

Stigma-Free Committee of the Borough of Dumont, NJ
October 16, 2019 Meeting Minutes

1) Notice of the meeting was provided by way of publication in the Record and the Ridgewood News. On roll call: present were Ms. Shelisa Foster, Ms. Vicki Iucci, Ms. Maggie Preis, Rev. Elaine Wing, and Ms. Karen DeMarco; absent were Dr. Paul Barbato, Mr. William Paige, and Council Liaison Carole Stewart. A quorum was present.

2) Minutes of September 18, 2019 meeting were adopted without modification.

3) Chair Report

a) Borough Calendar: A DSFC page will be included in the 2020 Dumont Borough Calendar. It is descriptive of who and what the Committee is, for those who don't know what it is.

b) Mental Health First Aid Course at Vantage Health: 12 people took the course. Great feedback; Maggie Preis did a terrific job. It was very eye-opening for the participants. All participants were from Dumont. Some other people have also taken the courses offered at the county level. Ms. DeMarco feels that 12-15 participants is an ideal number.

c) Confirmation of Board of Education Liaison: Mr. Triggiano has appointed Board of Education member Janice Worner as the Board of Education liaison to the Stigma-Free Committee. Ms. Worner has stated her intention to be an active member of the Stigma-Free Task Force.

d) Certificate to be presented to Dumont Woman's Club: Ms. DeMarco has discussed with Councilwoman Stewart, who suggested that the Committee award the certificate to the Woman's Club at the November 12 meeting of the Mayor and Council. Ms. Iucci will relay this to the Woman's Club to see who can be present to receive the certificate. As many members of the Committee who can be present would be great.

e) Distribution of informational materials for senior citizens: NIH has been out-of-stock, but Ms. DeMarco will print out copies of the 6-page PDF from NIH. Senior Services Director Donna Faulborn will make the flyer available at the Dumont Senior Center, and will also bring copies to the senior housing building for distribution.

4) Old Business

a) Scheduling of Task Force Meeting: Ms. DeMarco spoke with the Library Director; Wednesday, October 23 at 6:30 is available. A Dumont Stigma-Free Task Force group has been created on Facebook. Ms. DeMarco has started sending out invitations for the meeting. If more than 15 people, it will be held in the auditorium; if less, will be held in the Committee's regular meeting room.

b) Contest to Locate all Stigma-Free Signs: Rev. Wing suggested that it might be something to involve the Task Force members in; Ms. DeMarco agreed. The Committee will seek to have the contest promoted via the Twin-Boro News.

5) New Business

a) Scheduling of next Mental Health First Aid classes: New CEO of Vantage Health had no problem with adding another day of classes. Some people expressed the desire for greater notice. New manuals will come in sometime in January. Proposed dates: February 22 and 29 (Saturdays), and March 15 and 22 (Sundays). Rev. Wing suggested 1-5PM for the Sunday classes for those who have Sunday morning worship. 10-2 for Saturday classes was agreed upon for the Saturday classes. Ms. Preis will prepare new sign-up sheets; Ms. DeMarco will do "Save the Date" notice for now. There is an age requirement of 18 years old; Committee members questioned how younger school children can otherwise be educated in mental health first aid.

b) Poster Contest: Ms. DeMarco suggested having Task Force volunteers get involved in the poster contest.

c) Other: Committee discussed the importance of language in talking about mental health issues. The parents who founded the organization Attitudes in Reverse were recently interviewed on TV by Shepard Smith, and they talked about using the term "medical treatment" for mental illness. Ms. DeMarco also raised the NJ statutory language of "emotionally disturbed" for classification under an IEP; "emotionally handicapped" would be better, but even that is insufficient. Ms. DeMarco mentioned getting the Task Force involved to see what is important to people.

Rev. Wing asked what would be the format of the meeting with the Task Force next Wednesday. Ms. DeMarco has some ideas, but wants to see what is important to the Task Force volunteers.

The meeting was adjourned at 7:02 p.m.