



# MENTAL HEALTH ASSOCIATION

Updates and Information from the Atlantic County Office

*Depression Awareness and Mental Health Screening Month*

*ADHD Awareness Month*

## The Lowdown on Men’s Depression

BY BETH WADE  
Public Relations Specialist

Hollywood films that portray male depression and media coverage of athletes/celebrities who talk about their experiences are helping to move the needle in the right direction for this common illness that long registered in people’s radars as primarily a “woman’s disease.”

Though Depression itself would likely say it’s grateful for progress, it’s widely known there’s still work to be done to completely shed its mischaracterization. And so, for that reason, during Depression Awareness Month, we’re spotlighting men and depression.

In some ways, yes, male depression can be similar to female depression and appears like this – lack of purpose, lack of interest in activities, excessive sleeping, eating too much/too little. But for men, other symptoms also may include a few that are surprising and lesser recognizable. Risky behavior, irritation, impulsive anger. Escapist behavior. Alcohol and drug use.

*That’s depression?* For some men, yes.

When symptoms of depression last longer than two weeks, it’s time to talk to a doctor. That’s the general guide.

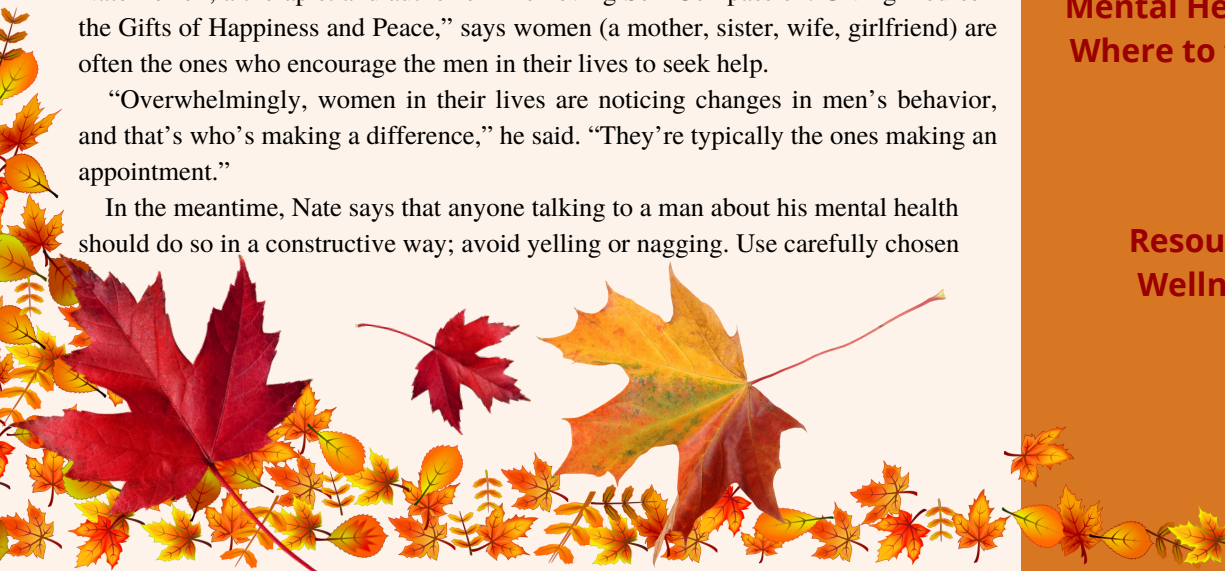
Uh-oh. Here’s where cultural norms get in the way. Some men don’t talk about their feelings easily. They’re more likely to talk about physical symptoms, like a headache, digestive problems, fatigue or chronic pain.

Thinking like “It’s just the way I am,” isn’t helping. Neither is the tough guy stance commonly known as, “I can get over this on my own.”

Nate Terrell, a therapist and author of “Achieving Self-Compassion: Giving Yourself the Gifts of Happiness and Peace,” says women (a mother, sister, wife, girlfriend) are often the ones who encourage the men in their lives to seek help.

“Overwhelmingly, women in their lives are noticing changes in men’s behavior, and that’s who’s making a difference,” he said. “They’re typically the ones making an appointment.”

In the meantime, Nate says that anyone talking to a man about his mental health should do so in a constructive way; avoid yelling or nagging. Use carefully chosen



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words such as, “It’s hard for me when you \_\_\_\_\_(fill in the blank). It’s hurtful and it makes me not want to be around you.”

For so many mental and physical health reasons, depression deserves attention. The sooner treatment begins, the shorter the duration to improve and feel relief. Untreated depression can lead to increased isolation, despair, addiction, and decreased life expectancy.

