

# Somerset County Department of Human Services

## Making Vibrant Connections with our Residents

The mission of the Somerset County Department of Human Services is to improve the life of all county residents by promoting the economic, social, emotional, physical and mental well-being and safety of residents and communities.

Michael J. Frost, LCSW, ACSW- Director of Human Services  
Julie DeSimone, LSW- Assistant to the Director

### ***Thoughts From the Director : "I Was So Much Older Then"***

May is "Older Americans Month" and I thought this an opportune time to reflect a bit on what "older" means, what our aging societal demographic brings to our work in human services and how much more there is to do to make our corner of the world a more egalitarian one independent of one's age.

Bob Dylan's 1964 song "My Back Pages" includes this line as its refrain: "I was so much older then; I'm younger than that now." I was 11 years old that year, and the notion of an inverted relationship between my physiology and my psychology meant very little to me at the time, (although I did have some vague sense of what Bob might be going on about). That's all changed now.

While Dylan was, in truth, commenting on his desire to step back from the "movement troubadour" role, the refrain resonates on a broader scale as well. As we turn the pages of the calendar, many of us discover how the things we knew as absolute truths somehow become more nuanced and prismatic in nature. This phenomenon is often described as "the older I get the less I know." Still, the fact remains that living a long time gives us the opportunity to experience and learn a great deal; how much of what we learn is translated into meaning and purpose is, perhaps, debatable.

We have been, and remain to a large degree, a youth obsessed culture here in the United States. Like the country we broke away from, our Anglican/Protestant roots promote independence and individualism. These traits, tied to "production" and "work" (often physical labor during our agrarian beginnings and continued in factory work) tend to diminish with the aging of the body. In a society that values "what one produces" --- perhaps even more than "who one is" --- it is understandable that the "relative value" assigned to the older members of our population would suffer when compared to the vigor of youth. This compressed and utilitarian view of the latter stages of life is not shared universally, of course, and is not practiced in many other parts of the world. For example, in France, elderly parents are protected by the "Elderly Rights Law" which requires adult children to keep in touch with their geriatric parents (a law initiated after multiple incidents of abandonment and neglect of the elderly that resulted in tragic deaths). In Mediterranean and Latin culture families often live together multi-generationally, with the older generation willing and able to provide child care while the middle generation works outside the home.

Asian cultures have long been recognized as societies who revere and respect the wisdom and experience of the aged. In Japan, however, this philosophic stance has helped to create some relatively unique problems. According to Social Gerontology: A Multidisciplinary Perspective, 7.2 percent of the Japanese population will be 80 or older in 2020 (compared to 4.1 percent in the U.S.), which brings a potential whole host of other societal concerns.

Separate from the complexity of population management and the very real health problems of extended life (from the painfully trying gauntlet of Alzheimer's disease to the more mundane aches and pains of arthritic joints) -- aging well can be a journey unlike any other. To be sure, the longer one lives the more losses are experienced -- of parents, of peers, and, most difficult, of children. Still, this journey through "this thing called life" (a nod to Prince) is torturous and magical, beautiful and ugly and -- in the end -- utterly emotional. That ability to feel deeply and have those feelings inform our sense of ourselves and those around us is, for me, what defines us as a special species on this planet. It should be valued and kept in high regard, in all ways, at all times.

In closing -- having already revealed my "senior status" -- I was mildly excited to get my first senior discount at the movies a couple of years ago. I was disappointed when I offered to prove my seniority with an ID -- only to be told by the cashier "no, it's not necessary, I can tell." Ouch. Meanwhile, my father (who is a wonderfully vital 90) continues to enjoy a life that evidences the duality of this life stage -- helping his slightly younger partner of some 20 years cope with her worsening memory loss while also spending most available minutes with her at the theater, or dance recital, or concert, or museum, or breathing the clean air of the Adirondack mountains for several months every summer. I'll take the mix, if I'm lucky enough to get there.

Hug someone elderly in your life today -- and if it's you, that's ok too.

