



# COUNTY OF HUNTERDON NEW JERSEY

## HUMAN SERVICES ADVISORY COUNCIL LOCAL ADVISORY COMMITTEE ON ALCOHOLISM & DRUG ABUSE YOUTH SERVICES COMMISSION MENTAL HEALTH BOARD



908-788-1253  
908-788-1372  
908-806-4204 FAX

[humansvc@co.hunterdon.nj.us](mailto:humansvc@co.hunterdon.nj.us)

P.O. Box 2900  
Flemington, New Jersey 08822-2900  
(Location: 8 Gauntt Place)

**REFERENCE:**

- Council
- Mental Health
- Youth
- Disability Services
- Substance
- Use Disorder
- Transportation

To be approved October 5, 2023.

### MENTAL HEALTH BOARD

#### Regular Meeting

Thursday, October 5, 2023, 5:30 p.m.  
Via Microsoft Teams

#### MEMBERS

R. Walker  
M. Deo  
B. Welsh  
W. Dudzinski

#### EX-OFFICIO

J. Verney

#### STAFF

M. O'Reilly  
S. Nekola

#### GUESTS

D. Robinson  
J. Perra  
T. Bost  
T. Kero  
L. Caraysis  
R. Sanchez  
A. Bassetti

#### I. CONVENE: OPEN PUBLIC MEETING STATEMENT:

“This meeting is being held in accordance with the provisions of the Open Public Meetings Act, N.J.S.A. 10:4-6 – 10:4-21. Notice of this meeting has been provided in the Hunterdon County Democrat and the Courier News. A public notice announcing this meeting has also been placed in the lobbies of the Hunterdon County Department of Human Services, the first floor of the Main Street County Complex, 71 Main Street Building #1, Flemington, NJ; the first floor of the Route 12 County Complex, Building #3, 314 State Route 12, Flemington, NJ and County Clerk’s Office.”

#### ROLL CALL:

The regular public meeting was opened at p.m. Introductions were made.

- II. A. \*MINUTES. M. Deo made a motion to approve the meeting minutes of September 7, 2023. R. Walker seconded the motion. All were in favor. The motion passed.

- B. CORRESPONDENCE: None.

#### III. REPORTS:

- a. County Update: M. O'Reilly reported that the three-year cycle Request for Proposal (RFP) is out and is due back to the County on October 18, 2023. Ray Rule is the point of contact if anyone needs the documentation or has any questions related to the RFP.
- B. State Update: J. Verney reported that there is a funding opportunity related to Critical Incident

Stress Management Teams (CISMT). The division is issuing a request for letters of interest for CISMT. Through this grant there will be 2 disbursements of \$60,000.00 dollars. They are trying to address the shortage of CISMT Teams Statewide and trying to ensure that there is a more robust number of persons that can respond to the first responder related crisis. There will be training in sustainability elements related to this RLI. More information on the trainings is available on our website. Announcements will be made on November 15, 2023.

The RFP for Outpatient Services for Older Adults is currently under review. There will be 3 awards for \$213,000.00 per award. There is, in the northern region, Sussex, Morris, Hunterdon, and Union counties as eligible counties for the RFP award. The final announcements will be made on October 27, 2023.

There is a Bipartisan Safer Communities Act Disaster Response Crisis County Grant that is under review. Each County in this RLI will be awarded up to \$30,000.00 dollars or more if there is more funding available. As a result of this grant opportunity, the Division is trying to address the shortage of Disaster Response Crisis Counselors Statewide to ensure New Jersey has a robust number of Crisis Counselors that can respond to natural and man-made disasters. The final announcements will be made on October 13, 2023.

There is a new manager of our contract unit, Priya Nambiar, for any contracted providers on this call, please make note of the update.

The Department of Human Services launched a website, Stop Overdoses <https://nj.gov/humanservices/stopoverdoses/>, where New Jersey residents can find information about pharmacies that have enrolled in the Life Saving Naloxone Program which allows persons to show up at a Pharmacy and get Naloxone anonymously at no cost. Governor Phil Murphy is combating the Opioid Crisis by getting Naloxone into the hands of as many people as possible. Through this initiative, which is part of Naloxone 365, persons ages 14 and older can request and obtain Naloxone for free without having to provide a name or reason. There is no prescription needed and the request will be for one kit which contains 2 nasal spray doses of Naloxone.

