課程」是全美心理疾病聯盟最受歡迎、專為家屬而設的課程；根據課後調查，此課程不但提供家屬在協助患者康復方面的技巧與信心，並且對家中正在康復的患者也有實際的幫助。在北美，已經有十五萬人參加過此課程。課程及教材完全免費，家屬學員將持續在互助會中學到或分享到更多的實際應用技巧。

詳情請 **按此**

NAMI Blogs 博文

以下文章翻譯/轉載自NAMI 博文
With permission from 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.

The Power of Advocacy: Turning Experience into Impact
宣導的力量:將經驗化為影響力
By:Stephanie Livingston
[Chinese Translation-中文譯稿]

Type 2 Diabetes and Mental Health: Exploring the Connection
2型糖尿病與心理健康:探索聯結
By:Public Safety and Health Care Initiatives Team
[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 Volunteers)

NAMI Podcast "HOPE STARTS WITH US"

網上播客

On this podcast, Daniel H. Gillison Jr., CEO of NAMI, brings important mental health topics to light, one conversation at a time. Hope starts with us sharing our stories. Hope starts with us breaking the stigma. Hope starts with us sharing resources and practical advice. If you or a loved one is struggling with a mental health condition and are looking for hope, this podcast is for you.
Please click **HERE** for more details.

NAMI 執行長Daniel H. Gillison Jr. 主持播客, 邀請不同嘉賓討論有關精神健康的議題, 與聽眾分享經驗, 提供資訊, 給予意見。如您或您的摯愛因精神健康問題而感到困惑, 歡迎 **按此** 收聽播客, 從而找到支持與希望。

Recommended Community Events & Resources

社區活動和資源推薦

RWJBarnabas Health
Chinese Medical Program
羅伯森巴拿巴斯醫療系統
華人醫療服務部

Chinese Medical Program Services

- Bilingual Chinese-speaking staff that understands your language and culture and can help you access the health and medical care services you want and need
- Personalized case management services help take the stress and anxiety out of managing medical care so patients can concentrate on achieving and maintaining good health
- Communication with your referring physician to keep them apprised of your medical care and any treatment that you undergo to enhance the continuum of your care
- Physician liaisons that can help coordinate in-hospital care and services
- Translation/interpretation services and support from a dedicated multi-dialect, bilingual staff for Chinese patients who are admitted to the hospital
- Timely referrals and appointments for doctors and specialists, outpatient services, and additional tests and treatments

羅伯森巴拿巴斯醫療系統 華人醫療服務部

- 一站式服務 安排交通接送
- 填寫醫療表格 解決語言障礙
- 提供即時翻譯 預約各科醫生
- 協助就診咨詢 預約各項檢查，手術以及治療

More details can be found **HERE**
按此 下載更多詳情 (中文)

Free Online Courses for Older Adults

網上課程

In an effort to combat social isolation, Human Services Commissioner Sarah Adelman announced the Department's partnership with GetSetUp, an interactive online learning community, to provide free, live virtual classes for New Jerseyans ages 60 and older.

The GetSetUp platform offers live classes taught by peers who are experts in their field, social hours hosted by community members, and special events with speakers who directly address areas of interest to older adults. Older New Jerseyans can choose from more than 500 available classes on a range of topics such as aging in place, computers, budgeting, mental fitness, and more. Classes are offered in English, Spanish, Hindi and Mandarin. Classes are available 24 hours a day. To reach the New Jersey GetSetUp site, visit getsetup.io/partner/NJ.

新澤西州政府與GetSetUp攜手為新澤西州60歲以上長者提供免費在線課程，不同課程分別以英語, 西班牙語, 印度語及普通話教授。

課程種類繁多，如資訊科技, 理財規劃, 心理健康, 養生方式, 頭面按摩等。課程為實時教授，24小時運作。詳情請瀏覽相關網站 getsetup.io/partner/NJ。



Mental Health Organizations for Chinese Community

華人精神健康服務機構

Robert Wood Johnson University Hospital Chinese Medical Program 羅伯屋強生大學醫院華人醫療服務部
Robert Wood Johnson University Hospital
1 Robert Wood Johnson Place
New Brunswick, NJ 08901
(732) 372-8550
*Out patient Navigators, Chinese Medical Program Services, Family Care
Please click **HERE** for more details. 服務詳情請 **按此** 。

Chinese Christian Herald Crusades 基督教角聲佈道團
角聲費城分會 CCHC Philadelphia Branch Office
1020 Cottman Ave., Philadelphia, PA 19111,USA
(215) 259-3047
*Community Service, Learning Center

Chinese American Coalition for Compassionate Care 美華慈心關懷聯盟
info@caccc-usa.org
Toll Free Number 免費電話
(866) 661-5687(leave a message and someone will contact you)
*Virtual Talks for Chinese Community, End of life issues

Olive Tree Holistic Care 橄欖樹全人關懷
42-35 Main Street, 2nd Floor, Flushing, NY 11355
(緬街夾富蘭克林大道交界處大樓2樓角聲福音廣場)
(718)799-8213
*Counseling and Caring Service in Chinese Language

Mental Health Association for Chinese Communities 美國華裔精神健康聯盟
*Virtual Support Groups, Mental Health Resources for Chinese Community

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.
我們提供免費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。

電話 (請留言)：**732-940-0991 ext. 114**
電郵：**camhop@naminj.org**
請訪問我們的網站:
www.naminj.org/programs/camhop/camhop.html

CAMHOP (Chinese American Mental Health Outreach Program) is a NAMI New Jersey initiative to serve individuals with lived experience of mental health conditions and their family members from the Chinese community in New Jersey and beyond, through support, education and advocacy. Our free services include NAMI Signature peer-led support groups and education programs, information & referral services, advocacy, community educational workshops, and educational materials in Chinese language.

金鶴計劃是由全美精神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 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個人和家庭提供華語資訊及支持。

CAMHOP - NAMI New Jersey
email: camhop@naminj.org
phone: 732-940-0991 x114
www.naminj.org/programs/multicultural/camhop

Download a 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 by nami@naminewjersey.ccsend.com powered by

Constant Contact

Try email marketing for free today!