***"Today is the oldest you've ever been, and the youngest you'll ever be again."***

*--Eleanor Roosevelt*




2016 Somerset County Board of Chosen Freeholders

Patricia L. Walsh, Director • Peter S. Palmer, Deputy Director  
Patrick Scaglione • Mark Caliguire • Brian D. Levine

Questions or comments?

Email Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us) or call 908-704-6335

## Community Partner Highlight: SHIP

**SHIP**, the **S**amaritan **H**omeless **I**nterim **P**rogram, began operations on March 5, 1984 in response to the unheeded cry of the many women, children and men who are in desperate need of emergency housing and associated services. SHIP is a faith based, interfaith and community funded, assisted and supported, grassroots organization. The clients are the homeless, near-homeless, working poor families, and individuals in Somerset County Regions who are not able to obtain assistance from government or other private agencies, and are therefore denied a chance to receive the help they deserve. Clients include many that suffer from substance abuse dependency, HIV/AIDS, mental health issues, lack of medical care, hunger or loneliness. Services are tailored to each individual's need, and vary in duration according to each individual or families situation. SHIP provides this unique population with critically needed emergency interim housing opportunities, continuing counseling, and support services, greatly enhancing their chances of regaining their self-sufficiency again. SHIP is dedicated to improving the quality of life for the poor. Clients are eligible to apply for all SHIP's programs and services. SHIP does not charge fees for their services. SHIP does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, or handicapped status in employment or provision of services.

The following services are available at SHIP: emergency housing and shelter assistance, alcohol and substance abuse interim counseling services, eye clinic, psychiatric service referral, anti-hunger programs( soup kitchen, mobile soup kitchen, holiday meals, food pantry and more), HIV/AIDS education and prevention program, street outreach services, and an emergency clothing program.

SHIP is primarily funded by donations received from area churches, groups, and individuals. Ship receives a grant from Somerset County to operate the Mobile Soup Kitchen and a grant from the State of New Jersey, Department of Health to help operate the "Better Way" Interim Counseling Program.

SHIP is also kicking off a new legal advocacy program. They are gathering a legal staff of Pro Bono Attorneys and a volunteer crew consisting of lawyers, paralegals, and law students. SHIP's Legal Advocacy Program will engage in direct outreach to the homeless, near homeless and working poor individuals and families in need of legal services.

SHIP partners with The New Jersey Commission for the Blind and Visually impaired to provide a free vision clinic to anyone in need. Appointments can be made on the first Thursday of every month from 9:30am until 1pm to receive a free eye exam and glasses if needed.

SHIP is able to provide all of these services at no cost to the clients in need because of their tremendous support from the community. If you would like to make a food or monetary donation, or volunteer at the soup kitchen, or for more information about any of the services please contact SHIP at 908-393-9545 or SHIP908@Optonline.net. You can also visit SHIP's website at [www.ship908.com](http://www.ship908.com).



## Committee Corner: CIACC

The CIACC is run by the Office of Youth Services. Serving as the local planning body of the Children's System of Care, the Children's Inter-Agency Coordinating Council (CIACC) develops and maintains a responsive, accessible, and integrated system of care for children and youth with emotional and/or behavioral challenges and intellectual and developmental disabilities and their families. Collaborative partnerships are established with parents, consumers, educators, and youth-serving agencies.

The CIACC provides a forum where the system of care for children with emotional and behavioral challenges can be developed, reviewed, revised, and/or redirected through a collaborative decision making process that promotes optimal services in the least-restrictive setting possible. CIACC membership includes caregivers, community based organizations, agencies, and government entities.

The CIACC also serves as a planning body that maintains the Community Development Funding grant from the New Jersey Department of Children and Families. Through a thorough review process the CIACC engages the community to uncover a service need for youth, and then puts forth a competitive request for proposal. Once the allocation is granted the CIACC monitors these funds closely.

The CIACC meets on the 4th Tuesday of every month. For more information about how to get involved with this committee contact Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us).

