



# Cape Connections

Cape Counseling Behavioral Health Services ~ 128 Crest Haven Road, Cape May Court House, NJ 08210  
Tel: 609-465-4100 Visit online at [www.capecounseling.org](http://www.capecounseling.org) or like us on Facebook



## CEO's Corner!

### Revisiting Our Mission & Strategic Plan By Greg Speed, CEO

As we welcomed the New Year 2016, the Board of Directors and senior leadership are embracing the challenge of redefining our Mission, Values and Strategic Plan.

For the past 20 years, Cape Counseling's Mission has been "To Promote and Provide Superior Behavioral Healthcare in the Community with the Hope of assisting our consumers to reach their fullest potential.

Recognizing the changes with healthcare reform and the emphasis on prevention, measureable outcomes, and consumer choice and participation in the treatment process, Cape Counseling's proposed new **Mission** will read: "To Partner with individuals, families and the community to provide recovery-focused, trauma informed, integrated primary and Behavioral healthcare to promote Wellness, Resiliency and Hope for positive change."

Our **Vision** will change to include the healthcare of our consumers: "To create a community-based, integrated behavioral health service that is fourfold in nature: Responsive to Community needs, Holistic, Comprehensive and State of the Art. Services should be accessible, affordable and aligned with other health organizations with a heart in the present and an eye to the future.

**Current Values embraced by the organization include: Respect, Empowerment, Advocacy, Partnership and Quality.**

These will be modified slightly to include: **Efficiency & Accountability, Excellence in Prevention, Treatment and Care, and Hope.** With Efficiency and Accountability, CCS acknowledges its role as a steward of the Public Trust. We will provide continuity in prevention, treatment and care with the goal of exceeding the expectations of our customers and communities. With Hope, we will continually provide a sense of Hope for our consumers, a life-affirming component to self-determination, recovery and resiliency.

As we work on our **Strategic Plan for 2016 through December 31 2018**, CCS is incorporating the 5 Pillars of Excellence: **Growth, People, Finance, Quality and Service.** These pillars will guide our work with our clients and serve as the foundation for supporting our staff. Key goals in the area of growth include the development and implementation of a

## Freeholder & MHADA Board Honor Cape Counseling's President & CEO By Steve Marchiano, Executive VP

On a night when the Freeholders honored Municipal Alliance Volunteers, they also acknowledged the work of Cape Counseling's CEO, Greg Speed. Freeholder Director, Gerald Thornton recognized Greg for the behavioral health contributions that he has made to the County since becoming the CEO in 2000. In the past 15 years, through the efforts of his senior staff, the budget has nearly doubled. During his tenure, Freeholder Director Thornton highlighted an apartment complex know as Lily Mae which provides safe and secure housing to 12 consumers, a 3 three bedroom home in Cape May Court House enriching the lives of 3 consumers, the Family Success Center in Rio Grande, a one stop shop for families and children and an in-house pharmacy at the Crest Haven outpatient site. Freeholder Director Thornton also acknowledged his commitment to serving on a number of County, State and National Boards. He recently chaired the Cape May County Long Term Recovery Group which Mr. Speed presented in a Power Point to the Freeholders after the awards ceremony.

In closing, Freeholder Director Thornton read a plaque for his achievements: "**The Cape May County Board of Chosen Freeholders and the MHADA Board, Wish to Acknowledge the Superior Work of Greg Speed, for his outstanding leadership, community service and professional contributions to improving the lives of Cape May County Residents with Behavioral Health Challenges.**"



From left to right: Freeholder Vice Director, Leonard Desiderio, Freeholder E. Marie Hayes, Greg Speed, CEO and Freeholder Director, Gerald Thornton.

Behavioral Health Home with a RN and Wellness Coach/Case manager by 7/1/16 and integrated primary-behavioral health care by the end of the New Year. Regarding Service, we will expand medication assisted treatment; upgrade our facility environments to promote to increase client satisfaction, a clear sense of safety and welcoming and staff satisfaction. We intend to expand our waiting room, develop a 'patient-portal,' and create "Same Day Access."