Men who work in agriculture, construction, manufacturing, mining, transport and utilities may be particularly vulnerable to depression

Nate has a particular concern about men of retirement age. He said an increasing number of men are dying within two years of retirement, which he finds alarming.

“I would like to see men reinventing themselves,” he said. “Finding new interests, a hobby, volunteer opportunities. In this country, we place emphasis on working and providing for families. What happens when they retire or lose physical ability [to work, provide]?”

In addition to retired men, males at a higher risk for depression are those with a family history of depression, a prior episode of depression, or illness such as cancer, diabetes, HIV and others.

Reflecting back on his 40-year experience as a therapist, Nate sees a need for a cultural shift in the “Man Code.” By that, he says he means the value of a man’s worth being tied to providing, protecting, and competing.

Ideally, men should be encouraged to find appreciation in what they have and identify pleasurable activities, he said. Mindfulness, or living in the moment, are well-documented elements of living well.

Therapy, peer support groups, call lines, spiritual leaders, medication, family support, self-compassion all can help. Education is part of this agency’s mission, so, for Depression Awareness Month, we share this information.

Male athletes and actors who speak up about their experience with depression helps de-stigmatize this illness. In some ways, yes, there’s more hope – and let’s celebrate that -- but we’ve still got a way to go.

*Note: Parts of this article originally appeared in Health Connection Magazine, published by The Daily Journal in Cumberland County, NJ.*

## ONLINE DEPRESSION GROUPS

Wednesdays 6PM  
Depression Support Group

Thursdays 1030am-12pm  
Depression/Anxiety Support Group

For information on how to join United By Wellness, call 609-652-3800 or see page 10 for details



**Nate Terrell, author and therapist, contributed to this month’s content**

Thank you!

# Online Mental Health Screening

October is National Screening Month, but the service is year round for any of the following:



Depression  
Anxiety  
Addiction  
PTSD

Youth Screening  
Bipolar  
Eating Disorder  
Psychosis

1. Little interest or pleasure in doing things

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

2. Feeling down, depressed, or hopeless

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

3. Trouble falling or staying asleep, or sleeping too much

NOT AT ALL

SEVERAL DAYS

MORE THAN HALF THE DAYS

NEARLY EVERY DAY

**EXAMPLE**

Easy and  
confidential  
**NO COST**

[www.mhaac.info/screening](http://www.mhaac.info/screening)  
or use this QR code



Have you ever felt that you ought to cut down on your drinking or drug use?

YES

NO

Have people annoyed you by criticizing your drinking or drug use?

YES

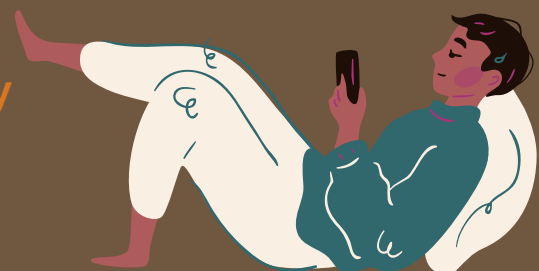
NO

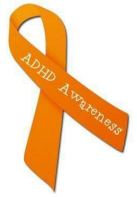
Have you ever felt bad or guilty about your drinking or drug use?

YES

NO

For assistance, please call  
The Mental Health Association in Atlantic County  
609-652-3800





*ADHD can affect social relationships, work, and school performance*

Some people believe ADHD is a learning disability because of the adverse effects on successful learning, but it's actually classified as a mental health disorder

- Anxiety
- Depression
- LEARNING DIFFERENCES**
- SENSORY PROCESSING DIFFERENCES**
- Substance Use Disorder
- OPPOSITIONAL DEFIANT DISORDER**
- Major depressive disorder

80 percent of individuals living with ADHD are diagnosed with at least one other psychiatric disability sometime in their lifetime, most commonly those listed above.



Males have a higher prevalence of ADHD than females, according to the National Survey of Children's Health

About half of children with ADHD had a behavior or conduct problem, according to a parent survey/CDC

ADHD is defined by impairing levels of inattention, disorganization and/or hyperactivity-impulsivity, according to the DSM (Diagnostic and Statistical Manual of Mental Disorders). The diagnosis first appeared in the manual in 1968.

