



CONNECTIONS

Tenth Annual Golf Outing Kicks Off CBHCare's 40th Anniversary Celebration

The CBHCare Foundation's Tenth Annual Golf Outing scheduled for September 21, 2009, will again be held at Wild Turkey Golf Club in Hardyston, NJ, but this year it will be an extra special event since it will kick off CBHCare's 40th Anniversary celebration.

The Golf Outing, sponsored by the Foundation, raises funds to support the non-profit charitable services provided by Comprehensive Behavioral Healthcare. The CBHCare Foundation is a 501(c)(3) organization and all contributions are tax deductible.

A donation of \$300 for each participant will include the luncheon barbecue at 11:45 a.m., golf carts, green fees, practice range and a gourmet dinner at the clubhouse following the afternoon of golf. A modified shot gun start will take place at 1:00 p.m. All golfers will be eligible to win prizes in any of the special contests (hole-in-one on each par three, longest drive, closest to the pin, straightest drive, and gross and net) as well as raffle prizes.

Foundation President Helen Kuruc (who is Professor Emeritus of Mathematics at Essex County College in Newark, NJ) and Foundation Vice President Gabe Ambrosio (who is a Lyndhurst attorney and former state senator) are again serving as co-chairs of the Golf Outing.

Ms. Kuruc's many years of service on the Boards of Trustees of Comprehensive Behavioral Healthcare and of the CBHCare Foundation have given her a special perspective of the agency and its fund-raising arm. She has seen the organization grow through the years from a small staff providing outpatient mental healthcare services in Lyndhurst to a multi-site agency with a large staff delivering a full-range of services to nearly 4,000 consumers a year. She believes the Annual Golf Outing is crucial in maintaining the funds to support the charitable services delivered by CBHCare to consumers in northern New Jersey.

Ms. Kuruc urges all golfers, "Register right away for the September 21 tournament. You won't want to miss this fun event. We also need sponsors for the Golf Outing and for the

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Executive Director Peter Scerbo Receives 2009 Outstanding Leadership Award



Peter Scerbo, LCSW, CBHCare's Executive Director, received the 2009 Outstanding Leadership Award from the New Jersey Association of Mental Health Agencies (NJAMHA) at the Annual Courage and Compassion Awards Dinner on April 28 during its annual conference at the Woodbridge Renaissance Hotel in Iselin, NJ. He was honored for demonstrating "a vision that led to the establishment and expansion of several programs and organizations serving individuals with mental illness over the past 40 years." The award was presented by J. Michael Armstrong, Executive Director, Community Hope, Inc., in Morris County; and Bob Davison, LCSW, Executive Director, Mental Health Association of Essex County, who had nominated him for the award.

Mr. Armstrong stated, "In 2000, he led the development and expansion of the CHAMP (Care and Hope at Morris Plains) Intensive Day Treatment and Residential On-Grounds Program at Greystone Park Psychiatric Hospital, partnering with Community Hope. In working closely with him on this project, I have come to respect his leadership, integrity, innovative spirit and commitment to both consumers and the staff who serve them."

Mr. Davison, who had worked on the CBHCare staff before taking the leadership position at the Mental Health Association of Essex County, noted that Mr. Scerbo "has applied his creativity, business acumen and understanding of the needs of individuals with mental illness to develop a full spectrum of programs to meet the needs of the community. Not only did he establish core programs such as partial

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Executive Director Peter Scerbo Receives Leadership Award

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care, 24-hour emergency services and adult and adolescent residential programs, but he also developed a municipal crisis response team and was a critical component in the creation of an adolescent suicide prevention program.”

