



# Cape Connections

Cape Counseling Behavioral Health Services ~ 128 Crest Haven Road, Cape May Court House, NJ 08210  
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## CEO's Corner!

### Searching for Excellence

By Greg Speed, CEO

As the days get shorter and the sun begins to set earlier each evening, many of us look back and reflect "where did the summer go?" Warm days and nights have begun to

transform into the brisk and cool mornings of Fall. It is a time for new beginning; hopefully, refreshed from vacations well spent with family and friends. It is a time to embrace new challenges whether starting school for the first time or going off to college, telling worried parents that "everything will be fine." It is with this spirit of new beginnings that I reflect upon Cape Counseling's opportunity to review its Strategic Plan and embrace the 5 pillars of Excellence in our Mission and Vision. No building can stand firm with only one post. It takes many supports to make an organization sound and an integral part of the community it serves.

Similarly, it takes a solid mission and a clear vision with distinct goals to achieve a healthy organization. It is not enough to strive for financial stability or the highest customer satisfaction on the MHCA surveys. We must also strive to be Cape May County's 'employer of choice, a great place to work and serve our clients. We must constantly look to the future and ask, "How can we do better, how can we grow to meet our clients' needs, how can we make a positive impact on the health of our community?" **Simply stated, the quality of our services and care provided, must be the best. It must be guided by the 5 pillars of Excellence.**

**People:** CCS will strive to be the employer of choice. In so doing, we will develop and support a culturally diverse, competent, motivated and productive team of staff across all disciplines and departments. We pledge to recruit and retain the most qualified staff to serve the community and meet client needs.

**Service:** We will strive to provide an experience for clients that exceeds expectations; service that is holistic, comprehensive and state of the art.

**Quality:** We will provide **quality healthcare**, not just behavioral health care that can be measured with definable Outcomes. We will plan to offer "Same -Day Access" to care, and offer programs and services which represent Evidence-Based practices. We will take an active role in partnering with other organizations as we strive to improve community health status in all facets of life.

**Financial:** Yes, we will be financially successful regardless of the payor methodology, fee for service or otherwise. We will be strategically and

## Project Restoring Hope Program Ends on September 19<sup>th</sup>, 2015!

Project Restoring Hope, a CCS program funded by the Hurricane Sandy New Jersey Relief Fund, and integrated into the scope of the Cape May County Long Term Recovery Group, ends on 9-19-15. CCS applied for PRH funding in early 2013 in response to the devastation Cape May County experienced as a result of Hurricane Sandy. Funding was obtained in March 2013 and was extended to September 2015 to provide Disaster Case Management and Trauma Care Services at no charge. Clients received services related to managing housing and financial recovery as well as stress management and resiliency building skills.

Through the hard work of the staff, 27 families received Trauma Care and Disaster Case Management Services. Through partnerships with community organizations, 15 presentations by the PRH Trauma Clinician were made on topics such as Stress Management, Anger Management, Mindfulness, and Resiliency Building. Linkages were made to the Cape May County Long Term Recovery Group, Salvation Army, Catholic Charities, A Future with Hope, Social Services, Hope and Healing, Community Law Project, South Jersey Legal Services, Cape May County Health Department and other service providers to assist those affected by Hurricane Sandy with their recovery needs.

Service provision outcomes were measured by the Mental Health Satisfaction Survey, Recovery Goal Attainment Scaling, numbers of clients served, number of face to face contacts provides, and number of community presentations provided.

A number of PRH clients have ongoing recovery needs and have been transitioned to ongoing service providers to assist with the final resolution of their needs. Clients have reported improvements in health, hope for the future, and an understanding on how to adjust successfully to a "new normal" as a result of Project Restoring Hope Services. Thanks to the generous grant from the Hurricane Sandy New Jersey Relief Fund, CCS was able to provide this valuable service in Cape May County.

## Rainbow of Hope – Children's Residential Home By Lisa Polite, ROH Program Manager

Rainbow of Hope youth are offered different types of allied therapy as part of their treatment in the program. ROH staff facilitates various activities each week that are designed to improve the youth's ability to regulate their emotions, increase their self-esteem, improve their physical health, and provide opportunities for social growth. Our case manager, Lauren Wisdom, began instructing an art group in June as a part of the allied therapy curriculum.

operationally efficient, to be known as a **“Valued-Added” organization.**

**Growth/Innovation:** We recognize that healthcare is a dynamic and ever changing reality. CCS is committed to the continual pursuit of new and better ways to serve our clients, whether through internal growth of programs or through affiliation. We are committed to the pursuit of forging strong personal connections and trusting relationships with key healthcare providers and growing our service on behalf of our consumers.