The New Jersey Higher Education Student Assistant Authored HESAA Funding Application Loan Redemption is open. It opened on October 1, 2023, and will close October 31, 2023. The Loan Redemption Initiative is an effort to address the shortage of Behavioral Healthcare Providers in New Jersey. Applications for Behavioral Healthcare Providers in high demand occupations will be scored according to the information as follows; the in-demand occupation would count as 35 percent, the geographic location of the applications employment would be 25 percent, the applicant's salary in the current occupation would be 20 percent and 20 percent would be whether the applicant works primarily with children or adolescents. All those elements will go into assessing the applications by HESAA. Starting on November 1, 2023, HESAA will start reviewing and scoring the applications received during the October period. On or after January 15, 2024, HESAA will announce the selected program participants based on the rank order of application.

There will be a Suicide Prevention conference that the division holds each year in conjunction with the Department of Health of Children and Families and will be occurring virtually on October 19, 2023.

W. Dudzinski asked how many individuals responded to the RFP. J. Perra reported in the northern region there were 3-5 applications per region.

- C. NAMI Hunterdon Update:** W. Dudzinski reported that NAMI's Expressive Arts contest was evaluated, and winners were chosen. W. Dudzinski expressed that there were phenomenal pieces of artwork. The awards will be distributed shortly. The Back-to-School initiative program that

was created was successful. NAMI was able to share information about Mental Health Programs for anyone who was interested.

**IV. UNFINISHED BUSINESS: None.**

**V. NEW BUSINESS:**

**A. Rachel Sanchez Family Counseling Presentation:** R. Sanchez presented to the committee that her facility is a private practice. She has been practicing in her office in Paramus that serves Northeast New Jersey. They have recently expanded into Hunterdon County and that office is in Clinton. They have 3 Licensed Clinical Social Workers (LCSW), 3 Clinicians that speak Spanish, 1 male Clinician who specializes in LGBTQ, and she specializes in Perinatal Mental Health. She has been working with children and families for more than 15 years. They provide services via Telehealth, in-person or hybrid depending on the individual's schedule. They are client centered and work best to meet clients where they are. The facility currently takes United Health Care, Aetna, Oxford, and Oscar Health Insurances. They do take out of network insurance and can handle the billing for that.

W. Dudzinski asked how people get in contact with you for your services? R. Sanchez responded that she would put the information in the chat.

W. Dudzinski asked if there was a waiting list for services? R. Sanchez responded that there is currently no waiting list.

D. Robinson asked if there was anybody on staff that has any specialties for Trauma that would work with Domestic Violence and Sexual Assault? L. Carayas responded that their facility is geared towards short term crisis, but they are always looking out for other facilities to refer their clients out to.

T. Bost asked at what age does your practice start with children? R. Sanchez responded that age is flexible. They see adolescents and adults. They typically would not take a 5- to 6-year-old child suffering from ADHD due to the capacity in their office. If they have a young child going through family difficulties, they would prefer 8 years and up at this time.

L. Carayas asked if an individual has a child that has been involved or has witnessed Domestic Violence and Abuse, what would be an age you would take them for? R. Sanchez responded that for herself, she would handle all ages however for referral purposes she would handle it case by case as there is flexibility.

**B. CIT Class:** M. O'Reilly reported that the Crisis Intervention Training (CIT) class is occurring the week of October 23, 2023. Maria Dulmer, who works for the Hunterdon County Sheriffs Office, has received several inquiries from the Mental Health field for individuals to join in on the training that is being offered.

