



Hope for
Health
crisis counseling

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.



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**Disaster & Terrorism
Branch**

NJ DHS Division of Mental Health and Addiction Services

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



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Hope for Health Program Managers

Jaime Angelini – Northern Region Manager

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Kathy Thomson - Southern Region Manager

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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**



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Hope for Health Program Goals

- **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**

Key Principles

- **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**



Services Offered

- **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**



FEBRUARY 2023

Weekly Virtual Support Groups

Click the link under each group or enter the Meeting ID and passcode into Zoom to join!

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

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 check-in, stretch and breathing session to jumpstart your day!

10-minute



[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

Hosted by RWJBH



**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.



The Road to Wellness



Self-Care: A Big Commit-Mint

is a public education presentation through Hope for Health that aims to identify self-care quick tips that can easily be adopted to combat stress and improve well-being.



Start Your Morning Off Right: Self-Care Strategies to do at Night

is a public education presentation through Hope for Health that provides practical strategies for developing habits that promote physical health and the maintenance 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!



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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/skan
to register



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