These 5 pillars will lead the way to a new beginning, a new season of caring and serving, a season of bright sunrises and better tomorrows.

### **JFS Trauma-Informed CBT Program to Expand and Move to New Location**

Responding to the need for additional treatment services, Jewish Family Service of Atlantic and Cape May counties will be expanding its partnership with Cape Counseling Services by adding another full time trauma-informed CBT therapist and moving their location from the Family Success Center to 1129 Rt. 9 South, 2<sup>nd</sup> floor. The change in location and enhanced trauma treatment team service is scheduled for mid-September.



### **Community Event - SADfest (3 Day Music Festival)**

There will be a 3 day music festival called SADfest. It was just started this past May 2015 by a woman named Maribeth Capelli who works out of Atlantic County. The 2015 festival was held in Hammonton, NJ and it was started to raise awareness of suicide, addiction, depression, and other mental illness. They are currently looking for a location to have the next SADfest.

Their 3 goals are:

1. Continue to grow the music scene in South Jersey to become a safe environment that can be used as a source of support and resources.
2. Educate about mental illness and reduce the stigma.
3. Raise funds for non-profit organizations with similar goals.

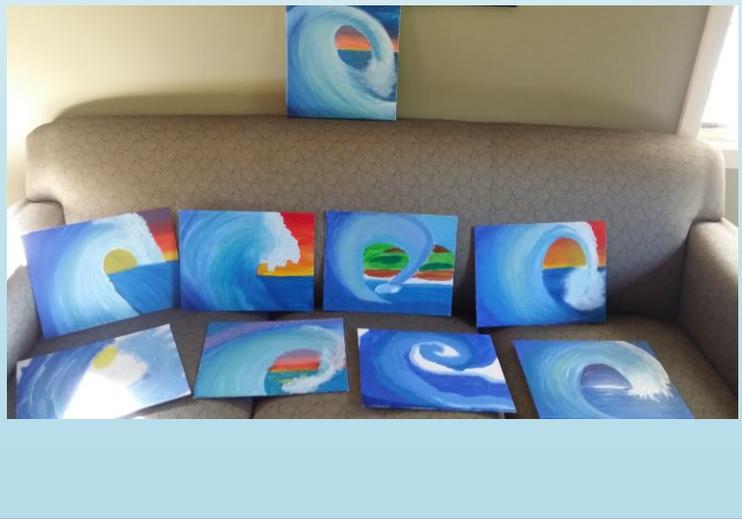
SADfest will be in May 2016. They are looking for:

Crowd Motivators/Educators: People to walk around and engage attendees in learning about different mental illnesses and getting them to think about the response they would have if they ever had someone close to them or themselves experiencing one.

Motivational/Experience Speakers: People who are comfortable speaking on stage about their personal experience with mental illness, whether it be about themselves or supporting someone they know. They also need people to motivate the crowd to not only donate money to the great organizations they will have there, but also encourage them to go further

Each group begins with an “ambi-art” project. This is an exercise that is designed to help the youth exercise their brains. The youth will put a marker in both hands at the same time and draw a designated symmetrical design focusing on doing the same movements with both hands at the same time. This exercise helps to release creativity by working both hemispheres of the brain simultaneously. It also helps them to focus their attention on the group.

After the “ambi-art” exercise, youth will complete an art project following Ms. Wisdom’s instructions. Each week she leads them in creating a project that is connected to a skill they learn in their Dialectical Behavior Therapy (DBT) groups. One week the youth painted a peaceful wave in the ocean after learning about the skill “ride the wave.” Another week they drew pictures of a dog’s paw after learning about the skill “moment to pause.” Youth have practiced self-soothing by using their five senses while working on an art project. Painting incorporates the feeling of the brush, the sound the paint makes when it is swiped against the canvas, the smell of the paint and supplies when a fresh canvas is opened and the sight of the vibrant colors and intricate designs. Our hope in each group is to give the youth an opportunity to explore their creative side while practicing the skills they are learning in their DBT groups. We hope to have another art soiree in the future in which agency staff will be invited to view and bid on the artwork.