Experts believe lower levels of dopamine and norepinephrine are both linked to ADHD





# Wellness

## Bulletin Board

### Smithville

Costume Pet Parade Saturday, Oct. 21 at 1 pm



Corvette Show Sunday, Oct. 22 8 am to 3 pm

#### Witches Day Out



Sunday, Oct. 29 and Monday, Oct. 30 12pm to 5 pm  
Costumes, parade, activities, scavenger hunt, raffles

**MONSTER BASH SAT., OCT. 28 - 4 PM TO 6 PM**



**Edwin B. Forsythe  
Wildlife Refuge, Galloway**

**Saturday 8 am  
Bird Walks**

### *The Leadership Studio*

Tennessee Ave., AC  
Recovery Yoga, "Baby and me" Yoga  
Workshops & events  
Pay what you can, if you can, donation basis.  
609-300-6447

### **PUMPKIN PICKING Hayride**

R & J Farm, Galloway  
Sahl's Father and Son  
Farm, Galloway  
Walking Bird Farm,  
Galloway



### **THE ROCKY HORROR PICTURE SHOW**

Fri., Oct. 27 at 8 pm  
Stockton Performing  
Arts Center

Call 609.652.9000

## **AT THE LIBRARY**

*This month, check out a variety of events such as puzzle social hour, adult board game night, senior craft and activities, Festive Fall Stamping, and a presentation/Q&A from the Cape Atlantic Paranormal Research Society  
Call your local branch or [www.atlanticlibrary.org](http://www.atlanticlibrary.org)*

# NEWS

## briefs



## Holiday Programming for Grief

The Cape Atlantic Caregivers Coalition will present “Managing Grief During the Holidays” at six library branches. The content will include information on the different types of grief and incorporate some creative strategies on how to manage grief during the holiday season.

For information on locations, dates and times, email [CapeAtlanticCaregivers@gmail.com](mailto:CapeAtlanticCaregivers@gmail.com) or call any of these branches for information: Somers Point, Ventnor, Galloway, Pleasantville, Mays Landing, Brigantine. Starts mid-October.

The Mental Health Association in Atlantic County is a founding member of the Cape Atlantic Caregivers Coalition.

## TRUNK OR TREAT TIME!

Staff and interns “disguised” wellness outreach in the form of positive messaging...and TREATS at the Northfield Trunk or Treat event on Saturday, October 7. This year, the team’s theme is Minions/Despicable Me, which are popular children’s movies. Minions are a species of tiny yellow henchmen that look like unusually dressed capsules. While serving an evil boss, they often make mistakes. Minions are known for eating bananas.

The MHA Atlantic cast will take the show on the road later this month to Trunk or Treat events in Atlantic City and Galloway.



## Leader in CIT to receive honor

Ed Dobleman, Director of Crisis Intervention Training (CIT), Center of Excellence in New Jersey, will be honored for his statewide contributions and leadership in training law enforcement and mental health professionals.



The CIT-NJ program is based on the Memphis Model, which is a nationally recognized approach to crisis intervention. The program teaches officers how to identify people in mental health crisis, de-escalate tense situations, and connect people with the appropriate mental health resources.

Ed is a retired chief of police from Mt. Ephraim. He became involved with this initiative in 2007. The Mental Health Association in Atlantic County is a community partner to local Crisis Intervention Training. To date, approximately, 7,900 mental health and law enforcement professionals have been trained in Crisis Intervention Training.

He will be honored at the 2023 Evening of Excellence hosted by The Mental Health Association in New Jersey on Wednesday, November 15 at 6 pm at The Park Savoy Estate, Florham Park. Other honorees include: Frank Ghinassi, Donald Parker, Emily Grossman, and the Purple Swans Corporation. For ticket information, call 973-571-4100 ext. 123. The Evening of Excellence celebrates leadership, innovation, and social justice.

**“BRIEFS” are continued on the next page**



a few more  
briefs



## Special fall programming IFSS Family meetings

During the Thursday morning and evening IFSS support group meetings, interns from area universities will offer presentations on a variety of topics that will provide helpful information for family members. The options for October include

- Thursday, Oct. 12 at 10 am *Mental Health Symptoms Versus Personality Behaviors*
- Thursday, Oct. 19 at 7 pm *Positive Psychology*
- Thursday, Oct. 26 at 10 am *Trauma*

In November, presentations will continue with new topics: Thursday, Nov. 9 at 10 am *Genetics of Mental Health Disorders* and Thursday, Nov. 16 at 7 pm *Happiness*.

For questions or additional information on any of these presentations, please contact the Intensive Family Support Services Coordinator, Gail Christian at 609-652-3800 or [gchristian@mhanj.org](mailto:gchristian@mhanj.org).

## Church makes generous donation to IFSS program

Margate Community Church designated a special collection on Sunday, September 24 that was earmarked for the Intensive Family Support Services program, or IFSS. The program provides staff who assist any family member with a loved one who lives with serious and persistent mental illness and/or substance use disorder.

