

MAY 2009 NEWSLETTER



L to R: Former AAMH Board member Dr. Michael Toscani, Janis Grover and AAMH Board Secretary Lauren Murphy

A TRULY TASTEFUL EVENING...



L to R: Karen Crovitz, AAMH Board of Trustees President Michael Kacsmar & Golf Committee member Jean Magnier enjoy the wine

Over 200 attendees gathered at the Princeton Marriott on Thursday, April 23 to indulge in luscious wines from around the world and gourmet food prepared by some of the finest local chefs in the area at AAMH's "Raise a Glass for Hope" Wine & Food Tasting fundraiser.



Richard Rivera (right) and his associate from National Refrescos Import Company provides exotic Chilean wines

A little over \$16,000 was raised that evening to support AAMH's growing behavioral healthcare services for children. Some tasty highlights of the evening included freshly prepared risotto made onsite by Michael Moriello, owner of La Mezzaluna, fantastic wines of California poured by Peter Langenstein of Brix26, luscious homemade cupcakes and chocolate offered by the Genco family of Simply Chocolate Gifts and an artisan cheese display and educational discussion led by Michelle Lemmerling, who is a third generation cheese master from Belgium and former owner of Bon Appetit.



L to R: Joan Weitach and Kathleen Mannheimer take a break from wine tasting to pose for a candid shot



Owner of Enzo's La Piccola Cucina, Anna Scozzari and her associate serve up authentic Italian fare

This event would not have taken place without the selfless work of Ralph Mannheimer, the



Owner of Antimo's Italian Kitchen & Pizzeria, Antimo Iodine and his staff handing out samples of cannoli and other delectable cuisine

event committee chairman. Ralph spent countless hours of his spare time working to ensure that the "Raise a Glass for Hope" event was the best fundraiser AAMH has seen in years.

Our auctions were a great success as well. A few lucky winners of the evening were AAMH Board of Trustees Vice President, Ints Dzelzgalvis and his wife Terry, who took home a dinner for 10 at On the Bone Restaurant in Princeton, and a 12-month wine club subscription generously provided by Brix26, Tim Fenton and John Finelli, who won a dinner tasting for 6 and wine provided by Blue Bottle Café and Ralph Mannheimer, Kate Tuttle who won a luncheon for 10 with Catherine Fenton, former White House Social Secretary and Dr. Eliot Sigal and his wife Ruth, who were the recipients of a tour and tasting for 10 at Triumph Brewing Company in Princeton.

Our goal was to make sure this year's guests were already excited about next year's event and from the numerous positive

responses we received, it looks like our goal was exceeded beyond our expectations! We are looking for a few dedicated and enthusiastic individuals who would like to come on board to help with planning next spring's event. If you would like more information about this opportunity, please contact Jamie Simpson at 609-759-7447 or email

jsimpson@aamh.org.



The crew of elements, a new restaurant in Princeton serves delectable Thai shrimp salad



Guest sample a variety of wines provided by our friends at R & R Marketing

2009 EVENT EXHIBITORS

Antimo's Italian Kitchen & Pizzeria ~ The Bent Spoon ~ Bistro Soleil ~ Blue Bottle Café ~ Bon Appetit Fine Foods of Princeton ~ Brix26 ~ CMSC Spirits Group ~ elements ~ Enzo's La Piccola Cucina ~ Griggstown Farm Market ~ La Mezzaluna ~ Miele, Inc. ~ National Refrescos ~ Olive's Deli & Bakery ~ Ota-Ya Japanese Restaurant ~ R & R Marketing ~ Rat's Restaurant ~ Ruth's Chris Steakhouse ~ Simply Chocolate Gifts



L to R: Ellen and Lizzie Reiss are happy with the wine and food selection



2009 CLIENT AWARDS RECEPTION

AAMH's Client Awards Reception is a special evening because this awards ceremony is planned entirely by the clients themselves.

On Thursday, June 18, 2009, clients from AAMH's Partial Care Program will gather to celebrate their achievements and to honor those in the community that have helped them in their long journeys to success throughout the year.

AAMH's Client Awards Reception is a special evening because this awards ceremony is planned entirely by the clients themselves. From choosing a theme, to selecting the food menu, to selection of speakers and emcees, the Partial Care Program's clients volunteer their time to organize this special evening. This year's theme is entitled "Dispelling the Stigma of Mental Illness".



Once again, Janssen, a pharmaceutical company based in Titusville, NJ has generously agreed to donate their venue space and all food and beverage to AAMH for the event. Without this support, it is a possibility that this event would cease to exist due to the high cost of renting a venue and providing food for over 150 people.

Some of the highlights of the evening include the bestowing of this year's Glenn Rittmaster Human Dignity Award which is given to one client per year who demonstrates courage, motivation, perseverance, accomplishment and helpfulness during their path to recovery at AAMH. To highlight the theme of the evening, clients will showcase their experiences in dealing with the stigmas, or preconceptions that others have on those who are suffering from mental illnesses and emotional distress. There will also be poetry readings and a client artwork slideshow.

This year's Community Partnership Award winners include the Princeton University Athletic Department for donating sports tickets to our clients and Deborah Linnett who volunteers her time running an "Emotional Awareness" group and a journaling group in which clients write down their thoughts, emotions, fears, hopes and dreams in order to cope with the ups and downs of their recovery. Our "Where Hope Begins..." Award will be going to Ralph Mannheimer for his stellar work in chairing our "Raise a Glass for Hope" fundraiser.

VOLUNTEER "FORE" AAMH'S 19TH ANNUAL GOLF OUTING!