### **Twelve CCS Clinicians Chosen To Receive TF-CBT Training To Treat Traumatized Children**

**By Sam Tatora, Director of Children & Family Services**

Cape Counseling Services has been chosen by the CARES Institute of Rowan University to participate in a training program in an evidenced-based therapy model for children who have experienced traumatic or adverse events in their young lives. Trauma-Focused Cognitive-Behavior Therapy—or TF-CBT—was developed by Drs. Judy Cohen, Esther Deblinger, and Anthony Mannarino. In 2001 TF-CBT was given an “Exemplary Program Award” by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). In 2004 it was named a Best Practice by the Kauffman Best Practices Task Force of the NCTSN, and was given the highest classification for an evidence based practice by the U.S. Department of Justice sponsored report, Child Physical and Sexual Abuse: Guidelines for Treatment.

Through a grant from SAMHSA, The CARES Institute is able to provide free training to clinicians throughout southern New Jersey.

by volunteering their time with one of the organizations and taking what they learned at the festival and spreading it to others.

Workshop Leaders: Next year they will have a designated area for group sharing/learning. They need people to run peer support groups, Narcan trainings, stress relieving activities such as music therapy, etc.

Vendors: Anyone selling food or merchandise is welcome to vend at the festival. An application will be available soon.

Artists: Looking for artists to donate art to be sold at the event to raise money for organizations. They are also welcoming artists to paint during the event next to the stages. If interested, artists can also run their own workshop.

Bernadette Moore will be the Cape Counseling Contact person for this event. She will be working with Maribeth on this project. If anyone would like to ask any further questions they can reach Maribeth at [grandairebooking@gmail.com](mailto:grandairebooking@gmail.com) or by e-mail at [maribethcapelli@gmail.com](mailto:maribethcapelli@gmail.com) or they can call her at 609-517-1851. Bernadette will answer any questions as well or find the answers for you. Her number is 609-778-6138 or © 609-780-2031, e-mail: [bmoore@capecounseling.org](mailto:bmoore@capecounseling.org). SADfest website is: [sadfestnj.com](http://sadfestnj.com). There was a video made of the 2015 festival and you can view the voices of people who spoke on stage at SADfest 2015. Link: <https://youtube/QEhBxQTBVMg>

## CCS To Begin Development Of A Behavioral Health Home

By Eleanor McBride, VP Clinical Operations

Cape Counseling Services has begun the nearly 12 to 18 month process of developing a Behavioral Health Home in Cape May County. Cape Counseling has joined a Learning Collaborative to develop an Adult Behavioral Health Home for Medicaid consumers. This collaborative is being provided by The National Council and is funded by the Division of Mental Health and Addiction Services (DMHAS). A Behavioral Health Home (BHH) is not a place or a building but rather a group of services provided to the consumers in the community. Our Goal at CCS will be to provide a focused, multi-disciplinary team approach to integrate behavioral and physical care needs for the consumer. The multi-disciplinary team may include, care coordinators, nutritionist, nurses, social workers and peer wellness educators. The multi-disciplinary approach will assess and the entire individual-in a holistic approach to care. The Behavioral health home will integrate behavioral health care and physical care needs and will coordinate care such as: discharge planning, follow up care and provide coaching and education to improve health outcomes. The behavioral health home will strive to integrate care for individuals who suffer from chronic physical health conditions as well as chronic mental health conditions.

We will be looking to partner with primary care Doctors and practices in the community to enhance the integration and coordination of primary, acute, and behavioral healthcare including mental health and substance abuse and long term services and supports. We will be reaching out to Primary Care Practices in the community to develop partnerships in order for Cape Counseling Services to provide the best wrap around care to our consumers and to improve health outcomes and reduce inpatient bed days and improve consumer satisfaction.

This Learning Collaborative will be overseen by one of the three developers of the model, Dr. Esther Deblinger of Rowan University. Twelve clinicians from Cape Counseling Services will participate in a 9 month training process that includes 3 days basic and 2.5 days advanced training, with weekly telephonic supervision/peer consultations sessions between the formal training days. Prior to beginning this process, all participants will take a 10 session web-based course which provides a basic orientation to the treatment approach. Clinicians will also receive pre-training courses on two clinical assessment measures – the Child Behavior Check List (CBCL) and the UCLA Post-traumatic Stress Disorder Reaction Index (UCLA PTSD-RI), and on the National Outcomes Measure (NOM).

Completion of this training, and passing the TF-CBT Therapist Certification Program Knowledge-Based Test, can lead to certification for clinicians choosing to seek this clinical endorsement of their specialized skills in treating childhood trauma.