CCS is here to serve the community. As we finalize our Strategic Plan, your thoughts and comments are welcome. We consider our clients as 'partners in the care process,' and want to listen to you to help us grow as the premiere behavioral healthcare provider in the community. Feel free to write me at [gspeed@capecounseling.org](mailto:gspeed@capecounseling.org). This plan will remain a living document and guide our work each and every day.

### Cape Counseling Welcomes Jewish Family Service

Cape Counseling is embracing the New Year with a sense of excitement and hope for a better future. The agency is proud to welcome, JFS Outpatient Therapists Emily Lattimore and Ingrid Pasciucco to our office at 1129 Rt. 9 South in Cape May Court House. As an expansion of the Jewish Family Service Outpatient Counseling program, Emily and Ingrid are providing outpatient Trauma Focused Cognitive Behavior Therapy to residents in Cape May County.

It is a pleasure to have them as part of the larger Cape Counseling Services community of providers.



Family Success Center Of Cape May Family 2015

### Suicide Prevention By Dr. Hasson, Medical Director

Suicide is a preventable tragedy and we as a community would all like to eradicate it. Educating people is one way to start. When we consider risk factors for self-harm and suicide, of course mental illness is one of the risk factors, especially if untreated, but some of the other risk factors are not as obvious. Substance abuse puts people at risk as does impulsive aggression, a history of trauma or abuse, severe insomnia, major medical illnesses, and a family history of suicide.

It is very important for all of us in the community to be observant of others and notice any changes in behavior that may signal an increase in risk, and encourage or assist those individuals to seek help. Getting the right kind of care early can go a long way in reducing risk. Studies show that strong connections to family and community significantly improve the odds. Reducing access to any means of self-harm can also reduce risk.



If someone in your circle of family or friends has had a significant job or financial loss or relational loss, he/she may benefit from a mental health evaluation. These types of losses can increase an individual's risk and early intervention can be very helpful. Individuals who have attempted suicide in the past are at even more risk of self-harm as well as those who are socially isolated.

In mental health we try to increase a person's protective factors. Those are things that help to keep a person safe from self-harm such as strong religious beliefs or having children to care for. Social supports and effective and accessible care are keys to reducing risk of suicide. Teaching individuals problem solving skills and reducing the stigma attached to seeking help are all a part of a good risk reduction strategy. Offering hope can be truly life-saving.



## Cape Counseling Provides Support to Jonas Flood Residents By: Greg Speed CEO

On Saturday, January 29<sup>th</sup>, 2016, Cape Counseling provided disaster support services to those impacted by storm Jonas at Wildwood City Hall, 4400 New Jersey Ave., Wildwood.

From 10am to 5pm, CCS staff worked in the MARC (Multi-Agency Resource Center) assisting residents who had experienced significant flooding damage from yet another storm. CCS worked closely with the County DRCC counselors, American Red Cross and officials from the Tri-County Community Organizations Active in disaster. The MARC provided a sense of one stop shopping for those seeking food, clothes, furniture, mental health support, personal care supplies and pet supplies.

Organizations participating in the MARC included: American Red Cross, United Way, Catholic Charities, St. Vincent DePaul, Community Food Bank, Salvation Army, Vietnam Veterans of America, Crisis Clean up, DMHAS (Division of Mental Health and Addiction Services) Disaster Services, the Department of Human Services and Department of Aging & Disability Services.

The Tuesday prior to the MARC opening, the CEO and Human Services Administrator, Pat Devaney toured the impacted area where we witnessed the damage first hand. Downed trees and shrubs along with destroyed furniture, appliances, carpet and miscellaneous items were on the sidewalks and in the driveways for bulk pick-up. Streets were muddied with sea water debris and several bulkheads were critically damaged. While assisting in the MARC, a number of residents indicated that one or two cars were destroyed by the salt water, leaving them without transportation.

Residents visiting the MARC were advised regarding Cape Counseling's services and offered brochures on "Managing the Emotional Consequences of Storms and Flooding."

**Pictured below is myself with Pat Devaney, Human Services Administrator for Cape May County.**



## CCS Welcomes John Snyder



Cape Counseling Services is pleased to report that John Snyder has joined the Agency's Board of Directors. Mr. Snyder is currently the Salem County Tax Administrator. He manages the day to day operations of the County Taxation Board. He also has been a member of the Cape May County Board of Taxation since 2005 to present. From 2009 to 2011, Mr. Snyder was, in fact, the President of the Cape May County Board of Taxation. He has also served on the Upper Township Board of Education from 1998 until 2001. Mr. Snyder is interested in working with the Board around budget and finance issues as well as public relations. He is a resident of Upper Township, NJ. His wife, Maureen practices as an Advanced Practice Nurse with Dr. Wayne Schneider in Marmora, NJ.