During the church service, Gail Christian, the program's coordinator, was invited to speak about the services and their importance to families experiencing crisis. In addition to one-on-one support, the program offers support groups and psycho-educational presentations.

"We are pleased when houses of worship reach out for an educational program or to explore ways to help MHA and the work we do" said Vicki Phillips, Executive Director.

Any individual, church, club, or organization that wishes to support the work of the Mental Health Association in Atlantic County can contact Vicki Phillips at 609-652-3800 x0307 or [vphillips@mhanj.org](mailto:vphillips@mhanj.org).

# AUTUMN SELF-CARE

Make chili, soup, or a casserole

Attend a fall festival

Go to a farmer's market

Roast pumpkin seeds

Take a nature walk

Make s'mores

Attend a bonfire (or enjoy sounds of a crackling fire online)

Go on a hayride

Crack open windows for fresh air

Decorate for fall

Drink apple cider

Reminisce about fall

Warm up a bath towel or your pajamas in the dryer

Treat yourself to apple cider donuts

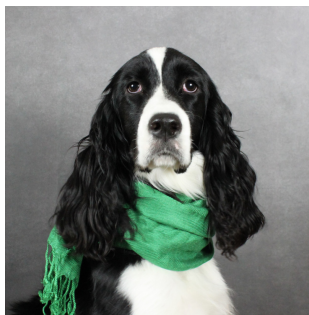
Collect leaves

Paint or carve a pumpkin

Go apple picking



# MEET "BREE"



We've officially welcomed a new volunteer, "Bree," a comfort canine. Each week, she spends a few weekdays at the office where she offers the right combination of comfort, joy, and levity. Her calm, loving nature is winning over many visitors, from consumers to IFSS families to the mailman and members of the IT department, workers at nearby offices, and even the squirrels.

"Bree," a young Springer Spaniel, is a special rescue from Mid Atlantic English Springer Spaniel Rescue, a side passion and hobby of our Executive Director Vicki Phillips. Vicki is Bree's on-site supervisor, trainer, and food/treat delivery service. A whole office full of volunteer dog care specialists walk, pet, and play with Bree throughout the day, which seems to be ample and fair compensation.

When Bree isn't volunteering, she enjoys time in the swimming pool, rides in the car, naps and hanging out with her 3 other brothers and sisters.

"If I ever become reincarnated as a dog, I'd like to come back as one of Vicki's rescues," said an anonymous source.

Bree follows in the pawprints of many other MHA Atlantic outstanding comfort dogs, including our beloved, late "Woody" who stole many hearts over his years of service.



## Free Flu Vaccine Clinics For residents 18+ No appointment necessary

### Atlantic County Division of Public Health

**Fri. 10/13 10AM – 12PM**  
Atlantic Cape Community College  
5100 Black Horse Pike  
Mays landing

**Tues. 10/17 10AM – 12PM**  
Atlantic County Library  
451 So. Egg Harbor Road  
Hammonton

**Fri. 10/20 9:30AM – 11AM**  
Buena Community Senior Center  
600 Central Ave  
Buena

**Tues. 10/24 10AM – 12PM**  
St. James Church Memorial Hall  
9 So. Newport Ave  
Ventnor City

**Fri. 10/27 10AM – 12PM**  
Brigantine Presbyterian Church  
1501 W. Brigantine Ave  
Brigantine

**Tues. 10/31 10AM – 12PM**  
St. Elizabeth Ann Seton Church  
591 New Jersey Ave  
Absecon

**Tues. 10/31 2PM – 4PM**  
Beacon Church  
420 South 6<sup>th</sup> Ave  
Galloway

#### ADULT FLU VACCINATION CLINICS WALK-IN

Starting Nov. 14<sup>th</sup>

Every Tuesday  
9am-12pm

201 S. Shore Road, Northfield

And

Starting Nov. 21<sup>st</sup>

3rd Tuesday of month  
10am-12pm

310 Bellevue Avenue, Hammonton

#### PEDIATRIC FLU VACCINATIONS WITH APPOINTMENT

available in Northfield  
and Hammonton

Starting Nov. 1<sup>st</sup>

Appointment Required  
call (609) 645-5933

For more information call 609-645-5933 or visit [www.aclink.org/flu](http://www.aclink.org/flu)



# GUESS Who? BABY Picture GAME

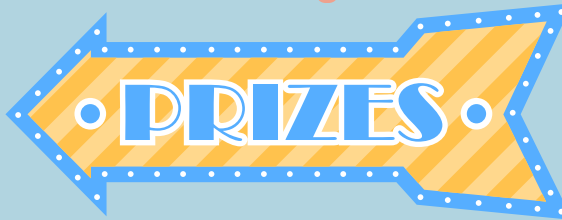
Use our website ([mhaac.info](http://mhaac.info)) and your amateur detective skills to try and figure out which MHA Atlantic staff member this is! Click on "About Us" and "Team" to see us as grown-ups!