## Maintaining Mental Health As We Age!

By Dr. Marie Hasson, Medical Director

1. Aging can be truly stressful with the onset of health problems and myriad changes in our bodies as well as our lives. Taking care of ourselves both mentally and physically becomes more important than ever before. Research show that exercise and healthy eating can do a lot to prevent mental decline. Just 20-30 minutes of aerobic exercise 3 times per week can reduce the risk of depression and dementia.
2. Eating healthier can also impact mental health. Studies show that a Mediterranean type diet can reduce risk of developing Alzheimer's and adding Fish or taking Omega-3 supplements can also help with mood along with brain health.
3. Good sleep is far more important than had ever been realized. It has been discovered that sleeping 7-9 hours is important not only for physical and mental health, and a functioning immune system, but also to reduce the risk of obesity.
4. Perhaps most important as we strive to enjoy our later years, staying mentally stimulated has also been found to help prevent memory loss. Luckily we have the internet to help us stay challenged cognitively, stay in touch with loved ones, and to keep laughing and connecting with one another, but we should also be sure to stay socially active and spend time with friends and family in person.

## The Sky's the limit for incoming Tech Students by Noël Hiers, Program Manager for SBYS (Tech)



The School Based Youth Services program at the Cape May County Technical High School is excited to welcome this year's Freshman class. It has been a pleasure getting to know some of the incoming students throughout the summer. Many new students took advantage of the trips offered by our program and will now be starting their high school careers with new friendships. Cape May Tech is unique in that students enter Tech from throughout the county. SBYS's summer trips are a great way for kids to get to know their new classmates. The SBYS program sponsored various activities and adventures this summer such as: hiking at Bushkill Falls, the Statue of Liberty, volunteering for the AC Rescue Mission, kayaking, the Hot Air Balloon Festival, selling ducks for the United Way, river clean-ups, Grounds for Sculpture, Tie-Dying, Aladdin on Broadway, and a ropes course.

The high ropes course was certainly a hi-lite of the summer (pardon the pun) as our students tackled the challenges among the clouds. It is a powerful experience. I felt privileged to witness as our students faced their fears to conquer the course and boost their sense of accomplishment. The ropes course is located on the grounds of the Pinelands Regional High School and is run by their School Based Youth Services Program. Their staff did a remarkable job facilitating various team building games throughout the day. Our students had a blast during our visit that included zip-lines in the grand finale. The students who went are still talking about the trip. The mornings' obstacles became increasingly more difficult and by the end of the day, all participants truly left with the solid reality that with reliable friends and supports, one can tackle any challenge that may arise during the school year.

So on that note, we send out a warm welcome to the class of 2019 who will do great things. For all Tech students, please join us in a celebration of Fatherhood at the Camden River Sharks game on Friday night, September 11<sup>th</sup>. E-mail [nhiers@capemaytech.com](mailto:nhiers@capemaytech.com) for more details.



## Adult Partial Care – New Computer Lab! By Dianne Weidel, APC Program Manager

The waiting is finally over. Thanks to coordination between ATS Director Elizabeth Meenan and CCS Information Technology Manager Todd Bolich, Adult Partial Care clients now have a designated area with 8 computers and a wall mounted large screen monitor for instruction available for use in Vocational groups and other resource groups. It was a lengthy process but all has finally come to fruition. It started last January when technicians worked late one frigid evening to connect internet cables. Additional wiring and electrical work was completed and desks were installed.

Barbara Lindsay, APC Pre-Vocational Specialist, believes the computer lab is a great addition to the program. "I am thrilled the clients finally have these computers. There is so much more we can now do in group to give clients skills needed to reach their vocational goals." As more employers, even those looking for seasonal workers, are utilizing online applications only, Lindsay provides instruction for filing online applications. In addition clients are now able to search out jobs, create resumes, set-up email accounts for purposes related to looking for work. According to Lindsay, "Some of our clients have no knowledge of computers and will need some basic instruction. Others may have some knowledge but, for many reasons, have no access. Either way, this will help them become more marketable in today's workplace.

Though still a work in progress (progress being key), plans are in place to fully utilize this resource to better serve our clients. Now that the vocational curriculum is established and proper protocol is in place, staff is eager to incorporate computer skills and learning in other aspects of the program. Clients will be able to search for information, schedule appointments, locate community resources, look for educational resources and classes available in the community, learn budgeting, meal planning and other skills needed for independent living. Says Lindsay, "Having the computers for client use will be a great asset not only to the vocational program but to Adult Partial Care as a whole. This will really enhance the program and hopefully give our clients opportunities they may not otherwise have."

Response from clients has been overwhelmingly positive. They are respectful of protocol and equipment. Many have expressed excitement over a chance to finally "be connected." A whole new world is opening up with hope for a better future.



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