Welcome John and "Thank You," for your service and commitment to Cape Counseling.

## Cape Counseling Services Table of Organization By Greg Speed

Recent changes in Cape Counseling's Table of Organization were made in order to enhance and better coordinate client care. Stephanie Langley, who holds a LPC (Licensed Professional Counselor) and LCADC (Licensed Clinical Alcohol and Drug Counselor) assumed the duties of Director of Outpatient Services on February 22<sup>nd</sup>, 2016. Outpatient Services include: Mental Health, Recovery, Access, Mental Health IOP (Intensive Outpatient) IDRC, Drug Court, Residential Liaison Services and Support Services. There will no longer be a separate Director of Access.

Kathy Reeves will take over the responsibility for the agency's Screening Services at Cape Regional Medical Center. Kathy has been an ongoing partner with Cape Counseling and CRMC in the quarterly performance improvement meetings designed to review the Acute System of Care including Screening, Inpatient Care and the Correctional Facility. Kathy's new title will be Director of Performance Improvement, Compliance, Screening & Disaster Services. Re-designing the Outpatient and Screening structure has allowed Cape Counseling to hire a full-time therapist to work with children and adolescents who are often seen by Dr. Hilton Rodriguez, the agency's Child Psychiatrist.

## Cape Counseling Services 16<sup>th</sup> Annual Holiday Gathering 2015

Cape Counseling Services held its 16<sup>th</sup> Annual Holiday Gathering on December 18<sup>th</sup>, 2015 at the Wildwood Golf & Country Club. It was a wonderful day of celebration and togetherness. We had a wonderful breakfast buffet with omelet station followed by an Awards Ceremony. The CEO, Greg Speed honored some of our staff with **Years of Service** Awards for 5, 10, 15, 20 and 25 years. Our Years of Service staff were presented with a Certificate or Plaque, a Years of Service pin and a CCS engraved gift. Some of our recipients are pictured below, not all were available for a photograph. The CEO also acknowledged our **2015 Employees of the Month**, who received applause and a commemorative pin. Next the CEO awarded our **2015 Manager of the Year** who was Cathy Leahy, our Administrative Services Manager.

Because it was our Annual Holiday gathering, we were also able to have some fun with great giveaways for our staff. Everyone who R.S.V.P.'D to the event had their name put into a hat and Staff Appreciation Committee walked around other staff members and had them pick the winning names. Some of the prizes that were awarded included a "Day-Off Drawing." Ten lucky staff received an additional day off at their choosing. We also gave away 20 Christmas Turkeys, Hams or vegetarian item and some wonderful centerpieces that our Rainbow of Hope children made. The children spent a lot of time and effort on these centerpieces and they were beautifully put together and gratefully appreciated by those who won them. The last fun giveaway was a 50/50 drawing. The final amount was shared between the winning staff person and Cape Counseling Services' Family Success Center to stock their food bank and hopefully help a lot of needy families in our Cape May County Community have a much happier holiday. Some of our recipients are pictured below, not all were available for a photograph.



15 YEARS! Vicki Smyth & Joe Grottola  
25 YEARS! Eileen MacCormack



20 YEARS! Louise Olden, Greg Speed, CEO and Mark Whalen



10 YEARS! Elaine Kunigonis, Meggan Conover,  
Candice Moore and Heather McKeown



5 YEARS! Lawrence Formica, Kathryn Moore, Doreen Richmond,  
Bonnie Giordano, Dan Auld, David Dietz and Sam Magill

**Thank you to our Staff Appreciation Committee**, Sandra Donley, Cathy Leahy, Michelle McPherson, Doreen Richmond, Jackie Finnegan, Louise Olden, Kelly Magliocco & Teri Gilroy, who organize all of our events at Counseling Services and of course, to Cape Counseling Services for sponsoring the holiday gathering. Events such as this certainly boost agency morale and open the door for staff to have some fun together.



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