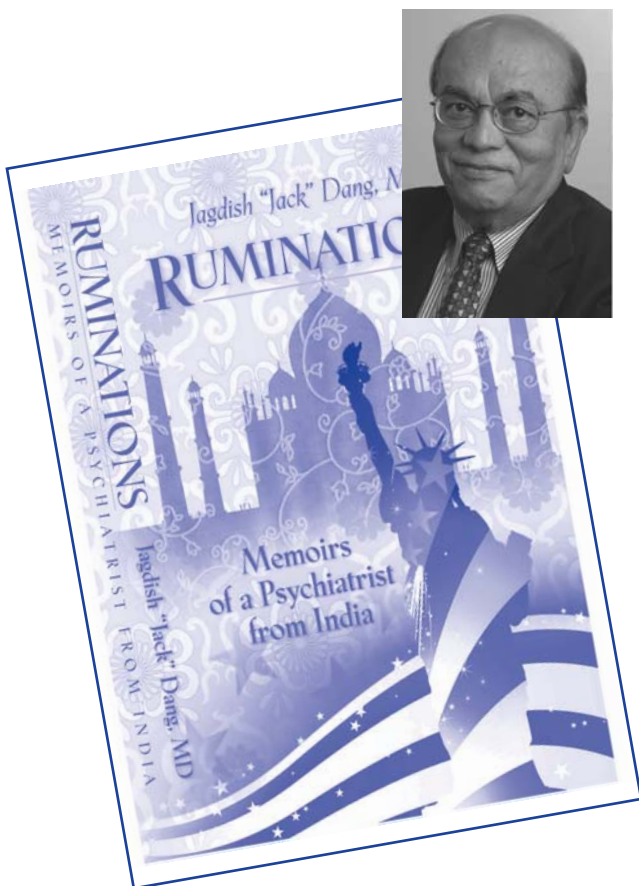
Debra L. Wentz, Ph.D., Chief Executive Officer of NJAMHA, said, “At this wonderful event each year, we honor extraordinary individuals in five categories who inspire us, challenge us and remind us why we go to work each day. The Outstanding Leadership award is presented to an individual who has demonstrated vision and successfully led the development and/or expansion of programs to enhance services to individuals with mental illnesses.”

Mr. Scerbo began his career in 1968 as a school social worker in a summer Head Start program and a Follow Through program in Newark. From 1970 to 1972, he worked as a psychiatric social worker at South Bergen Mental Health Center while serving on the faculty of Glassboro State College. In 1972 he became Executive Director of the South Bergen Mental Health Center (now CBHCare), and has continued in that position to the

present time. In addition, he had a private psychotherapy practice from 1972 to 2000. Under his leadership, CBHCare has expanded its services and programs to include outpatient counseling services to individuals of all ages, as well as families, short-term therapy, specialized group therapies, treatment for substance abuse and postpartum depression, and outreach services to homeless individuals with psychiatric disabilities.

Based in the Greater Trenton area, the New Jersey Association of Mental Health Agencies is a statewide trade association representing 125 non-profit hospital-based and freestanding mental health agencies throughout New Jersey. NJAMHA members (including CBHCare) help children and adults with mental health issues more than one million times annually and employ 85,000 members of New Jersey’s workforce. Its mission is to champion opportunities that advance its members’ ability to deliver accessible, quality, efficient and effective integrated behavioral healthcare services to mental health consumers and their families.

Dr. Jagdish Dang Authors Book on ‘Ruminations’



Jagdish C. Dang, MD, DLFAPA, consulting psychiatrist with CBHCare’s Valley Brook Center (the geriatric day program), has authored a new book titled, “Ruminations.” Published by Trafford Publishing, the book is subtitled, “Memories of a Psychiatrist from India,” and chronicles Dr. Dang’s unlikely path from refugee in India to respected psychiatrist and community leader in the United States.

Dr. Dang grew up in India, graduated from Maulana Azad Medical College, University of New Delhi, and, in 1966, emigrated to the United States where he had a rotating internship at Bergen Regional Medical Center, Paramus, NJ, and a Residency in Psychiatry at the W. C. Gabler Center, Waltham, MA. He is certified in Psychiatry and Geriatric Psychiatry. Through the years, he has held positions as medical director at mental health centers and as professor of psychiatry at medical schools. He served as Medical Director and Chairman, Department of Psychiatry, Barnert Hospital, Paterson, NJ, and since 1973 has had a private practice in general psychiatry, specializing in mental health of the elderly as well as competency and forensic evaluations.

In the book, Dr. Dang describes his family’s desperate escape from ethnic cleansing during the partition of India in 1947, their life in a refugee settlement of Delhi, and his arduous studies in medical school. He relates his struggles with culture shock after arriving in the United States and his search for a bride. Dr. Dang also gives his views about the flawed social and health care systems of both India and the United States. CBHCare staff who have read the book say it is fascinating and inspiring and recommend it to all who are interested in reading unusual life stories and who want to learn more about our health care system today.