## Needs Based Work Support Transportation Program Supports Workplace Success

In January 2016, the Needs Based Work Support (NBWS) Transportation Program was initiated out of the Greater Raritan One Stop through contracts with HART in Hunterdon County and Ridewise in Somerset County. The program, supported by grant funds from the New Jersey Department of Labor and Workforce Development received through the Greater Raritan Workforce Development Board, assists customers receiving Work First New Jersey (WFNJ) benefits in developing individualized Transportation Plans that guide employment, training and career planning. Once customers become familiar with the transportation options available to them, they are able to seek out employment and training opportunities in areas along established transportation routes. As part of the transportation plan, transportation navigators at HART and Ridewise go out into the field with customers and ride along with them on their first trip so that they become both familiar and comfortable with the use of the public transportation system. The transportation plans also include a transportation budget and time-limited funds that support customers' transportation needs as they venture back into the workplace.

There has already been tremendous feedback about the positive impact this program has had on individuals. Mary, a single mother looking to obtain employment and financial independence for her family, had recently obtained employment in close proximity to her residence. However, the company that was hiring her required that all new employees attend one week of training in Camden, New Jersey. As this customer did not have her own car, this mandate presented a considerable challenge. Mary's WFNJ case manager recognized this potential obstacle and referred her to the NBWS Transportation Program. A transportation plan was developed, which included information on both the transit route to be taken along with the funds to support the daily trips back and forth. The transportation navigator also took Mary on the dry-run of the route before her first day of training, since Mary was not familiar with the transit system nor was she familiar with the area she was headed to in Camden County. Mary has expressed much gratitude for the support that she received through this new initiative, crediting the program for her ability to both obtain and maintain employment at her new job. She is looking forward to moving along on her chosen career path in a field that will support a sustainable living wage for herself and her family. For more information about the program, call the Greater Raritan One Stop at 908-541-5780 or e-mail [onestop@co.somerset.nj.us](mailto:onestop@co.somerset.nj.us)



## The History of Memorial Day

Originally called Decoration Day, from the early tradition of decorating graves with flowers, wreaths and flags, Memorial Day is a day for remembrance of those who have died in service to our country. It was first widely observed on May 30, 1868 by proclamation of Gen. John A. Logan, of the Grand Army of the Republic, who issued what was called General Order Number 11, designation May 30 as a memorial day.

By the late 1800s, many more cities and communities observed Memorial Day, and several states declared it a legal holiday. It became an occasion for honoring those who died in all of America's wars and was then more widely established a national holiday throughout the United States.

Today, the mission of Memorial Day is to reach out in support of all the soldiers and their families who have sacrificed so much for us. Throughout America's history, hundreds of thousands of our fellow citizens have died bravely serving our country.

Memorial Day is celebrated at Arlington National Cemetery each year in which a small American flag is placed on each grave. Traditionally the President or Vice President lays a wreath at the Tomb of the Unknown Soldier. Many people visit cemeteries and memorials, particularly to honor those who have died in military service.

On Memorial Day, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day.

The half-staff position remembers the men and women who gave their lives in service of their country. At noon, their memory is raised by the living who resolves not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and freedom.

The Office of Veterans Services provides flags and coordinates the decoration of veterans' graves in over 51 cemeteries throughout Somerset County. For more information please call 908-704-6329.



## Municipal Alliances are in Full Swing

With prom and graduation around the corner, Somerset County's Municipal Alliances have been very busy in their quest to educate students and parents about the dangers of underage drinking and driving. Montgomery-Rocky Hill and Hillsborough-Millstone (among others) organized the powerful Every 15 Minutes program for their seniors. Watchung Hills, Somerset Hills, and Franklin are busy promoting Parents Who Host Lose the Most – an innovative public awareness campaign aimed to educate parents on legal consequences of hosting or permitting large parties on their property. Franklin is also hosting their own event "Parties, Proms and Pitfalls" to educate the public on substance abuse issues and NJ Social Host laws. On March 19, Bernards Municipal Alliance hosted a safe medication drive-thru drop off. Within three hours, they received 205 pounds of expired and unused medication.

### Upcoming Public Events

May 4: Free workshop for parents and professionals with children pre-K through 8<sup>th</sup> grade with Dr. Jed Baker. 6:30-8:30 PM at the Sampson G. Smith School Auditorium.

