



DECEMBER 2021



Mental Health Association

News from Atlantic County

No Health Without Mental Health

NEWS & FEATURES

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Knitters support boarding home holiday outreach



Linda Babcock

For nearly a decade, Linda Babcock has been ensuring that all residents of boarding homes in Atlantic County receive brand new, handmade hats, scarves, and mittens.

Her knitting group, "Linda's Hats for Hope" contribute to various charities, including MHAAC. The partnership began with a connection made by a long-time former staff member, Amy Hassa, who had been collecting hats for people living in shelters during the holidays.

Since 2012, Linda's group has made and distributed more than 20,000 items locally, nationally, and worldwide.

"We've been able to help so many," said Babcock. "There's always a need and we're humbled to be a part of the solution."

About 160 boarding home residents received a holiday gift bag with winter accessories and toiletries. A special thank you to Linda and all her helpers who knit to meet the need.

The Holidays in Photos



Women in Mission at St. Andrews Church, Atlantic City, supports our boarding home outreach with donations. Pictured are: Pastor Arlyn, Marge, Mary, Patricia, Sharon, and Judy



This generous donation of handmade hats, scarves & mittens came from knitters with Linda's Hats for Hope. Pictured: Vicki Phillips, Executive Director



We partnered with Wawa this year for a pre-Thanksgiving giveaway. Wawa Gobbler bowls were delivered to about 104 consumers



This year, a record 450 meals and packages were delivered to boarding homes, individual consumers, and families

Tips to maintain your holiday wellness

1. Keep expectations manageable
2. Be realistic about what you can and cannot do
3. Leave the past behind and look forward to the future
4. Be of service to someone else
5. Enjoy outdoor activities
6. Be aware of excessive drinking
7. Spend time with supportive and caring people



Fun, not perfection!

REMEMBER TO HAVE FUN DURING THE HOLIDAYS. THEY ARE NOT MEANT TO BE PERFECT!

Pay special attention to your self-care:

- * Stay Hydrated
- * Eat Healthy
- * Get Enough Sleep
- * Schedule Downtime

*Tips provided by DBT Skills and Support

Making a difference in our community and casinos

CHANGING THE APPROACH TO THOSE IN A MENTAL HEALTH CRISIS: TREATMENT INSTEAD OF INCARCERATION

Through an initiative, called Crisis Intervention Team (CIT), law enforcement and mental health professionals collaborate to improve outcomes and engage those with serious mental health issues.

By taking a 40-hour training, a cross-section of professionals including mental health, casino security, law enforcement and EMS fine tune their skills, understanding, and approach when engaging an individual who is experiencing a psychiatric crisis.

The goals are to ensure that individuals are linked to mental health treatment and are diverted from the criminal justice system – all while minimizing potential for injury.

"I think what's unique in Atlantic county is that the casinos are here," said Vicki Phillips, our Executive Director. "We've been so impressed with casino security and their level of interest in gathering resources and information to assist them in doing their job"

Continued on page 5



IN THE MOST RECENT CIT TRAINING, LAW ENFORCEMENT, CASINO SECURITY OFFICERS, EMS, AND MENTAL HEALTH WORKERS WERE CERTIFIED

(Continued from Making a difference)

Having an Atlantic City police sergeant on the team of trainers has been instrumental in bringing so many local law enforcement partners into the fold, she said, adding Sgt. Brian Shapiro has played a key role in the success of CIT.

Vicki, along with Sgt. Shapiro and Rich Gitlen, Senior Director at Jewish Family Service, serve as co-chairs of the steering committee, which is comprised of 14 different community organizations and police departments.

In December, 33 more professionals became certified in the training.

"It's been an honor and privilege to be a part of this effort," said Phillips. "This approach is helping change the tide for individuals and families throughout our county."

NOTE: Thanks to Church by the Bay in Galloway for use of the meeting space



WAY TO GO



We needed *dozens* of Gobbler Bowls for our delivery in November. Special thanks to the staff at the Wawa stores who cheerfully filled our BIG order

**4th Ave. location, Galloway
Pitney Rd. location, Galloway
Pomona Rd. location, Galloway**

**We also thank
The Wawa
Foundation for
a generous
grant during
Giving Tuesday**

4 Reasons to join UBW



over the Holidays

Your mental wellness is important

To receive free support from people who understand

Learn healthy coping skills

To be connected with others during a lonely time

Become a member of United by Wellness:

<https://www.surveymonkey.com/r/8VXP2K8>

always be
a work
in
progress



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

Thank You

We appreciate Mya, Devon, and Carlie, our super Stockton interns, for their hard work, creativity, and dedication.



Among their projects, these young women worked on depression screening day, co-facilitated groups, established a new group, helped with holiday self-care packages, delivered packages, updated local therapy contacts, and planned a workshop to help consumers find a therapist.

We are also grateful for the 1-1 support for consumers and a mental wellness toolkit for individuals with Traumatic Brain Injury (and all the projects in between).

Continue to make us proud!



Peer Outreach Support Team (POST)

Are you 18 or older and living with mental health challenges? Need a hand navigating the system or reaching your goals? We can help.

- Apply for SNAP, GA, SSD/I
- Linkage to resources (employment, housing, legal, etc).
- Education on mental health, resources, and more
- Life, socialization, employment skills
- Creating a resume and/or cover letter
- Community involvement
- Daily living skills
- Budgeting, saving, and credit building
- AND MUCH MORE!

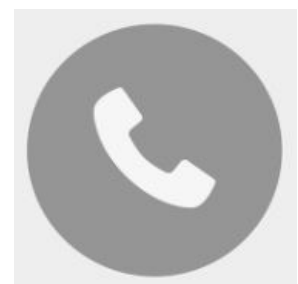
Contact the Mental Health Association of Atlantic County for more details. 609-652-3800 ext. 318

Acute Care Family Program serves families in crisis 7 days per week Available 8 am to 8 pm 609 517-8614

Acute Care Program assists families when their family member is in crisis and in need of linkage to treatment and other services.

Our team engages families who are often navigating the mental health system for the first time. Staff educate families about mental illness and offer resources and referrals that can help their loved one

Help is a phone call away



Thank you for showing your support to MHA Atlantic

GI  ING
TUESDAY 

Mental Health Association Atlantic County

The staff, families, and consumers are so grateful for all the donations that came in this week.

We are proud to be a part of this generous, caring community.



BOMBAS

Thank you

*For 400 pairs of socks sent in support of
boarding home holiday outreach*

A few virtual programs offered by our friends at
The Atlantic Center for Independent Living.

To see a complete list, check their Facebook page or call the office for more information.



Sketch Book Club

Let's explore our creativity through art!
Drawing is a fun and relaxing way to unwind.
Join us for a new topic each week.
Create a realistic or expressive drawing using
any supplies you have handy.



Mondays | 1:00 PM
Zoom Meeting ID #: 838 5439 1536
Passcode: 196590

[Zoom Link](#)



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.



Mental Health
Association
in Atlantic County

The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticcil.org (609)748-2253 ext.4



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

LIFE SKILLS ACTIVITIES



LEARN NEW SKILLS

HAVE FUN & MEET FRIENDS

NEW TOPICS EACH WEEK

TUESDAYS AT 1PM

ZOOM LINK

ZOOM MEETING ID #: 811 7298 2370
PASSCODE: 513838

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