Continuing Education Workshop Focuses On Youth Violence



Duane Dyson, MD



Michael Greene, PhD, FAAEM



Jimmy Lee Williams, MA

Nearly 150 health care professionals, educators and others who regularly work with young people attended the continuing education workshop on “Strategies to Reduce Youth Violence” presented on April 1, 2009. Co-sponsored by CBHCare, the Mental Health Association of Essex County, West Bergen Mental Healthcare and the Boys and Girls Clubs of Newark, the training session was held at Bergen Community College in Paramus, NJ. The workshop explored the reasons why young people participate in violence and presented effective programs and prevention techniques for communities facing an increase in youth violence.

The first speaker was Duane Dyson, MD, who spoke from an emergency medical physician’s perspective. He is the co-founder of the New Jersey Research Institute for Emergency Medicine and the Violence Prevention Institute and is Medical Director of the Emergency Department at Bayonne Medical Center. He noted that violent street gangs are a growing problem in communities in northern New Jersey, they are recruiting children as young as 12 years old, and some are peddling drugs and selling guns. For youth who suffer violence at the hands of their peers and are treated in emergency rooms, Dr. Dyson recommended mentoring and counseling sessions with the youth and their parents on how to avoid triggers of anger, conflict resolution, and getting out of dangerous situations in appropriate ways.

The second speaker was Michael Greene, PhD, FAAEM, who spoke from a public health perspective. Dr. Greene is Director of Violence Prevention for the Nicolson Foundation in Newark, NJ. He established the Center for the Prevention of Violence at the Youth Consultation Service in Newark and is the Founding Executive Director of the Violence Institute of New Jersey at the University of Medicine and Dentistry of New Jersey. He stressed that no single program is effective for all youth. Economic conditions, cultural norms, schools and educational opportunities, the specific youth population and their families all must be considered in planning effective programs. He urged collaboration with other neighborhood groups and resources as well as the integration of family, school and community efforts.

The last speaker was Jimmy Lee Williams, MA, a retired police detective who is currently an Adjunct Professor at Essex County College’s Department of Criminal Justice. He has served with the US Marshall-Essex Federal Gang Suppression Partnership, the Essex County Sheriff’s Department, and the East Orange Police Department. He spoke from a law enforcement perspective on the Impact of Public Safety on Community, School and Home. He described current law enforcement programs in New Jersey including Project Pride and the Gang Awareness Prevention Program that come to schools and churches to work with children and teens, teachers, parents and counselors.

The April 1 training workshop was planned by the CBHCare Continuing Education Committee chaired by Lara Zucker, IFSS Program Coordinator. Attendees at the workshop received 6 CEUs for participating in the full-day session. The next Continuing Education Workshop is scheduled for October 23 on “Solutions for Coping with Anxiety and Depression in Uncertain Times.” (See story on page 6.)



CBHCare Co-Hosts Second Annual Mental Health Advocacy Breakfast

CBHCare was a co-host of the second annual Mental Health Advocacy Breakfast held May 19 at Season's Restaurant in Washington Township, NJ. Mental health professionals and government officials throughout Bergen County were invited to the event sponsored by the Bergen County Mental Health Board and mental health service providers including Bergen's Promise, Care Plus NJ, Christian Health Care Center, Comprehensive Behavioral Healthcare, North Jersey Friendship House, Vantage Health System and West Bergen Mental Healthcare.

Among the attendees were Assemblywoman Charlotte Vandervalk (R-39th District); Kevin Martone, Deputy Commissioner, New Jersey Department of Human Services; Brian Hancock, Deputy Director, New Jersey Division of Child Behavioral Health Services; Dennis McNerney, Bergen County Executive; Hansel Asmar, Director, Bergen County Health Services Department; and Bergen County Freeholder Vernon Walton.

(At left) Among those attending the breakfast were (left to right) Peter Scerbo, Executive Director, CBHCare; Kevin Martone, Deputy Commissioner, New Jersey Department of Human Services, a speaker at the breakfast; Robert N. Davison, Executive Director, Mental Health Association of Essex County; Brian Hancock, Deputy Director, New Jersey Division of Child Behavioral Services, also a speaker; and Rosemarie Lobretto, Executive Director, Family Support Organization of Bergen County. (Above left) Victoria Sidrow, President and CEO, Vantage Health System, and Todd Smith, author of "I Pledge Allegiance," who spoke at the breakfast.