May 16: Showing of 'The Anonymous People,' an award-winning documentary about people in long-term recovery. Basking Ridge High School Performing Arts Center, time TBD. For more information, visit [www.bernardsalliance.org](http://www.bernardsalliance.org)

### Want to learn more about the Municipal Alliances?

Come meet your town's Municipal Alliances and get involved with your community! They will have tables and booths set up at the following town-wide events:

Bridgewater-Raritan MAC: 'Eco-Blast Fair' Saturday May 7, 11 AM - 3 PM at Kid Street Park

Manville: 'Color Me Manville Fun Run' Saturday May 14, 9 AM - 12 PM, Manville High School

Bernards: 'Charter Day' Saturday May 21, 11 AM - 10 PM, visit [www.charterday.com](http://www.charterday.com) for more information.

## Catholic Charities Therapeutic After School Program

Finding an after school program for children who are between the ages of 8 -12 can be a daunting task. If they have behavioral problems, the job even becomes harder. Recognizing the need to serve the pre-adolescent who is having a difficult time coping with life stressors and who may find themselves engaged in maladaptive patterns of behavior, the Somerset County Inter-Agency Coordinating Council (CIACC) directed their community development dollars to the funding of an after school program for this specific age group.

The primary expected outcome of this therapeutic program is to assist youth between the ages of 8-12 to learn how to decrease negative behaviors and increase their personal skills so they experience more positive social and educational relationships.

Catholic Charities, Diocese of Metuchen offers a therapeutic multi-day outpatient program (TAP) with 24-hour access that engages youth with emotional and behavioral challenges and their families.

The TAP program provides a range of services which address the individual needs of clients and includes, at a minimum, the following:

1. Assessment and evaluation
2. Referral, linkage and follow up services;
3. Individual, group, and family therapy;
5. Psycho-educational services.

Using a strength based approach, TAP provides four group sessions per week, three hours per day. These groups are divided into two cohorts and youth are assigned to one of the two groups dependent on the individual's clinical needs, developmental level, and presenting behaviors. One of the groups operates Monday/Wednesday and the other Tuesday/Thursday. Each group starts at 4:00 pm, ends at 7:00 pm and has three components; homework assistance, therapy and pro-social behavior development. Individual sessions occur once a week and family sessions occur minimally, once a month. Although the program groups meet for three hours each day for two days per week, the actual "clinical" work that makes this an "enhanced" outpatient service equates to approximately three hours per week per child. When serving youth of this age group it is necessary to incorporate many ancillary services in addition to the clinical treatment in order to strengthen the overall process, such as Homework Assistance, and team building exercises.

Transportation to the agency is available to all youth participating in the group. Parents/Guardians are responsible to pick up at the end of the day. In addition, dinner is supplied two times per month for families and their children as a means of supporting a fun, positive activity.

To apply to this program and/or to get more information, call Catholic Charities at 908-722-1881.

## Help Navigating the Medicare System

If you are a Medicare enrollee or about to become one, or have a parent who is on Medicare, here is some information on the S.H.I.P. program to help you navigate the Medicare insurance maze.

S.H.I.P. (Senior Health Insurance Assistance Program) is a statewide program administered by the New Jersey Department of Health and Senior Services, Division of Senior Affairs, with financial assistance through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare Agency. In Somerset County, the SHIP program is located within the Office on Aging and Disability Services located at 27 Warren Street, Somerville. Counselors receive training to become Certified as SHIP Counselors able to assist individuals with questions/concerns related to medical insurance. The services are free, confidential and unbiased. The counsellors provide information to empower the individual to make an informed decision about what plan might be the best..

There are different parts of Medicare: Part A covers hospitalization; Part B covers physicians; Part C covers Medicare Advantage Plans (HMOs and PPOs) and Part D covers prescriptions.