**Discussion Ensued.**

C. **Arrive Together Program:** A. Bassetti reported that the Arrive Together Program is sponsored by DMHAS and the Attorney General's office and is currently being rolled out to all the Counties. Hunterdon Medical Center is partnering with the Hunterdon County Prosecutors Office and the Department of Mental Health and Addiction Services (DMHAS) to expand services for Mobile Outreach to where a Behavioral Health Screener will go out into the community with a CIT Trained Officer to defuse a crisis and divert individuals from the legal justice system and emergency room. There will be a follow up component where the Medical Center will be following up with the individuals personally, if that is something they are willing to do, to provide case management and link them to any services they need to divert them from coming back into the system. They are currently scheduled for 5 days a week and there is discussion on expanding that to 7 days a week. The Arrive Together Program will be rolling out on November 1, 2023. The Hunterdon County Prosecutor's Office is working on memorandums of understanding and mutual aid to make sure that a CIT Trained Officer is available to go out with a Mental Health Screener. They will be back filling this, which means that although extra staff will be recruited, they will make this the top priority as a Police Officer requested Mobile Outreach is needed. A. Bassetti stated he is a Trainer in CIT. Hunterdon Medical Center, and the Behavioral Health Staff are providing the training with this program. The Medical Director is currently training the Outpatient Director. They are hosting Police Officers and Mental Health Professionals and providing a tour of the new Extended Crisis Evaluation Process in the Emergency Department. The goal is to have any Mental Health Professionals and Police Officers sign up for this training. They would like to understand how the process works when an individual encounters a Police Officer in the beginning prior to a Mental Health Screeners contact. Again, this program will be rolled out to the entire County on November 1, 2023, and expanded with the support of DMHAS and the Attorney General's Office.

**Discussion Ensued.**

W. Dudzinski asked who requests that the Mental Health Screener and the Law Enforcement Officer go out together? A. Bassetti responded that it is decided by the Police Department and Hunterdon County 911 Dispatch. A. Bassetti explained that there is an algorithm that they have for this, however any Police Officer can request a Mental Health Screener to come out and if the Officer is not trained in CIT a CIT trained Officer will be made available to partner with that Screener. The idea is for the Screener to defuse the crisis as quickly as possible and be able to release law enforcement from the situation.

W. Dudzinski conveyed to get the word out, the Law Enforcement Agencies need to know because they are the ones requesting the assistance. A. Bassetti responded that there are educational opportunities that are occurring currently with the Hunterdon County Prosecutor's Office. A. Bassetti stated he will be presenting at the Hunterdon County Police Chief's Association and will also be presenting this at a community meeting that the Hunterdon County Prosecutors Office is holding. W. Dudzinski asked M. O'Reilly if there was any way that the county could help communicate with Law Enforcement Agencies in the County about this program? M. O'Reilly responded that Human Services could send the information out to all our email contacts that the county has as well as inviting A. Bassetti to some of our other County Meetings to discuss this.

**Discussion Ensued.**

**NJ4S Presentation:** J. Pera presented on NJ4S. J. Pera explained that the goal of NJ4S in the community is to bridge the gap between the lack of services that students and young adults are receiving, particularly in their own schools. New Jersey found that only 2 percent

of children have appropriate coverage for an education regarding topics such as bullying, substance abuse, teen pregnancy, and self-esteem.

NJ4S is here to bridge that gap, to enhance the services that are already in the community without overlapping any services that communities are already offering. NJ4S offers this in a 3 Tier rating system.

Our Tier 1 services can be presented in any forum whether it be a library meeting room, local community center, YMCA, or a school. It is a one-time presentation geared towards a specific age and topic.

Tier 2 services are more advanced. Instead of a one session presentation, this would be a multi session set of presentations. NJ4S would come to a school once a week for up to 10 weeks to provide continuing education on the topics that the schools are requesting.

The difference between Tier 1 and Tier 2 services, other than the length of the continuing education, is that the schools need to reach out to NJ4S and explain about the issues they have occurring and what assistance they require. Once NJ4S enters a school and provides a Tier 2 service, if the school requires further assistance, it is then escalated to a Tier 3 service which will include 2 Licensed Clinicians that are able to provide a short-term intervention with the students that have been targeted. The Tier 3 request must come from the school itself. Once all the services in the area are exhausted, they would be looking for assistance from participating counseling centers. The goal is to make this process as seamless and easy as possible for the students and their families. D. Robinson reported the three Tiers are brief clinical interventions. The community is falling short in resources and their needs are growing. NJ4S has a live portal where an individual can go in and see what services our Hub office is offering. There are Hubs throughout every county in New Jersey. NJ4S is not designed to replace any service but rather to compliment other services. NJ4S is at many community events and would like to attend any events if anyone has the need for us to be there. NJ4S will have prevention consultants and offer a 3–5-minute workshop for individuals that visit so that we can explain about ourselves and the research we have done.

### **Discussion Ensued**

A motion was made and seconded to adjourn the meeting of October 5, 2023. All were in favor. There being no further business, the meeting adjourned at 6:22 p.m. The next meeting will be held on November 2, 2023, at 5:30 p.m.