(Above right) Staff Sergeant Vincent Micco, Counter Intelligence Agent, Bravo Company, 325th Military Intelligence Battalion, also a speaker, and James Cooney, Associate Executive Director, CBHCare.

Mr. Martone and Mr. Hancock discussed the economic challenges effecting everyone throughout New Jersey and addressed the concerns of local mental health service providers who depend upon state contracts to provide much needed services to county residents. The attendees also heard presentations by Todd A. Smith, author of "I Pledge Allegiance," a novel focusing on the struggles faced by thousands of homeless veterans; by Lisa Yourman and her teenage son Jeffrey who found strength, voice and self-empowerment in coping with cystic fibrosis and mental health challenges with the support of Bergen's Promise, Bergen County's care management organization; and Staff Sergeant Vincent Micco, Counter Intelligence Agent, Bravo Company 325th Military Intelligence Battalion, who noted that the Army has recently come a long way in mental health awareness, but that the community still depends on the local service providers for assistance and support, particularly during these difficult times.

CBHCare Staff, Families Enjoy Annual Appreciation Picnic

Nearly 240 CBHCare employees and members of their families enjoyed the Annual Staff Picnic on July 10, 2009, held at Forest Lodge in Warren, NJ. Activities included softball, swimming and games for the children. Food and beverages, provided by Forest Lodge, were served continuously all day. The staff outing was planned by the "Picnic 2009" Committee composed of Ernie Cheng, Financial Assistant in the Finance Department; Dana Jaworski, Billing Supervisor in Administration; and Zilly Van Iderstine, Office Administrator. Kristen Ambrosio, LCSW, Supervisor, Youth Case Management Services, and Beth Suckow, Supervisor, Rutherford Long Term Residence, also helped at the sign-in table. Thanks to all their efforts, a great day was enjoyed by all.



From the Executive Director...

CBHCare Joins Community Alliance Program Of Boiling Springs Savings Bank

We are pleased to announce that Comprehensive Behavioral Healthcare, Inc. and the CBHCare Foundation have joined the Community Alliance Program (CAP) of Boiling Springs Savings Bank. The Bank is headquartered in Rutherford, NJ, and has branches throughout northern New Jersey. The Community Alliance Program donates to non-profit organizations such as ours when the charitable groups' supporters bank at Boiling Springs. It costs nothing to join and is a way for non-profit groups to raise additional funds. Awards are earned when a minimum of 20 individuals designate their Boiling Springs account as a donor account. No monies are ever withdrawn from donor accounts. All donations come directly from Boiling Springs. Information regarding donor accounts will be kept strictly confidential and will never be shared with CBHCare.

Donor accounts are those of the non-profit group's supporters who have designated their new or existing accounts at Boiling Springs to be used to calculate quarterly donations. Donations from Boiling Springs to CBHCare are based on the average daily balance maintained in donor accounts at an annual rate of 1/4% on Certificates of Deposit including IRAs, all Business accounts, and all Premium and Money Market Checking; and 1/2% on other Checking, Savings and Money Market Savings Accounts.

We encourage our consumers and their families, our friends and our supporters to seriously consider opening an account at Boiling Springs Savings Bank if they do not have one already and designate it as a donor account. Laura Amerman in the CBHCare Development Office (201-935-3322) can provide more information about the Boiling Springs' Community Alliance Program.

With the economic conditions that we are experiencing in our country today, it is imperative that we constantly seek new sources of funds in order to continue providing the highest quality of behavioral healthcare to those who need it in our northern New Jersey community. Boiling Springs Savings Bank has a tradition of community support and of making a positive impact on the organizations and neighborhoods within its market area. We appreciate Boiling Springs' past community commitments and look forward to working with the Bank in the future as a participant in its Community Alliance Program.



Peter Scerbo, LCSW
Executive Director

Substance Abuse Treatment Center Holds Open House for IOP

CBHCare held an open house on May 13 at its Substance Abuse Treatment Center to give mental health care and substance abuse treatment providers more information about its Intensive Outpatient Program (IOP). Opened on July 7, 2008, the IOP is now one year old and is steadily growing and adding staff to serve more consumers.