There are numerous situations that involve medical insurance coverage and it is often difficult to navigate the maze. There are times when an individual thinks the supplemental insurance will cover expenses but do not realize that if Medicare does not cover the situation, a supplemental plan will also not cover. There is a misconception that if an individual is transferred to a rehabilitation facility following hospitalization, that Medicare will automatically cover the cost. To have the cost covered, the individual must have been ADMITTED to the hospital for at least 3 consecutive days, not at the hospital under "observation". It is important that you know the status of the hospital stay. Medicare will cover medically necessary in-home care under special circumstances. To be eligible the individual must be receiving therapy such as physical or occupational, or needs skilled nursing care. Medicare does not cover "custodial" care which is bathing, dressing etc., when there is no therapy or special treatment involved.

Here are some frequent concerns that SHIP is able to assist with: you are getting ready to retire, and want to know what kind of health insurance you will need; if a Medicare supplemental policy is necessary, and/or a prescription drug plan; or whether or not to join a Medicare HMO/PPO.

Counsellors are available to assist you in understanding Medicare statements, medical insurance company notices and medical bills. Carefully review any medical bills you receive to assure that there is no duplication and that the services listed were actually rendered. When you have a question, contact the SHIP office.

There are also the "Welcome to Medicare" preventive screenings as well as annual "Wellness" check-ups available through Medicare. Be sure to benefit from these programs.

Mark your calendars now! Open enrollment occurs annually from October 15 to December 7 with coverage beginning January 1. This period is the only time a person can make changes to a current Medicare drug plan or Medicare Advantage Plan. SHIP counsellors are readily available to assist in this process by doing a review of your current medications to find plans that best meet your needs. Have your medications reviewed during this open enrollment period to make sure that the plan will cover your medications the following year. Plans' formularies and costs do change annually!

To have your questions answered call the Somerset County Office on Aging and Disability Services at (908) 704-6346 and ask to speak with a SHIP counselor.

## Girl Scouts who Helped the Homeless Are Recognized by Somerset County Freeholders

Freeholder Director Patricia L. Walsh, on the right, presents members of Girl Scout Troops 60935, 60276 and 60810 with citations commending them for helping the Community Develop Office organize and pack individual bags of donations for the homeless. From left to right, Leyna Menz, Emma Menz, Cayleigh Kaiser, Isabella Garcia, Community Development Director Kim Cowart, Madison Patton, Chloe Garcia, Courtney Kaiser and Hannah Menz. Troop 60276 members, Isabella Garcia, Cayleigh Kaiser and Leyna Menz, are in first grade at Crim Primary School. Members of Troop 60935, including Chloe Garcia, Courtney Kaiser, Hannah Menz and Madison Patton, are in fourth grade at Crim Primary School. Emma Menz of Troop 60810 is a student at Bridgewater-Raritan Middle School.



## Eating Disorders Awareness

By Rebecca Alcaide, LCSW – RHCMHC, Outpatient Department

Eating disorders, including but not limited to, anorexia nervosa, bulimia nervosa, and binge eating disorder, can be emotionally and physically debilitating. In many cases, death has been the end result. Reasons for death from eating disorders include starvation, substance abuse, and suicide. In a study done on 1,885 individuals suffering from eating disorders over 8 to 25 years, Crow and colleagues concluded that the "crude mortality rates" for individuals suffering from anorexia were 4.0%, 3.9% for bulimia nervosa, and 5.2% for eating disorder not otherwise specified (NEDA, 2016). Eating disorders do not discriminate and affect every race, ethnicity, culture, gender and socioeconomic class.

There is a stigma attached to those who struggle with an eating disorder due to the belief that they are self-absorbed, only females, don't care about others, and just want to be skinny. While the latter is true, for someone with an eating disorder, there are many meanings attached to the word "skinny." Eating disorders are mostly about one attempting to gain a sense of control or stability in their life when they may not feel in control or stable in other areas of their lives. Unbeknownst to many, eating disorders also affect the male population. In a study that consisted of 1,383 adolescents "the prevalence of any DSM-5 ED in males was reported to be 1.2% at 14 years, 2.6% at 17 years, and 2.9% at 20 years (Allen, 2013). However, males have been labeled as "weak" or "gay" by society when seeking help causing stigma so the statistics on the prevalence of eating disorders in the male population are not clear cut.

