



## State of New Jersey

GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE

PO Box 345

TRENTON, NJ 08625-0345

CHRIS CHRISTIE  
*Governor*

KIM GUADAGNO  
*Lt. Governor*

NEIL VAN ESS  
*Acting Chairman*

CELINA GRAY  
*Acting Executive Director*

### State House Annex, Committee Room 4

December 17, 2014

10:00 a.m.

### Meeting Agenda

- I. Call to Order
- II. Open Public Meetings Act Statement
- III. Flag Salute- Pledge of Allegiance
- IV. Roll Call
- V. 2010 By-Laws
- VI. Approval of Minutes
  - a. November
- VII. Chairman's Report
- VIII. Presentations:
  1. "Taking Action to Promote Holistic Wellness" by Sean Campbell
  2. "NJ Connect for Recovery" – a program by the Mental Health Association of New Jersey: presented by Stephanie Mulfinger, LCSW, Director of Call Center Services, Joanne McCarthy, LPC, LCADC, Helpline Coordinator, Don Hebert, Volunteer Coordinator
- IX. Council Business
- X. Acting Executive Director's Report
- XI. Other Council Business
- XII. Public Comment
- XIII. Announcement
- XIV. Adjournment



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### MINUTES

#### **Governor's Council on Alcoholism and Drug Abuse**

**December 17, 2014**

#### **Call to Order**

The two hundred ninety fourth regular meeting of the Governor's Council on Alcoholism and Drug Abuse was called to order at 10:00 a.m. by Elected Chairman Neil Van Ess.

#### **Open Public Meetings Act Statement**

Chairman Van Ess announced that notice of this meeting was provided in compliance with the Open Public Meetings Act (N.J.S.A. 10:4-6 – 10:4-21).

#### **Roll Call**

Katelyn Assenheimer called the roll. Members present and absent were noted for the record. Acting Chairman Neil Van Ess informed the Council that this meeting would be held for informational purposes only due to the lack of a quorum.

#### **Chairman's Report**

Mr. Van Ess welcomed the members to the meeting. He thanked both the public members and departmental designees for their commitment to the Council and said that 2014 had been an outstanding year.

#### **Presentation: "NJ Connect for Recovery"**

Acting Executive Director Celina Levy introduced Stephanie Mulfinger, Director of Call Center Services at the Mental Health Association of New Jersey (MHANJ). Ms. Levy said that she has had the pleasure of working with MHANJ in the past in combating the stigma of mental illness. She said that their peer programs are very powerful and they raise awareness of stigma within the mental health community.

Ms. Mulfinger informed the Council that MHANJ is the leading statewide agency for behavioral health issues. The Call

Center for MHANJ has been in operation since 2002 and consists of two confidential anchor lines which are the “NJ Mental Health Cares” line and the NJ Connect for Recovery “warmline”. . People may also reach out via email if they feel more comfortable doing so. The Recovery Warmline came about in response to recommendations within the GCADA Opiate Task Force report.

Ms. Mulfinger introduced Joanne McCarthy who is the Helpline Coordinator for MHANJ. The helpline has two components comprised of Certified Alcohol and Drug Counselors as well as family and peer support specialists. These services are available eight hours a day, seven days per week. Callers are also given the option of receiving a follow-up call, or they can choose to remain anonymous.

Don Hebert, the Volunteer Coordinator for MHANJ presented and spoke of the need for volunteers for the warmline. He explained that there were different volunteer profiles. Some volunteers are in recovery, some have been affected by a family member’s addiction, and others are in a 12-step program. If anyone is interested in becoming a volunteer, they are encouraged to contact MHANJ to set up an interview at their headquarters in Verona, Essex County, NJ. After the interview, extensive training and development skills are provided before a volunteer begins answering the warmline.

Ms. Mulfinger explained MHANJ’s “Tell 2 Friends” Campaign that will help promote the warmline. She said that departments and organizations could help this process by publishing NJ Connect for Recovery’s phone number in newsletters, emails or other publications both online and in print and also through social media outlets.

Ms. Levy said that she will be sending an email blast with NJ Connect for Recovery’s information as well as posting links on the GCADA website. She also emphasized that this warmline was enhancing the current addiction and recovery efforts within the state.

Council member Elizabeth Manley from the NJ Department of Children and Families commented that efforts should be made to reach children under the age of 18. Ms. Mulfinger informed her that this was being worked on. Council member Wanda Moore from the Department of Law and Public Safety also suggested that information about this warmline be spread to the drug courts, municipal courts and other state mandated programs.

### **Presentation: “Taking Action to Promote Holistic Wellness”**

Acting Executive Director Levy introduced Sean Campbell who she met during her tenure with the Mental Health Stigma Council.

Mr. Campbell shared his family’s experience with addiction and how that led him to creating his own company, Campbell Outreach Group. He has also collaborated with the Bergen County Health Department on creating the initiative “Wellness for Bergen County”, which promotes

holistic wellness within the county. The wellness initiative is modeled after the Substance Abuse and Mental Health Services Administration's eight dimensions of wellness which are comprised of body, emotions, knowledge, environment, work, finances, beliefs and connection. The mission of the initiative is to empower "individuals and families, organizations and business, schools, municipalities, and places of worship to take action towards holistic well-being and improved quality of life."

Through his company, Mr. Campbell travels to colleges and universities throughout the United States and Canada mentoring young people who are struggling with the same issues that he experienced when he was that age. Mr. Campbell hopes he can establish a model for wellness that can be used for professional development opportunities.

Ms. Levy thanked Mr. Campbell for his presentation and said that everyone can relate to a wellness model both in the community and within their families.

### **Acting Executive Director's Report**

Acting Executive Director Levy shared that she has been a part of the Adult Suicide Prevention workgroup as well as the Stakeholder's Communications group through the NJ Department of Mental Health and Addiction Services. She stated that these meetings promote departmental partnerships and she looks forward to working with these groups in 2015.

Ms. Levy thanked the Council for their continued support and dedication as well as the Alliances and volunteers. She also wished everyone a beautiful holiday season.

### **Adjournment**

Elected Chairman Neil Van Ess adjourned the meeting at 11:29 a.m.