According to Substance Abuse Program Coordinator Dawn Romeo, LCADC, LCSW, most substance abuse programs offer two levels of care: Early Intervention (Level.5) for individuals who have had no more than a few negative consequences due to substance use and who may be at risk for developing more significant substance abuse issues; and Intermediate Care (Level I) for individuals who have had a significant number of negative consequences due to substance use and/or have completed a higher level of care and need continued support to maintain sobriety.

Ms. Romeo points out, "The third level of care — Intensive Outpatient Care (Level 2.1) — was added last year to serve

individuals who have become physically/psychologically dependent on drugs and alcohol, who have been unable to maintain sobriety or abstain from use for a significant length of time, and who have had significant negative consequences due to substance use."

CBHCare is currently the only agency in southern Bergen County providing this third level of care. Ms. Romeo emphasizes, "In the past, there have been very few treatment centers to which consumers could be referred for this level of care. CBHCare decided to help fill this gap in service by developing the IOP and it has been most successful in treating consumers. The May 13 open house was held to provide more information about this year-old program to mental health care and substance abuse treatment providers throughout the area who may wish to refer consumers to CBHCare for this third level of care."

For more information, contact Ms. Romeo at 201-935-3322 or call the CBHCare Access Center at 201-646-0195.

'Coping With Anxiety'

Is Theme of Next Continuing Education Session



Dan Gallagher
Based Brief Therapy.

The training session will be presented by Dan Gallagher who for 22 years was a core member of the Brief Family Therapy Center in Milwaukee, WI, and New York City, which was founded by Insoo Kim Berg and Steve de Shazer in 1982. Though the Center closed in 2007, the Solution Focused Brief Therapy Association (founded by them and 27 colleagues including Mr. Gallagher) has continued to hold annual conferences to inform and train mental health professionals in the philosophy and techniques used in this type of therapy.

Solution Focused Brief Therapy

Solution Focused Brief Therapy focuses on solutions rather than problems. Even the most chronic problems have periods when the difficulties do not occur or are less intense. By studying these times when problems are less severe or absent, it is possible to identify the positive things people do that they may not be aware of. By bringing these small successes into their awareness and repeating the successful things they do when the problem is less severe, people can improve their lives and become more confident about themselves.

Mr. Gallagher has a BA degree in Philosophy and Chemistry from the University of Houston, TX, and Master of Divinity and Bachelor of Sacred Theology degrees from the General Theological Seminary, New York, NY. (He is an ordained Episcopal priest in the Diocese of New York and served for many years as Priest in Charge or Priest Associate in seven parishes in the Mid Hudson Region. He has continued to be an active Episcopal priest, though officially retired.) He has also studied Existential Psychoanalysis and Psychotherapy at the Herbert Holt Institute for Professional Counseling, Hudson River Counseling Center, Yonkers, NY, and has participated in training workshops on alcohol and substance abuse, transactional analysis, Gestalt therapy, behavior therapy, family therapy, and Ericksonian hypnotherapy. He holds certificates from the Brief Family Therapy Center in Basic Skills, Advanced Training and Supervision, and Training of Trainers.

Mr. Gallagher has participated in the development and spread of Solution Focused Brief Therapy applications as a

counselor, trainer, consultant and instructor in a wide variety of settings. These include Fordham University and Jacobi Hospital in the Bronx, the State University of New York at Oswego and Daytop Village Training Center in Rhinebeck, NY. In 2005, he received the SFBTA Pioneer Award "for pioneering and outstanding contributions as a Solution-Focused Brief Therapy Practitioner, Teacher, Trainer, and Mentor." On October 23, Mr. Gallagher will present a training session on the techniques used in Solution Focused Brief Therapy at the Continuing Education Workshop sponsored by CBHCare.

Planning Committee

Planning the workshop is CBHCare's Continuing Education Committee composed of Chairperson Lara Zucker, MA, IFSS Program Coordinator; Kristen Ambrosio, LCSW, Supervisor, Youth Case Management Services; Laura Amerman, Development Specialist; Darshan Bhatt, Quality Improvement Specialist; Doreen Bobby, LCSW, Director, Counseling Services Division; Catherine Buchholz, LCSW, Director, Rehabilitation Services Division; Jan Damiano, Executive Secretary; Dale Goldberg, Senior Secretary, Hackensack; Amy Korsen, Access Worker; Lisa Nobilione, Training and Orientation Administrator; and Karen Schmidt, Human Resources Coordinator.

