Growth. By the end of the session participants will:

- Define wellness, and the 8-wellness dimensions
- Describe the ABC components of the wellness model
- Examine wellness activities that strengthen the mind, body and spirit
- Identify personal wellness strengths that build resilience and enhance healing.

The discussion of physical health and its interconnectedness with mental health, including substance use, and stigma over the lifespan can be difficult in these uncertain times. We are all seeking relief from the anxiety and stress of daily trauma. Our minds, bodies, and souls are seeking nourishment to grow in a positive, healthy direction. Join us in this three-part series to explore how our overall wellness includes our mental wellness and what we can do to be healthy, particularly in times of crisis.

August 7th, 2020
Noon- 1:30PM
A Wellness Model: Connecting Mind, Body and Spirit
Dr. Peggy Swarbrick, PhD, OT, CPRP, FAOTA

This session will examine how the wellness model can strengthen mind, body spirit connections. The physical, social, financial, emotional, environment, intellectual, spiritual and occupational dimensions will be examined. Participants will have the opportunity to examine personal strengths and areas for growth. By the end of the session participants will:

- Define wellness, and the 8-wellness dimensions
- Describe the ABC components of the wellness model
- Examine wellness activities that strengthen the mind, body and spirit
- Identify personal wellness strengths that build resilience and enhance healing.

Augst 14th, 2020
Noon- 1:30PM
Exercise, Nutrition, and Sleep
Hackettstown Medical Center, Atlantic Health System

- Listen to Your Heart- The Key Behind Exercise
  David Scott, MBA, MS, NASM-PES Manager, Atlantic Rehabilitation Services and The Live-Right Plan

This presentation will help attendees understand how their heart rate is a key to being successful in achieving exercise goals. Topics will include: heart rate training zones for health-weight loss and improve athletic performance - endurance, as well as learning how much exercise do you need each day top achieve your goals.

- Back to the Basics of Nutrition
  Jane DeWitt, MS, RD

With so many diet trends on the market, learn the basics of what do you and your family really need to know to meal prep, stay healthy and feel great.

- The Basics of Sleep
  Christine Dunne, RPSGT

Good sleep hygiene is critical for one's overall physical and mental health. Learn about stages of sleep, common challenges and sleep disorders, and practical tips for a good sleep.

Dress Comfortable! Each will end with YOGA BITES- 10-15 minute yoga sessions to help you with your busy day!

August 21st, 2020
Noon- 1:30PM
Connecting with Nature
Susi Tilley, Executive Director of Ridge & Valley Conservency
Kate McGuiness, Owner & Operator of Still Point Yoga

Whether it be the pressures of our current situation or other life stressors, all of us are affected by the overwhelming rush of modern life, be it loneliness, anxiety, illness, career change, etc. there is nothing like a trip to the woods to energize the healing process and nurture our spirit. Come experience innovative ideas for mindfulness focused on greater connection with nature. Facilitated by Ridge and Valley Conservancy, this workshop will offer two unique experiences: creatively exploring your personal connection with nature, and forest meditation and bathing also known as shinrin-yoku. Attendees will enjoy a short, creative exercise (paper, crayons, markers, etc. needed) followed by a gentle yoga practice and guided meditation of a forest walk. Attendees are asked to wear comfortable clothing. This workshop will provide an overview, a hands-on demonstration, and the know-how to add some new, nature-based activity to your mind-body toolkit.

August 28th, 2020
Noon-1:30PM
Speak Up. Speak Out.

- Tracy Klingener, MA, DRCC, LAC and Kyle Ferris

The consuming guilt because you missed the signs. The realization that you'll have to live with that guilt for the rest of your life. The helplessness of not knowing what to say. These are the harsh realities of suicide. The Mental Health Association of Essex and Morris understands these realities; We are here to help. This workshop is designed to teach you how to start that difficult conversation, and how to read the warning signs. This workshop will prepare you for the unthinkable scenario if a loved one, friend or even a stranger, is thinking of attempting suicide. It will also feature a real-life testimonial from a suicide survivor. This presentation is salient, and sadly, all too necessary. We hope to see you there.

- A special message from Betti Singh-
  Re-Start Comforter Training & Healing Through Faith

Hearing the wounds suffered by childhood trauma and abuse can be extremely difficult. This introduction to healing through the comfort of faith seeks to help individuals RE-START through the faith and forgiveness. Details on how you can be come a ReStart Comfort Trainer will be discussed.

REGISTRATION IS REQUIRED!!! EMAIL: jreyes@co.warren.nj.us
Certificate of Attendance is available upon request.
Kate McGuinness is the owner/operator of StillPoint Yoga Studio in Blairstown and the Development and Outreach Manager for Ridge and Valley Conservancy. A registered yoga teacher, Kate leads the yoga programming and forest meditative walks for Ridge and Valley Conservancy. In addition, Kate leads weekly off-site healing yoga workshops, corporate mindfulness workshops and yoga programming at various retreat centers. For more information on Kate’s Yoga Studio, visit www.stillpointyoga.net

David Scott, MBA, MS, NASM is the Manager of Atlantic Rehabilitation at Hackettstown Medical Center and has a strong background in Exercise Physiology and medical fitness. Before joining the team at HMC David developed the award-winning pediatric program Kid-FIT at Goryeb Children’s Hospital in Morristown where he was recognized with 2019 and 2018 NJ Family Favorite Kids Doc Awards for his work with children and their families trying to become healthier. David is currently developing a new program – Live-Right that will benefit the communities that HMC serves to live healthier lifestyles. David currently lives in Rockaway with his amazing twin daughters Reese and Olivia.

