

Insights

THE INSIDE STORY

The Homestead Home Renovation Change Begins at Home

A Capital Project led by The West Bergen Foundation & Friends

West Bergen Mental Healthcare's fundraising arm, The West Bergen Foundation & Friends is about to embark on a transformational project and we need your help.

Led by Matthew J. Murphy, Ed.D, the volunteer Chair of the Foundation & Friends, the campaign, *Change Begins at Home* will secure funding for critical improvements to The Homestead. West Bergen's residential home for chronically mentally ill adults in Ramsey, NJ. After institutionalization, this residence is a beacon of hope for those without familial support or a safe, nurturing and supervised environment. This is home for its residents and is pivotal for continuing support for lives that have been shattered by mental illness.

Our goal is to raise \$150,000. The result will be a living space that incorporates functionality and form, taking

into consideration the special needs of its residents. It will offer them a renovated, refreshed and refurbished forever home – one that reflects the hope and healing that takes place there every day.

Please join us on this journey. Imagine how a simple bed-

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room refresh or kitchen renovation will change the quality of residents' lives. We are offering opportunities at every financial level to "buy" an improvement. Some larger projects include naming opportunities – wonderful ways to memorialize a legacy of love.

Change begins at Home. And you can be part of that change.

VOLUNTEER CORNER

Did you know that volunteering can help reduce stigma? Believe it or not, there is still a stigma around mental health and other health conditions which can delay people from seeking the help they need. Volunteering for an organization not only helps clients feel inspired and improves self-esteem, it raises awareness for the cause. When you volunteer for a cause that is meaningful to you, it shows others that you are invested in the organization and support their mission. As friends, family or co-workers witness your compassion and the positive impact your presence promotes, it can help them feel comfortable about seeking the help they may need.



Volunteers are the heart of our organization and are beneficial in many ways. Please join our team! West Bergen's volunteer group, the Friends of West Bergen, meets monthly to plan activities and events for West Bergen. Volunteer opportunities range from preparing and serving meals in our Adult

Day Treatment Program, participating in our monthly Career Day or helping at our events.

If you would like more information about the Friends of West Bergen, please contact Chrissie @ clijoi@westbergen.org

COMMUNITY CORNER

SCENES FROM MENTAL HEALTH MONTH

May was Mental Health Awareness Month, and West Bergen's friends, supporters and staff celebrated all month long.

Glenn Carlough and his team at Steel Wheel Tavern dedicated a day to our work and mission by donating 20% of the day's receipts to West Bergen.

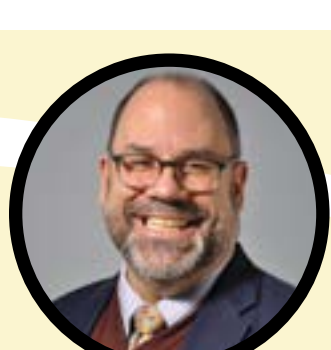
The Women's Networking Groups from both the Ridge-

wood Chamber and the Mahwah Chamber held a joint meeting at West Bergen and learned about the multitude of programs, services and communities we serve.

Last but certainly not least, the Ridgewood AM Rotary partnered with West Bergen on a Wine Tasting Evening at our very own Center for Children & Youth in Ramsey, and donated event proceeds to our mission of hope and healing.



Thanks to all came out on our behalf. Your support and friendship matters.



Message from our CEO

The Bergen Record recently ran an article citing New Jersey as one of the top states for happiness and mental health. The report was released during Mental Health Awareness Month and ranked the Garden State sixth overall, noting that it stands out for its access to mental health resources for residents.

I was honored to be a source for this article, and commented that we are a progressive state as it relates to mental health services. Part of our mission at West Bergen (and one we take very seriously) is to foster a more open-minded attitude about discussing mental health. Our very robust community outreach, where we provide free programs about an array of mental health issues, helps to reduce stigma and increase the chance that someone will seek help. The goal is to openly talk about mental

health, and encourage people to reflect on how they might improve their own mental health.

Our newly launched West Bergen Clinical Training & Education Institute is another critical component of our goal to be part of the mental health crisis solution. The goal of this initiative is to enhance our current internship program by increasing placements, and developing a more comprehensive training environment for the next generation of mental health professionals.

Your support of our mission, through time, treasure and talent not only helps us continue the essential work, but also benefits the larger New Jersey populace by helping normalize mental health discussions in our schools and throughout our communities. Thank you for your advocacy. Progress is being made.

Click here to donate!

SAVE THE DATE

CUISINE, COCKTAILS & CRIME

Join us for a Murder Mystery Fundraiser. Help us help others! Details to follow!

Mystery..

Friday, October 25th
The Hermitage - Ho-Ho-Kus

West Bergen's free "Warmline" provides support to anyone in the community who is experiencing stress and anxiety.. Available Monday through Friday from 9am – 5pm, calls will be returned by a West Bergen Access therapist and a trained West Bergen licensed therapist will return your call within 30 minutes. 201-688-7098