Working as a therapist with people who have eating disorders in the inpatient, outpatient, and intensive outpatient levels of care, a common statement I heard from these individuals was, "My eating disorder gives me control." The therapeutic goals involved challenging the unrealistic sense of control, establishing a healthier more realistic sense of control in their lives, exploring factors that contributed to the onset of their eating disorder, and developing healthy coping skills for emotional regulation. Other treatment modalities include meeting with a dietician on a regular basis to assist the patient in developing a healthy relationship with food, psychiatry, and intensive family therapy. Research has shown that successful recovery involves a multidisciplinary team who provides psychotherapy or counseling coupled with careful attention to medical and nutritional needs, (NEDA, 2016).

Some factors that can play into the development of disordered eating patterns and thinking include biological factors, psychological factors, social/cultural factors, and interpersonal factors. Unfortunately, many other factors can contribute to the development of an eating disorder as well. Additionally, each person's individual experiences can trigger an eating disorder as a coping mechanism to "numb" oneself from reality.

If you or anyone you know may be struggling with an eating disorder, The National Eating Disorders Association website, [nationaleatingdisordersassociation.com](http://nationaleatingdisordersassociation.com), is a resourceful and beneficial website that provides a vast array of information including referrals for treatment, education, risk factors, preventive factors, treatment modalities, prevention, and much more. If reading is something you enjoy, "Life Without Ed" by Jennie Schaefer, a survivor of an eating disorder and NEDA advocate, allows one to read her personal story and explore her world through the lens of an eating disorder.

**For more information about eating disorders join Rebecca Alcaide at the Manville Library on Tuesday May 24th at 1pm. She will be speaking on this topic in support of "May is Mental Health Month".**

## Leadership Opportunity for our Youth

This will be a great opportunity for students to learn skills such as leadership competence, community organizing, problem-solving, civic and political activism and engagement, and more. It may also count as hours for student independent projects or community service requirements.

Anyone who is interested should also join the email list at [tinyurl.com/CADCAtraining](http://tinyurl.com/CADCAtraining) to be the first to know when registration is officially open.



## Volunteer Services provides Somerset "Taxaide" Program for Residents

|                           |                    |
|---------------------------|--------------------|
| Federal Returns Processed | <b>3413</b>        |
| Total Refunds claimed     | <b>\$2,182,000</b> |
| Federal                   | <b>\$1,723,000</b> |
| State                     | <b>\$459,000</b>   |

It has been estimated that \$500,000 has been saved in preparation fees alone.

**That means that approximately \$4,864,000 has been put back into the pockets of Somerset County residents.**

## Congratulations!

**Kristen Borys from Richard Hall Community Mental Health Center is now a Licensed Clinical Alcohol and Drug Counselor.**



Freeholder Director Walsh, Kristen Borys, Heather Rhodes. Michael Frost

**Brett Pepe from Richard Hall Community Mental Health Center has graduated with his M.A. in Counseling.**



Freeholder Director Walsh, Brett Pepe, Heather Rhodes. Michael Frost

## Our Staff

**Help us in welcoming the following new additions to the Human Services Team**

**Aliemah Cannon Horton**– Case Manager, Juvenile Institutional Services

**Michele Mandic**– Case Manager, One Stop Career Center

**Nancy Craske**– Project Outreach Associate, Richard Hall

**Tamara DeLeo**– Senior Center Associate, Aging and Disability Services

**Victoria Miller**– Business Manager, Richard Hall



## Job Opportunities in County Human Services

### *Operations and Planning*

**Alcohol and Drug Coordinator** Position clinically supervises the IDRC program and DUI Clients. Coordinates the substance abuse planning process and develops programs which provide care and rehabilitation of alcoholics and drug abusers under the authority of State law P. L. 1989 Chapter 51. Position coordinates the Local Advisory Council on Alcoholism & Drug Abuse (LACADA) and the Providers Advisory Committee on Alcoholism & Drug Abuse (PACADA). Manages State grants, evaluates/monitors programs/services for the provision of prevention, early intervention, treatment and recovery support services. In accordance with state legislation, s/he oversees Intoxicated Driver Resource Center and substance abuse prevention efforts.

