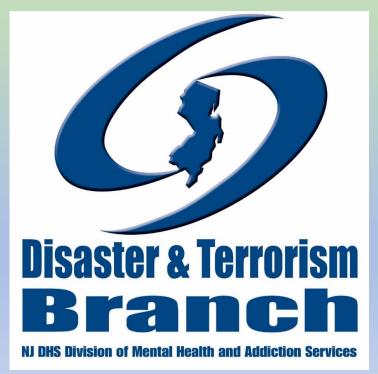


# **Disaster and Terrorism Branch**

The Division of Mental Health and Addiction Services (DMHAS) within the New Jersey Department of Human Services (NJ DHS), houses a highly specialized mental health Disaster and Terrorism Branch (DTB). Through the DTB, basic and advanced training programs are offered for mental health professionals and paraprofessionals to help sustain an adequate disaster mental health workforce. Since the early 1990's, New Jersey has been a national leader in disaster mental health. Today, all 21 counties have viable disaster mental health plans and a team of trained disaster mental health responders.





# A CDC NJ COVID Disparities Grant to Promote Resilience and Sustainability of the NJDOH Public Health Workforce as a Result of the Pandemic



# Hope for Health Program Managers

Jaime Angelini – Northern Region Manager Jaimea@mhanj.org

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**Northern Grantee- Mental Health Association of NJ** Psychiatric Hospitals/Counties/Local Health Departments

Central Grantee-RWJBH-Institute for Prevention and Recovery State DOH/County/Local Health Departments

Southern Grantee- Center for Family Services Psychiatric Hospitals/County/Local Health Departments



# **County/Local Health Department Regions**

### **Northern Counties**

Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren

### **Central Counties**

Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, Union

### **Southern Counties**

Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Salem



# **Facts: Public Health Workers**

- Stress and exhaustion related to the pandemic is complicated by other types of stress NOT experienced by the general public
- Ongoing stress can have long lasting severe effects on our health and overall wellness
- Burnout and Compassion Fatigue (Cost of Caring) are impacting health workers across the US



- Health Workers experience:
  - Fatigue
  - Sadness
  - Difficulty in balancing work and personal life

- Help health workers understand their current situation & reactions
- Reducing stress and providing emotional support
- Assisting in reviewing recovery options
- Promoting the use or development of coping strategies
- Connecting health workers to resources

Hope for Health

crisis counseling



- Strength based
  - Anonymous
  - Outreached Oriented
  - Designed to strengthen Existing Community Support Systems

# **Hope for Health Services Provides:**

- Better adjust to their new reality
- Mitigate stress
- Develop coping strategies
- If needed, find linkages to agencies, programs and other resources in their communities





- Emotional Support to Promote General Well Being
- Psychoeducation/Information on Pandemic Reactions and Coping Skills
- Virtual and/or In Person Services Offered



- Support Groups
- Webinars/Workshops
- Self Care Practices

# **Role of Crisis Counselor Strategies in Crisis Counseling**

- Develop a safe caring non-judgemental relationship providing comfort and empathy
- Maintain compassionate presence
- Help people cope and restore baseline functioning
- Encourage acceptance of help/build on strengths
- Normalize people's reactions
- Acknowledge and validate feelings
- Alleviate distress through supportive listening
- Help them move toward healthiness



# Weekly Virtual Support Groups

## MONDAYS

#### Mindful Mondays

9:00am - 9:15am

Hosted by CFFS Click here to join Passcode: 460031

#### **Breathing/Chair Yoga**

11:30am - 12:00pm

Hosted by RWJBH Click here to join Meeting ID: 883 2621 9137 Passcode: Breathe

#### Let's Talk About Self-Care!

3:00pm - 3:30pm

Hosted by RWJBH Click here to join

Meeting ID: 828 8233 1960 Passcode: Breathe

### WEDNESDAYS

#### Wellness Wednesdays

7:00pm - 7:30pm

Hosted by MHANJ Click here to join Meeting ID: 811 1379 1695 Passcode: 572828 Click the link under each group or enter the Meeting ID and passcode into Zoom to join!

### THURSDAYS

**Recharge and Reset** 

8:00am - 8:30am

Hosted by MHANJ Click here to join

Meeting ID: 891 2265 6697 Passcode: 245756

### Stretching, Laughing & Relaxing with YogaJen

12:00pm - 12:30pm Hosted by MHANJ Click here to join

#### Thrive on Thursdays 6:00pm - 6:30pm

Hosted by MHANJ Click here to join

Meeting ID: 857 1180 8791 Passcode: 514609

#### Post-COVID Care: Long Haulers Support

**6:00pm - 7:00pm** Hosted by RWJBH Click here to join Meeting ID: 879 3246 1761 Passcode: Breathe FRIDAYS Let's Talk About Self-Care!

12:00pm - 12:30pm Hosted by RWJBH Click here to join Meeting ID: 857 0072 0368 Passcode: Breathe

#### Monday through Friday 8:50am -9:00am

Join RWJBarnabas Health Institute for Prevention and Recovery for a **10-minute** check-in, stretch and breathing session to jumpstart your day!



Click Here or Scan the QR Code Meeting ID: 873 2340 0940 Passcode: BREATHE +1 929 205 6099

SPECIAL WEBINAR JOURNEY TO WELLNESS PART 2 WEDNESDAY, FEBRUARY 15TH @ 7:00PM



Scan the QR code to register

The New Jersey Department of Health (NJ DOH) was awarded the CDC NJ COVID Disparities Grant to promote resilience and sustainability of the NJ DOH public health workforce as a result of the pandemic. DOH has awarded NJDHS funding for the Hope for Health project.

Hosted by RWJBH



The Road to Wellness Social Wellness Occupational Environmental Wellness Establishing a social Wellness Unplug and get outside connections map Finding a balance between Spiritual Wellness work and personal life Expressing gratitude and practicing meditation Intellectual Wellness Stimulating our minds through mental activities such as journaling Emotional Financial Wellness Wellness Mindful spending and Being aware of our stress levels Physical Wellness ways to save money and practicing grounding The importance of sleep hygiene Hope for



### Start Your Morning Off Right: Self-Care Strategies to dotat Night

is a public education presentation through **Hope for Health** that provides practical strategies for developing habits that promote physical health and the maintainance of one's overall wellness. This webinar will discuss ways to incorporate self-care activities into your nighttime routine in order to feel rested and recharged for your day ahead!

Participants are provided with sleep

kits to help them relax and sleep tight!

Hope for

Health

NJ Health





Please join the RWJBH IFPR Hope for Health team for

JOURNEY TO WELLNESS Chapter 2 Wednesday, 2/15/23 @ 7 pm

Our Mental, Social and Physical Health combine to form our overall health. This interactive 1 hour zoom program will encourage participants to explore and develop strategies for finding a sense of balance and comfort in their life.

Click/scan to register

For further information, contact Tammy.Reynolds@rwjbh.org.