Jane DeWitt, MS, RD is the Manager of Food and Nutrition Services at Hackettstown Medical Center and has been a licensed Registered Dietitian for 9 years. She completed her undergraduate degree in nutrition and dietetics at the University of West Chester in West Chester, PA and has a Master’s degree in Healthcare Administration from NJCU. Jane was born and raised in Hackettstown, NJ and enjoys working for her community hospital.

Jane DeWitt, MS, RD
Manager of Food and Nutrition Services, Hackettstown Medical Center

ABOUT OUR SPEAKERS

Christine Dunne, RPSGT is the Manager of the Sleep Center at Atlantic Health System. She has 33 years clinical experience in sleep medicine and holds the RPSGT (Registered Polysomnographic Technologist) credential from the BRPT (Board of Registered Polysomnographic Technologists) as well as a New Jersey Polysomnography License. She started in the sleep field as a night technologist and has progressed to managing and operating successful sleep labs. Christine has worked on various research projects, focused on patient compliance, and has been very involved with technologies and their roles in the sleep lab.

Christine Dunne, RPSGT
Manager of the Sleep Center
Atlantic Health System

Tracy Klingener, MA, DRCC, LAC is the Director of Suicide Prevention Services at the Mental Health Association of Essex and Morris. Recently promoted to Director-of Suicide Prevention Services, Tracy has been working in the mental health field for the last twenty years. She is working towards her license in professional counseling. Moreover, she has a Master’s Degree in Community Counseling. Furthermore, she is a certified Mental Health First Aid instructor, in the adult, veteran and youth modules. She’s made numerous presentations on suicide, and all variances of mental health, to community groups, educators (including staff, parents and students). Her clinical experience includes working with sexual assault survivors, at-risk youth and evaluating adolescents for learning disabilities. Recently, in 2019, she was humbled to chair her first Out of the Darkness Walk. Most importantly, Tracy is committed to educating as many individuals as possible on suicide prevention. She is focusing all her efforts on reducing the stigma of mental illness and suicide. She’s committed to this, because she has personal experience with mental illness and suicide. Her objective is to lead the way and light a path for those suffering in silence, and give hope back to those who have lost it.

Tracy Klingener, MA, DRCC, LAC
Director of Suicide Prevention Services
Mental Health Association of Essex and Morris

Kyle Ferris is a Mental Health Advocate and Speaker who was born and raised by his parents in Somerville, NJ. He is the youngest of 4 boys and is a former standout high school wrestler. He was a 3-time state qualifier and 4-time national team member. After graduating high school in 2004, he attended and wrestled at East Stroudsburg University. He made the starting line up in 2005 and posted a winning record. In 2006 Kyle became the survivor of septic shock after developing a staph infection, following a suicide attempt. He spent 2 months in a coma and was in ICU for nearly 5 months. In 2007 he became a triple amputee due to a loss of blood circulation to his hands and feet while he was in the coma. In June of 2007 he returned home to start the long road to recovery and getting back on his feet. In the years that followed he had ups and downs physically but never stopped moving forward. In 2011 Kyle met his best friend and future wife. In 2016 Kyle married his wife Renee and the two have never looked back. Kyle is now working on becoming a motivational speaker helping others who hopes to help others suffering with depression and thoughts of suicide.

Kyle Ferris
Mental Health Advocate and Speaker

Betti Singh is a Minister and Mental Health Advocate who retired as an Employment Counselor for the NJDLWP. Her role was vital in assisting community members in planning and mapping out career and education goals. Betti earned her bachelor's degree in psychology and communications from Centenary University and attended the Moravian Theological Seminary. As the longest-serving member for the Warren County Community Board of Trustees, she is also a member of the Warren County Stigma-Free Initiative, Addictions Awareness Task Force, and One Voice. In addition to her dedication to her community, she serves as a minister for incarcerated youth in the NJ penal system, is the co-founder for Re-Start Ministries for NJ penal system, is the co-founder for Re-Start Ministries for incarcerated youth in the NJ penal system, and has worked with children who have never looked back. Kyle is now working on becoming a motivational speaker helping others with depression and thoughts of suicide.

Betti Singh
Minister and Mental Health Advocate

Laura Richter, MS
Warren County Mental Health Administrator, Coordinator of Addiction Services, and Chair of the Warren County Stigma-Free Initiative

Penelope Griffin, MSML
FSO-HSW Community Outreach Specialist and Co-Chair of the Warren County Stigma-Free Initiative

MODERATED BY:

Laura Richter, MS
Warren County Mental Health Administrator, Coordinator of Addiction Services, and Chair of the Warren County Stigma-Free Initiative

Penelope Griffin, MSML
FSO-HSW Community Outreach Specialist and Co-Chair of the Warren County Stigma-Free Initiative