(Vicki's idea! Note: she doesn't take bribes)



Each month, we'll show you a new baby face. Game ends when we run out of staff pics.

Everyone who participates will be put in a drawing to win a t-shirt. Drawing date TBA. The person who guesses the most correctly wins a gift card.



## Resource of the Month Spotlight: The Leadership Studio

The Leadership Studio in Atlantic City is an inspiring nonprofit organization that aims to provide opportunities for health, wellness while bringing a sense of healing and unity to the community.

Staff and volunteers at the studio offer yoga classes on site as well as in community centers and pop-up locations throughout the city. Their programs can be found online, on social media, or by calling the studio. Two regular yoga classes are offered including a class that is designed for those in recovery and a Baby and Me class that involves movement and mindful breathing with the goal to encourage connection between mother and child.

The Leadership Studio also provides a Teacher Leadership Development Program, which is a certification course that uses holistic yoga practices and ethics to create leadership skills. Scholarships are available.

Some of the services are provided through community partnerships, which include Southern New Jersey Perinatal Cooperative, AtlantiCare, John Brooks Recovery Center, and the Atlantic and Cape May Recovery Courts.

The Leadership Studio is located at 161 Tennessee Ave., Atlantic City, which is known as The Orange Loop. Call 609-300-6447.

Coming up  
next month

Online presentation  
"Self-Care for the Caregiver"

Thursday, November 9  
at 6:30 pm

[Click here for the link](#)

Offered by the Cape Atlantic Caregivers Coalition.  
Vicki Phillips, MHA Atlantic Executive Director, will be presenting.

## MHA - Acute Care Family Program

Support and assistance for families with a loved one in crisis and in need of linkage to treatment and other services.

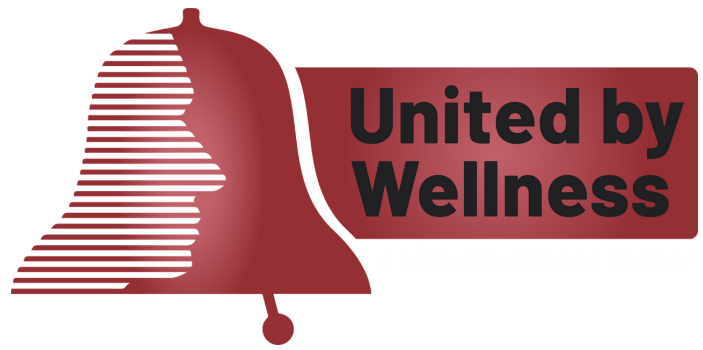
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**7 days per week**  
**Available 8 am to 8 pm**  
**609 517-8614**

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Our team engages families who are often navigating the mental health system for the first time. Staff educate families about mental illness and offer resources and referrals that can help their loved one

**When your family needs help...  
we are a phone call away**  
**609-517-8614**



**United by Wellness (UBW) is a statewide virtual wellness center, sponsored by the Mental Health Association in New Jersey (MHANJ), where peers offer skills and tools for recovery to people living with mental health and/or substance use disorder(s).**

- **Discover a sense of community in a virtual atmosphere**
- **Find support**
- **Peer-led groups for anyone and everyone**
- **80+ FREE groups, M-F and weekends**

### How to Become a UBW Member:

Register at [www.surveymonkey.com/r/8VXP2K8](http://www.surveymonkey.com/r/8VXP2K8)

Call: 609-652-3800 Email: [wellnesscenter@mhanj.org](mailto:wellnesscenter@mhanj.org)



[WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHANJ.ORG](mailto:UNITEDBYWELLNESS@MHANJ.ORG)



609-652-3800

Individuals Concerned in Effort  
MHANJ- Atlantic County Office  
4 East Jimmie Leeds Road Suite 8  
Galloway NJ 08205  
Phone: 609-652-3800  
Fax: 609-652-3801

Journey to Wellness  
MHANJ- Ocean County Office  
25 South Shore Drive  
Toms River, NJ 08753  
Phone: 732-244-0940  
Fax: 732-244-0948

Esperanza  
MHANJ- Union County Office  
673 Morris Ave. Ste. 100  
Springfield, NJ 07081  
Phone: 908-810-1001  
Fax: 973-218-0636