### *Psychiatric Emergency Screening Services*

**Crisis Counselor I** Position responsible for screening clients for psychiatric hospitalization both voluntary and involuntary. Position responsible for answering the crisis hotline and performs mobile outreach in the community; County Jail; nursing facilities and other agencies; provides coverage on weekends and holidays. Position responsible for completing all paperwork for each client screened. Position participates in all team meetings.

**P/T Crisis Counselor** Position provides psychiatric counseling for a 24 Hour hotline and a walk-in center. Counseling may include but not limited to, crisis intervention, assessment, referral, training, technical assistance, monitoring clients, etc. Position will perform mobile outreach with local police. Position will also provide suicide hotline coverage.

### *Richard Hall Community Mental Health Center*

**Case Manager** Position is responsible for assisting the homeless mentally ill client toward acceptance of mental health and other critical services and to assist in housing stabilization in the community. Position writes and maintains the treatment plan, monitors the client's progress communicating with numerous in-house and outside providers as the client is linked to services. Position actively engages clients through outreach strategies with attention to rapport, boundaries and safety. Position participates in training and activities, including but not limited to in-house training and statewide initiatives, for professional growth and quality service provision to consumers.

**Licensed Mental Health Practitioner** Provides individual, family, group psychotherapy and case management as appropriate to primarily Somerset County residents in order to help them clarify and resolve problems affecting their mental health. May hold some limited coordinating responsibility in a focused clinical area (e.g. domestic violence, sex abuse treatment). Position documents clinical activity per agency policy. Position contributes to agency performance improvement efforts to assure ethical and effective treatment in accordance with state regulations and accrediting body standards. Position participates in supervision to optimize clinical effectiveness and productivity, and confers with other internal and external providers to assure coordination of care. Examples of external providers include, but are not limited to: schools, other agencies, courts, probation, medical personnel, inpatient programs, DCP&P, etc. Engages in continuing education to maintain and develop clinical skills, meet agency competency standards, and satisfy requirements for ongoing licensure (e.g. LCSW, LPC). Position participates in department and agency wide meetings designed to assure program effectiveness, including participation on PI committees. Position may hold some limited coordinating responsibility in a focused area (e.g. domestic violence, sexual abuse treatment).

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**Peer C.A.R.E. Associate** Primary function of this position is to coordinate and implement all facets of an individual's co-occurring services in a person-centered, wellness and recovery and trauma informed environment by using his/her lived experience as a tool to empower, support and inspire hope. These individual based services including individual, group and pre-co-occurring facilitation, equaling a level of 66% of weekly hours (24.75 hours of the 37.5 hour work week). All contact will be documented within the parameters of regulatory standards.

**Psychiatrist I** Position provides psychiatric assessment and treatment to clients; serves as consultant to other staff. Position participates in Performance Improvement, peer review and medical staff activities. Position assesses individuals who present with psychiatric disorders in any clinical setting, records medical history and prescribes in accordance with client needs, and under overall supervision of Medical Director.

**Psychosocial Rehabilitation Associate:** The primary function of this clinical position is to coordinate and implement all facets of a consumer's psychosocial rehabilitation services. Position will act as part of a team to provide holistic clinical assessments, recovery planning, crisis management and coordination of care for all assigned consumers in individual therapy; group and prevocational group modalities. The goal of all services provided by this position is to stabilize psychiatric symptoms in order to maximize consumer integration into valued community roles. Position will be responsible for planning and facilitating assigned special events within the Partial Care Program.

**P/T Case Manager** The essential function of this clinical position is to engage the Involuntary Outpatient Commitment (IOC) client toward acceptance of mental health and other critical services and to assist in stabilization in the community. Position will write and maintain the treatment plans, monitors the client's progress communicating with numerous in-house and outside providers as the client is linked to services. Position will provide assessment, treatment planning, crisis management and coordinate all aspects of treatment. As the coordinator of the client's treatment the Case Manager utilizes a holistic treatment approach in helping the client stabilize their psychiatric symptoms and permanently integrate into the community.

