



Spring 2010 Newsletter

AAMH Unveils Re-Branding Effort!

We are thrilled to announce the launch of our new re-branding effort here at AAMH. After months of careful consideration, the Board of Directors decided on a new logo, as well as changing the name of the agency from Association for the Advancement of Mental Health to All Access Mental Health. The name change signifies a new direction the agency has been taking towards fully catering to the needs of the many varieties of clients we treat at the agency

"The name change is important because it signifies that AAMH is a place to come to for all different types of mental health needs," stated AAMH Executive Director Vince Haba. "The agency will welcome clients with open arms, regardless of their particular illness or issues."

AAMH was originally founded as an advocacy group in the 1970s, which is where the original name came from. Now that AAMH is a full service behavioral healthcare clinic, Mr. Haba and the Board of Trustees felt it was time to adjust the name accordingly.

"All Access Mental Health typifies what our agency is all about," Mr. Haba said.

Along with a new name and logo, AAMH is excited to launch a brand new website which is currently in the works. This new website will have a more modern feel and highlight all of our behavioral healthcare programs. This new website will also make it possible for donors to give funds online and for attendees of our special events to register and pay online through PayPal. The new website will also have pre-screening paperwork for new clients to download and fill out before their visit to reduce their time in the waiting room upon their first visit to the agency. It is our hope that this site will become the "face" of the agency and will be the first place potential and current clients, as well as donors and friends of the agency go to for all AAMH news and information. Look out for the new site in May!



After Two Postponements, Casino Night is a Go For Friday, April 23rd!

Mother Nature has not been kind to us this past winter. AAMH's annual Casino Night fundraiser, which was originally scheduled for Saturday, February 6, was postponed due to a winter storm that dumped over a half foot of snow over Central New Jersey that weekend.

The event was then rescheduled for Friday, February 26th, and again due to the inclement weather that morning, the event was postponed. After much deliberation, the Casino Night Event Committee thought it best to reschedule the event for the Spring where there will be little to no chance of a snowstorm in April!

Mark your calendars for Friday, April 23rd at 7 p.m.! The event will take place at Cherry Valley Country Club in the Hobler House, which is the building next to the main clubhouse.

GOLDENSEAL will be providing us with their signature rock n' roll music and there will be fabulous prizes and giveaways to be won all evening! Come join us for our most fabulous party and fundraiser of the year! For a listing of prizes and how to get your tickets, turn to page 2!



Casino Night (cont.) RSVP today!!

These are the extraordinary prizes that YOU could win at our Casino Night fundraiser on April 23!

- A weekend stay in Elk Mountain, PA (the Poconos)
- Professional teeth whitening package by Dr. Richard Nadler, DDS
- Golf foursome at Cherry Valley Country Club



- Dinner for four at Cherry Valley Country Club
- 2 hours of organizing services courtesy of Incredibly Organized



- A private weight loss consultation package courtesy of Princeton Weight Loss
- Private tennis lesson at Nassau Racquet Club
- Spa packages courtesy of Salon Cache
- A casino party in your own home courtesy of Ostrum's

Entertainment



- A fashionable women's spring/summer outfit by CAbi clothing company
- 2 box tickets to a 2010 NY Mets game with parking passes
- Personal training session courtesy of Phrog Fitness of Princeton
- Two month membership to Princeton Fitness & Wellness center



To RSVP to this event, please contact Jamie Simpson, Special Events Coordinator at 609-759-7447 or email jsimpson@aamh.org. Tickets are \$100 per person and include open beer & wine bar, light fare and \$25.00 in starter gaming "funny money". All proceeds go to support our growing behavioral healthcare services for children, adolescents and adults suffering from mental illness.

Janssen & AAMH Collaborate Again for 2010 Client Awards Reception

In December of 2009, AAMH was thrilled to learn that Janssen awarded the agency with a grant for \$15,000 that was to be used to expand our ever growing behavioral healthcare programs for children, adults and adolescents.

We also learned that Janssen would once again donate their venue, food and beverage services to us for our 2010 Client Awards Reception. For the past few years, Janssen has given AAMH use of its facility in Titusville, along with donated food and beverages for the reception, absolutely free of cost! This year's event will take place on Monday, June 14, 2010.

The Client Awards Reception is special to AAMH because it is the only event to be completely planned and hosted by the clients of our Partial Care program. This evening recognizes the great achievements and obstacles that our clients have overcome due in part to AAMH's vital programs and services. We thank Janssen for their ongoing support of AAMH!



AAMH Partial Care Program Clients Celebrate Cultural Awareness

The Partial Care program of AAMH have been highlighting the importance of integrating our client's cultural heritage in recovery. Their efforts include groups on cultural awareness, and celebrations of cultural holidays with culturally appropriate meals. The group has created a "Culture & Diversity" task force comprising of several clients and our PC Coordinator, Shumayl Farooq, who are tasked with including culture and diversity into the program. The task force suggested celebrating a different representative culture each month and culminated with the group celebrating Latino cultural traditions for its first effort on Friday, March 19th.

Although Latino cultural heritage was highlighted, some clients chose to dress in their respective cultural attires. Different groups were scheduled during the day to learn more about Latino history, art, music, language and dance. In the morning clients had an open discussion about Latino culture. Traditions and rituals of the culture were discussed. Some Latino clients participated in preparing the meal. The menu included beef empanadas, turkey tacos, Spanish rice, avocados and flan as dessert. There was a unique enthusiasm and excitement amongst the clients. In the afternoon a group on art and music of Latino culture was conducted. Some clients also brought in Latin music CDs, while a few clients performed a salsa dance. Different types of dance including Meringue, Tango and Salsa were discussed. Clients also shared some common expressions used in the Spanish language.

Overall the day was festive and was enjoyed by all our clients and staff. "It feels like I am cooking like old times with my family," stated one of the Partial Care clients. Some shared that they enjoyed the meal and others liked learning about a different culture. AAMH will continue to focus on cultural diversity through programs like this that bring awareness to the vast backgrounds and ways of life that our clients possess.





All Access Mental Health

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THE MISSION of AAMH is to improve the lives of individuals and families by providing a continuum of Behavioral Health Care services designed to honor their dignity, enhance their self-respect and empower them to live to their fullest human potential.

True Story of Success...Amar's Testimonial

I have suffered from Obsessive Compulsive Disorder (OCD) for a number of years. I can tell you that OCD is more than just turning lights on and off and constant hand washing. OCD is a disease in which intrusive thoughts cause sufferers to behave irrationally. This is the reason why I came to AAMH.

When my symptoms began to amplify, my family thought there were evil spirits inhabiting me. This made me feel inferior and unworthy. Many people that are affected with a mental illness such as OCD find this stigma all too common. As my symptoms got worse, my family decided it was time for me to see a doctor. I was hospitalized for over two weeks and unfortunately, was not given the proper medication management until I came to AAMH.

AAMH's team of doctors placed me on the proper medication schedule and was persuasive in getting me to commit to join the Partial Care Program. Combined with the right medical treatment, my time with the Partial Care Program has taught me how to cope with my symptoms, almost to the point where I do not even notice them. The counselors, interns and other staff here at AAMH have been instrumental in my recovery.

I have found many of the support groups here to be enjoyable and stress-free, including, surprisingly cleaning the kitchen! I have also made many friends here which is something I never thought would happen since I was really shy upon my arrival at AAMH.

One of my proudest accomplishments that I have made here is balancing college courses while in the program. I do realize that even though I have spent almost 2 years in the program, I still have many things to learn and goals to accomplish. I know that I will accomplish these goals because of the time I spend at AAMH.

