

Stigma-Free Committee of the Borough of Dumont, NJ  
**September 18, 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, Mr. Billy Paige, and Ms. Karen DeMarco; absent were Dr. Paul Barbato, Ms. Maggie Preis, Rev. Elaine Wing, and Councilwoman Carole Stewart. A quorum was present.

2) Minutes of July 17, 2019 meeting will be adopted at a future meeting.

3) Chair Report

a) Donations from local businesses and organizations in connection with Dumont Day: Keystone Printing of Dumont donated a 6' x 3' banner, and a partial donation for the wristbands that Mr. Paige obtained. Pyramid Imprints of Bergenfield/Eleanor Reiche donated a number of green "Stigma-Free" t-shirts. Dollar General of Dumont donated balloons and tablecloths. Staples Printing of Bergenfield/Danica donated photocopies of informational materials. Englewood Health/David Drapkin donated informational materials, pens, and lanyards. CBC Cares of Westwood donated informational materials and "stress balls". Bergen County Department of Health, Division of Mental Health/Haley Contino donated informational materials. Individuals including Mr. Paige donated toward the wristbands.

b) Materials from NIH/NIMH: Some brochures and booklets obtained, but many are either out-of-stock or digital download only. Ms. Foster suggested obtaining materials from the Substance Abuse and Mental Health Administration.

c) Dumont Day: Wonderful turnout of volunteers, lots of interactions with residents, positive response, strong presence for first public outreach event. Over 18 people responded to help; all volunteers were scheduled for at least one hour.

d) Social media presence: There have been regular postings on Instagram and Facebook, including for National Suicide Prevention Week and World Suicide Prevention Day, by Ms. DeMarco's husband; Mr. Paige will be brought into this area.

e) Articles on Patch.com, Borough website: Ms. DeMarco's husband has gotten two articles posted on Patch.com over the past couple of weeks. Borough website featured one of those articles on its home page.

4) Old Business

a) Mental Health First Aid Training: Dumont Day volunteers, plus all on email distribution list, were provided with flyers. About 10-11 people have said they were signing up for training through Hackensack. A lot of people appear to like to attend the training in one day as opposed to split up into two Saturdays.

b) Contest to locate all Stigma-Free signs: Still need to decide on details for how to implement this. Possibly limit contest to elementary school level.

c) Scheduling of Task Force Meeting: Need to find a location; possibly in Library meeting room, will obtain a few dates.

d) Sharing of personal experiences: Ms. Iucci brought up people sharing their own personal mental health stories. Ms. DeMarco mentioned possibly asking the town to either include the Committee in a newsletter, or to distribute one on behalf of the Committee. Mr. Paige brought up the operation of a Stigma-Free website where such stories could be shared, including anonymously.

d) Outreach to Senior Population: NIMH has a specific publication re. older adults and depression, which is currently out-of-stock on their website. Committee can seek a donation of printing, for distribution at the Dumont Senior Center and Dervitz apartment building.

#### 5) New Business

a) Meeting Schedule for 2020: Schedule provided upon Borough's request. Third Wednesday of every month at 6:30 p.m., in the Library meeting room.

b) National Council for Behavioral Health – Artistic Opportunity: Ms. Foster mentioned the NCBH is looking for young artists coping with mental health issues to offer inspirational artwork for inclusion in their mental health first aid manuals. She requested that the information be distributed via social media. Deadline is September 30.

c) DSFC page on Borough Calendar: Councilwoman Stewart has extended an offer for the Committee to have a full page in the Borough Calendar which is distributed to residents. Ms. DeMarco will have her husband lay out the page, which must be submitted to the Borough by October 1. Input is requested for content.

d) Board of Education Liaison: Ms. DeMarco had reached out to Mr. Wickman, principal of Dumont High School, about having a table at "Back to School Night", but the notice was too short. She wrote to Dumont Schools Superintendent Mr. Triggiano, and obtained standing permission for a presence at school events, provided that he is given copies of materials for review prior to distribution. Ms. DeMarco also spoke with Board of Education member Janice Worner about her being a liaison to the Committee, and also requested same of Mr. Triggiano; awaiting a response. Ms. DeMarco phoned all school principals, but has heard back only from Mr. Wickman. She will follow up with them.

e) Ms. DeMarco brought up the possibility of the Committee participating, as a team or walking as a group, in the upcoming American Foundation for Suicide Prevention "Walk Out of Darkness" on Sunday, October 20. Of the Committee members present, only Ms. DeMarco would be available to participate. The Committee voted without objection to participate.

f) Ms. Iucci brought up that the Dumont Women's Club is requesting recognition that years ago, they were the ones who started the Stigma-Free campaign. There was discussion of the presentation of a Certificate, possibly at a Borough Council meeting, or possibly a Borough proclamation.

There was a motion by Mr. Paige, seconded by Ms. Iucci, to adjourn the meeting. The motion passed unanimously, and the meeting was adjourned at 7:07 p.m.