CBHCare is a registered New Jersey professional development provider and has conducted successful continuing education workshops for many years. Attendees at the October 23 training session can receive 6 CEUs for participating in the all-day session. Registration for the workshop is \$95 for individuals, \$75 per person for groups of five or more, and \$75 for students. The all-day workshop begins at 8:30 a.m. with a continental breakfast and continues from 9:00 a.m. until 4:00 p.m. with a break for lunch. To register or obtain more information, contact Jan Damiano at 201-935-3322 or online at www.cbhcare.com

CBHCare Team Runs In Lyndhurst 5K

CBHCare staff participated in the first Lyndhurst 5K Run on May 2 sponsored by the Lyndhurst Merchants Committee of the Chamber of Commerce of the Meadowlands (of which CBHCare is a member). Nearly 175 runners registered for the event which was run on the streets of Lyndhurst.

The CBHCare team was composed of over 25 staff and family members — all finished with good times. Major sponsors of the run were the Boiling Springs Savings Bank, Shop Rite and the town of Lyndhurst. Registration fees are being used to fund college scholarships for graduating seniors at Lyndhurst High School and to promote future events.

Tenth Annual Golf Outing Kicks Off CBHCare's 40th Anniversary Celebration



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many contests. We want this benefit event to be even more successful than the first nine were. For those who cannot come for the golf, join us for the dinner afterward — the fee is \$65.”

Mr. Ambrosio, who is also an honorary member of the CBHCare Board of Trustees, encourages all golfers to come to the Golf Outing. He says, “Wild Turkey is a uniquely designed course and presents many challenges to the golfer. Do join us for a great day of golf.”

For more information about the Golf Outing, registration and/or sponsorships, contact James Cooney, Associate Executive Director, or Laura Amerman, Development Specialist, at 201-935-3322.

Registration Form for Golf Outing September 21, 2009

Registration for Golf

Foursome \$1,200
 1. _____
 2. _____
 3. _____
 4. _____

Individual Golfer \$300
 Will attend dinner only \$65
 Sponsorship \$_____

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

email _____

Registration for Sponsorships

Anniversary Sponsor \$5,000
 Tournament Sponsor 4,000
 Gold Sponsor 2,500
 Silver Sponsor 1,500
 Beverage Cart Sponsor 1,000
 Golf Carts Sponsor 1,000
 Hole-in-One Sponsor 500
 Longest Drive Sponsor 500
 Straightest Drive Sponsor 500
 Closest to the Pin Sponsor 500
 Practice Green/Driving Range Sponsor 500
 Tee Sponsor 150

Please mail Golf and/or Sponsor Registration
 along with check to: The CBH Care Foundation
 c/o Comprehensive Behavioral Healthcare
 516 Valley Brook Avenue
 PO Box 750
 Lyndhurst, NJ 07071

Save the Date!

40th Anniversary Gala

To be Held May 20, 2010

Celebration of the 40th Anniversary of CBHCare's founding will culminate with a Gala Banquet on May 20, 2010, at The Graycliff in Moonachie, NJ, at 7:00 p.m.

Executive Director Peter Scerbo says, "We have much to celebrate. When CBHCare was founded as South Bergen Mental Health Center, Inc., in 1969, it was with a vision that one day it would become a truly comprehensive behavioral healthcare agency. Forty years later, it has achieved that goal. Through the prudent planning and diligent efforts of both the Board of Trustees and staff, we have grown from a professional staff of three providing outpatient services in Lyndhurst to a multi-site operation with a staff of 287 delivering a full range of behavioral healthcare services to residents of northern New Jersey."

Save the date of May 20, 2010, and plan to attend CBH Care's Gala celebration. More information about the Gala as well as other anniversary events will be provided in the next newsletter and on CBHCare's Website.



is produced by:

Comprehensive Behavioral
Healthcare, Inc.
516 Valley Brook Avenue
Lyndhurst, NJ 07071
201-935-3322
www.cbhcare.com

Executive Director:
Peter Scerbo, LCSW

Staff Contributors:
Laura Amerman
Ernie Cheng
Jan Damiano
Dawn Romeo, LCSW
Karen Schmidt
Lara Zucker, MA

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Public Relations Consultant

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Comprehensive
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