



# FSO-HSW



VOLUME IV, ISSUE I

MAY 2010

**FAMILY SUPPORT  
ORGANIZATION OF  
HUNTERDON,  
SOMERSET, WARREN,  
MORRIS AND SUSSEX  
COUNTIES**

**INSIDE THIS  
ISSUE:**

- **YOUTH PARTNERSHIP**
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## **National Children's Mental Health Awareness Week**

Join us in wearing this green ribbon during Children's Mental Health Week to help bring awareness to the needs of children and youth with emotional, behavioral, and mental health challenges and their families across Hunterdon, Somerset, Warren, Morris and Sussex Counties.

**NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS WEEK  
May 2nd -8<sup>th</sup>, 2010**

**NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY  
May 6<sup>th</sup>, 2009**

### **Why Green?**

In the 1800s the color green was used to brand people who were labeled "insane". The children's mental health community decided to continue using the color green, but with a completely different focus. Green signifies new life, new growth, and new beginnings. Therefore, we wear green ribbons to raise public awareness, better the lives of children and youth with serious emotional challenges and show support of these children and their families.

Mental Health is essential to overall health and well being

Serious emotional and mental health challenges in children and youth are real and treatable.

Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided and culturally appropriate.

Stigma associated with mental illness should no longer exist.

### **Family Support Organization of HSW Staff**

Madeline Lozowski, Executive Director

Jill Cross, M/S Site Director

Myra Bush (HSW), Patty Tomaszewski (M/S) - Office Managers

Stanley Crougter, Karen King Community Out Reach

Shauna Gregory (HSW) & Sherry Tremper, M/S, Family Support Coordinator

Family Support Partners

Denise Buro, Jennifer Brown, Christine Moore, Jennine Vigliotti - HSW

Laura Drury, Deborah Carr, Jessica Sosa - M/S

Elizabeth Hicks & Eric D Gregory (HSW) & Jessica Sosa (M/S) Youth Partnership

# Youth Partnership



## **Presentation Schedule “Ugly Face Of Stigma”**

Somerset- May 6th at 6:00 pm at Richard Hall in Bridgewater  
Warren– May 18th at 5:00 pm at Warren County Community College

Come share our experiences by walking a day in our shoes. It is a journey you will never forget. We sure won't! The presentation depicts real life situations that our families and youth go through. By watching this presentation we hope to instill a better understanding of what having a mental health challenge means and how stigma hurts us all.



## **Community Events!**

- 5/6/10- “Ugly Face Of Stigma” skit in Somerset County
- 5/7/10– Warren County Youth Partnership Meeting
- 5/10/10– Somerset County Youth Partnership Meeting
- 5/10/10– Somerset County Grandparent’s Luncheon Group
- 5/18/10- “Ugly Face Of Stigma” skit in Warren County
- 5/20/10– Eating Disorders Support Group in Warren County
- 5/21/10– Warren County Youth Partnership Meeting

### *Family Spotlight:*

Octavia Atkinson is completing her first year at Bloomfield College. She is a former CMO youth, her grandmother, Nerlene Atkinson is a member of our Somerset Breakfast Support Group and the Grandparents Luncheon Support Group.

Congratulations to Octavia from the FSO Staff and Families!


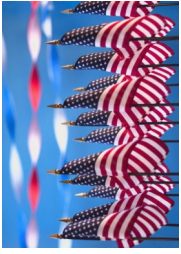


## May is Mental Health Month

Children's Mental Health Awareness Week — May 2nd through 8th

The Family Support Organization of Hunterdon, Somerset, Warren, Morris and Sussex Counties provides

support, education and advocacy for families with children with mental health challenges  
**Healthy Minds, Healthy Families!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 FSO's providing Support— Education – Advocacy for Parents who have children with Mental Health Needs.	3 Tough Choices 6-8pm	4 IEP Group 5:30-8pm HOPE Support Group	5	6 YP Skit "Ugly Face Of Stigma" at Richard Hall at 6:00pm	7 Warren County Youth Partnership Meeting 6-8 pm	8 In NJ there are 14 Family Support Organizations Covering all Counties
9 <b>MOTHER'S DAY</b> 	10 Grandparents Luncheon 12:30 p.m. Tough Choices 6-8pm Somerset YP Group	11 Somerset Support Group 6-8pm	12 IEP Group 10:30-1pm HOPE Support Group	13 Strengthening Families 6-8pm in Somerset	14 Schizophrenia occurs in about 5 of every 1000 children	15 Keep Hope Alive 1 in every 33 children may suffer from depression
16 Bullied children suffer real pain, affecting their social and emotional growth	17 Some victims of bullying have attempted or completed suicide to escape the harassment	18 Warren County Skit Presentation IEP Support Group	19	20 Eating Disorders Support Group 6:30-7:30 Strengthening Families 6-8pm in Somerset	21 Warren County Youth Partnership Meeting 6-8 pm	22 May Day May Day Bowling 11-2pm Circle Laness
23 13 of every 100 children between 9 and 17 have an anxiety disorder	24 	25 Somerset Support Group 6-8pm	26 IEP Group 10:30-1pm HOPE Support Group	27 Strengthening Families 6-8pm in Somerset	28	29 'We're Parents Helping Parents who believe that No Family Should Ever Have to Walk This Journey Alone

May 2010

### *Warm Line*

Monday thru Friday, 9:00AM to 5:00PM  
908-213-9932 HSW  
973-940-3194 M/S

Our warm line is for parent/caregivers and community individuals that need a friendly, understanding voice to speak with regarding community services and children's mental health issues.

The line is attended by our knowledgeable staff, which has an understanding of many resources in the area.

**Volunteers  
Needed!**

**Get Involved—  
Become a Volunteer**

Take Action, Now! Become a Volunteer!

Please call (908) 213-9932 to apply.

## **Our Mission**

**To ensure that children with special emotional, behavioral or mental health challenges and their families are provided with a community-based, compassionate and culturally-competent support system, that will provide them with ongoing family-oriented support, information, education and advocacy.**



**No family should ever have to  
face the journey alone.**

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