**P/T Psychiatric Nurse Practitioner** Position provides psychiatric assessment and treatment to clients; serves as consultant to other staff. Position participates in Performance Improvement (PI), peer review and medical staff activities. Assesses individuals who present with psychiatric disorder in any clinical setting, records medical history and prescribes in accordance with client needs, and under overall supervision of Medical Director. Any and all staff may be asked to provide clinical coverage as needed and as appropriate based on the needs of the organization.

### ***Rutgers Cooperative Extension***

**Program Coordinator 1** Plans, implements and evaluates educational events and programs for Family and Community Health Sciences (FCHS) under direction of the FCHS Educator. The incumbent teaches adults and youth, manages multiple priorities and tasks, works with minimal supervision and has strong interpersonal skills. The person collaborates with community groups, creates educational lessons and activities; writes educational articles and/or publications and recruits and trains volunteers for FCHS & RCE programs.

**For qualification requirements, compensation information, and job responsibilities please visit the Somerset County website at [www.co.somerset.nj.us](http://www.co.somerset.nj.us).**

## What's Coming Up

**May 3rd, 11am-1pm:** May is Mental Health Month Presentation "Grief: Healing after the Death of a Loved One" presented by *Richard Hall's* Maria Conklin Ed.S., LPC, RN.

**May 10th, 1pm:** "Better Health without Breaking the Bank" presented by *Aging and Disability Service's* Laurie Roome, will show you how to improve your health and tap into FREE Medicare benefits at the Bridgewater Senior Wellness Center. RSVP by May 6 by calling 908-203-6101.

**May 11th, 7pm:** May is Mental Health Month Presentation "Domestic Violence and Substance Abuse" presented by *Richard Hall's* Kristen Harden, LCSW.

**May 12th, 6pm:** May is Mental Health Month Presentation "Psychotropic Medications and the Importance of Compliance" presented by *Richard Hall's* Jaqueline Bienenstock, MSN RN-BC.

**May 13th, 9am-11:30am:** "When do Anxiety and Depression lead to Suicidal Risk in Youth?" presented by Doreen M. DiDomenico, Ph.D. and the *Office of Youth Services*.

**May 19th, 1pm-3pm:** May is Mental Health Month Presentation "Anger Management" presented by *Richard Hall's* Roberta Ventutolo, MA, LAC, NCC, DRCC.

**May 24th, 1pm:** May is Mental Health Month Presentation "Eating Disorders" presented by *Richard Hall's* Rebecca Alcaide, LCSW.

**May 25th:** *Richard Hall Community Mental Health Center* is sponsoring a bake sale in the lobby of the County Administration Building. All proceeds will go to the Somerset County Food Bank.

**For more information regarding these events**

**email Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us) or call 908-704-6335.**

## Human Services Public Meetings

**May 5 – 5pm:** Mental Health Board

**May 9 - 9:30am:** Professional Advisory Committee

**May 10 – 6:30pm:** Freeholder Meeting

**May 11 – 9:30am:** Local Advisory Council on Alcoholism & Drug Abuse /County Alliance Steering Subcommittee

**May 24– 12pm:** Youth Services Commission

**May 24– 1:30pm:** Children's Inter-Agency Coordinating Council

**May 24– 6:30pm:** Freeholder Meeting

**May 25– 1:30pm:** Human Services Advisory Council

**June 2- 5pm:** Mental Health Board

**June 6- 9:30am:** Professional Advisory Committee

**June 8– 9:30am:** Local Advisory Council on Alcoholism & Drug Abuse /County Alliance Steering Subcommittee

**June 14– 6pm:** Freeholder Meeting

**June 15- 10am:** Aging Advisory Council Public Hearing

**June 15– 1:30pm:** Aging Advisory Council

**For more information regarding these meetings or how to get involved with a committee**

**email Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us) or call 908-704-6335.**