It has been 19 years since AAMH launched our very first golf outing fundraiser. Over the years, it has turned out to be one of our most successful and profitable fundraisers. This year's outing will take place on Monday, October 5, 2009 at the beautiful Cherry Valley Golf Club in Skillman, NJ.

Our current committee members include Michael Kacsmar of Ernst & Young, LLP, Ints Dzelzgalvis of Bristol Myers Squibb Co., Bill Stahl of Withum, Smith + Brown, Licete Snediker of Ernst & Young, LLP, Cindy Murphy of Herald National Bank & Jean Magnier of Morgan Stanley.



Although we have a great committee of dedicated members, due to trying economic times, we are asking our supporters and donors to consider joining this fun planning committee! If you are willing to donate a few hours in the coming months to help gather golfers, reach out to potential sponsors and offer new and creative ideas to help make our golf outing the best yet, then we would love to have you join us. This is also a great way to network as we have over 80 golfers at the event join us from companies and corporations all over the tri-state area. This committee generally has 2 meetings per month, starting in June and of course, ending in October with the culmination of our event. Please call Jamie Simpson at 609-759-7447 or email simpson@aamh.org if you think you can lend a helping hand to this great event!

19th Annual Golf Outing

Monday, October 5, 2009

Cherry Valley Country Club

Skillman, NJ

Shotgun Start at 11 a.m.

More details to follow....

FAMILY NIGHT INTRODUCED BY PARTIAL CARE PROGRAM

Family support is an integral part of the recovery of a client in crisis, and AAMH has found an innovative new way to bring our clients together with their loved ones.

On Wednesday, March 11, AAMH launched the Partial Care Program's "Family Night" series.

The Partial Care program offers rehabilitative services to our clients suffering from serious mental illness (or neurobiological disorders) including those with co-occurring disorders of substance abuse or developmental disabilities. Through the programs support, advocacy efforts and hopeful environment, our clients find a safe niche in the community to use their newly acquired skills during their recovery journey.

During Family Night, Partial Care clients and their families were invited to AAMH to partake in an on-going, bi-monthly multi-family education and support group, led by AAMH staff members Joe August and Sharon Ross.

"This is not a therapy group but rather a means of support for clients and their families," said Director of Clinical Services, Ashley Wright. "This group provides families with information on different mental illnesses, and empowers the family with that information so they can fully understand their loved ones illness."

During a typical session, clients and families join in a group discussion and identify issues and concerns they have in dealing with their family members' illness and treatment. Family Night is a practical way for families to lean on each other for support and to understand that they are not alone in having a loved one who is suffering from behavioral health problems.

"This group is all about support, education and problem solving," Mr. Wright said.

The first Family Night was a big success for AAMH. Eight families were in attendance and all were very grateful for the chance to share their thoughts, feelings, hopes and fears with other families that were dealing with similar situations.

"We had really positive feedback," said Shumayl Farooq, AAMH's Partial Care Coordinator. "Families shared how clients had completely transformed since joining the program. One family stated that their loved one had not even had the will to bathe before entering the program at AAMH, but is now doing so much better since then."

Currently, the Partial Care program enlists 78 clients. The program is a way to get our clients back into the community through learning independent daily living skills, socialization, group sessions and medication management.

"Our services are catered to what are clients are in need of," Ms. Farooq said. "We constantly run surveys with our clients to find out what they would like to work on each day." Ms. Farooq said that she likes to think of the Partial Care program as "made to order therapy".

Introducing families into the recovery process is vital to the success of a client and AAMH hopes we will see even greater success stories come out of our Family Night sessions. With a strong family foundation, AAMH believes that every client can move from dependence to independence and live a thriving and fulfilling existence.



Introducing families into the recovery process is vital to the success of a client and AAMH hopes we will see even greater success stories come out of our Family Night sessions.



The Association for
Advancement
of Mental Health

819 Alexander Road
Princeton, NJ 08540
Phone: 609-452-2088
Fax: 609-452-0627
E-mail: info@aamh.org

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.

EMILIA'S STORY

Emilia, a Latino mother of 4, came to AAMH suffering from symptoms stemming from years of domestic violence that she suffered at the hands of her abusive husband.

Because of Emilia's language and cultural barriers, she was entered into AAMH's Latino Community Outreach program. This program was created in order to assess the needs of our Latino clients. These clients can access treatment without a wait list and can be seen by a bilingual clinician who can provide individual, group and family counseling services catered to the Latino community.

Throughout the course of Emilia's treatment, she attended a women's group and individual therapy sessions to work on symptoms of her disorder that kept her emotionally paralyzed. During this time, she was still being threatened by her husband.

Emilia was able to take advantage of the other resources our Latino Community Outreach program provides such as helping families obtain medical benefits and welfare assistance. Emilia's case worker was even able to introduce Emilia to a program that specialized in dealing with Latinos in need of legal services in order for her to gain full custody of her children.

Months later, Emilia is still in the process of recovery but has come such a long way from where she was when she first walked through the doors of AAMH. Today, Emilia has obtained full custody of her children, no longer communicates with her abusive husband and is able to work full-time while remaining completely self-sufficient. Emilia is also working towards socializing with friends and provides healthy parenting to her children.



Because of programs like this, the Latino community can overcome the obstacles of obtaining quality mental health care. It is the program's aim to destigmatize mental illness and more importantly to give an opportunity to seriously ill Hispanics to have access to care that is culturally competent. For more information on this program, please contact Mildred Francisco-Frias, Bi-Lingual Outpatient Clinician at 609-759-7454.