



# BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES



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## COUNTY EXECUTIVE'S MESSAGE:

The first week of April is National Public Health Week. We are proud to highlight the work of Bergen County's Department of Health Services with the nearly one million residents we serve each day. Together, we are working to make Bergen County Stigma-Free, protect our communities from mosquito-borne illness, and humanely address opioid abuse and addiction.

Sincerely, James J. Tedesco III

## HEALTH OFFICER'S MESSAGE:

I am happy to announce the first issue of our monthly newsletter! As the Director/Health Officer of BCDHS, I am proud to promote all the great public health work that we do each and every day for the residents of Bergen County.

Sincerely, Hansel F. Asmar

## ALCOHOL AWARENESS MONTH

Since 1987, Alcohol Awareness Month has been sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) to increase public awareness & understanding regarding alcoholism and the disease of addiction, as well as to reduce the stigma too often associated with this disease, and to encourage local communities to focus on alcoholism & alcohol-related issues.

Alcohol is the most commonly used addictive substance in the United States. It can alter brain development, potentially affecting how a person functions and can also affect learning. Young drinkers are at especially high risk of developing an alcohol disorder. Alcohol Awareness Month will be filled with local, state and national events aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth. Here in Bergen County, we will continue to educate the public about the disease of addiction, refer residents to treatment and instill a hope for recovery.

*\*Alcoholism is treatable\**

*Please call us at 201-634-2740 for help or information.*



**ADOPTABLE ANIMAL OF THE MONTH**

## HOOVER

Fearless and basically an overgrown puppy, Hoover grew up at the shelter and will undoubtedly feel like a king in a home that is ready for an adventure of a lifetime. Hoover will need a strong leader who will show him the ropes because he'll need a lot of guidance and training so can be a more mindful companion.

*Available for adoption at the Bergen County Animal Shelter 201-229-4600*

For more information visit: [www.Bergenhealth.org](http://www.Bergenhealth.org)

## PUBLIC HEALTH WEEK

Every year, the first week in April is National Public Health Week (NPHW), an initiative of the American Public Health Association (APHA). This year, NPHW takes place from April 3rd through 9th. Get involved today and become a part of a growing movement to create the healthiest nation in one generation!



More information is available at: <http://www.nphw.org/>

## FEATURED DIVISION

### OFFICE OF ALCOHOL AND DRUG DEPENDENCY

The Bergen County Department of Health Services, **Division of Addiction Services** is committed to the prevention and treatment of substances. We offer information and referral for assessment, outpatient services, detox, residential treatment and halfway house services. Through our County Municipal Alliance program, we provide funding to municipalities to implement drug prevention programs.

**For more information please call us at 201-634-2740**

## COMMUNITY SPOTLIGHT

### WELLNESS CENTER GRAND OPENING

On January 26th, the new Bergen County Wellness Center opened its doors in Hackensack NJ. This is the second center in Bergen County operated by the Collaborative Support Program of NJ (CSPNJ). Located at 177 Hudson Street, the center serves about 30 clients a day from all backgrounds, income levels, and ages. The employees, most who have experience in mental illness or addiction recovery, aim to “promote responsibility, recovery, and wellness.”

The center provides support groups, exercise, yoga classes, and other social activities through the local community to help prevent relapse. CSPNJ is looking for volunteers to help with programming, kitchen repairs and computer set up. They are also seeking donations of: refrigerator, microwave ovens, desks, chairs, lamps, rugs, kitchen and art supplies. Contact Christine Moss if you are interested at: [cmoss@cspnj.org](mailto:cmoss@cspnj.org)

The center is open Thursdays and Fridays from 1:00-6:00pm and Saturdays from 12:00-5:00pm.



## COMMUNITY SPOTLIGHT

### “HIDDEN IN PLAIN SIGHT”

On Tuesday April 25th, the Bergen County Division of Addiction Services' County Municipal County Alliance Program, the Borough of Westwood, and the Township of Washington are sponsoring a county-wide event on prescription drug misuse.

The event will be held at the Westwood Regional Jr./Sr. High School at 701 Ridgewood Road, Washington NJ from 7:00-9:15pm. Doors open at 6:30pm. Space is limited so registration is required but there is no cost to attend. Attendees must be at least 18 years of age.

The event “Hidden in Plain Sight” is an interactive awareness program designed for parents, caretakers, educators, and community members focused on identifying the signs of drug abuse in teens. The program includes a dynamic presentation by Tim Shoemaker, a drug identification expert who brings with him over 100 hands-on displays, drug placebos, drug paraphernalia, and concealment devices. There will also be a Q&A session with experts in the field, resource tables staffed by area service providers, and an onsite prescription drug drop box for the disposal of used prescriptions.

To register or if you have any questions, please contact Stephanie Hartman at [shartman@co.bergen.nj.us](mailto:shartman@co.bergen.nj.us) or 201-634-2741.

You can also register online at [www.hips.eventbrite.com](http://www.hips.eventbrite.com).

## FREE COMMUNITY EVENTS

### *Cancer Thriving and Surviving:*

Six week program starting  
Wednesday, March 29th

Holy Name Medical Center

718 Teaneck Road Teaneck, NJ

RSVP: 201-833-3392

### *NARCAN® Training*

Tuesday, April 18th 7:00-8:30

One Bergen County Plaza

Hackensack NJ

RSVP to Judy Forman:

[jforman@co.bergen.nj.us](mailto:jforman@co.bergen.nj.us)

201-634-2744

# DID YOU KNOW THE BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES???

We contract with 34 towns in Bergen County for various public health shared services such as animal control and food inspections.



We have an Addiction Recovery Program (ARP) provides clients with counseling to evaluate alcohol and/or drug dependency as well as assisting them to make healthy adjustments in their lives. To make an appointment dial

**201-336-3330**

For more information about ARP  
visit [www.bergenhealth.org](http://www.bergenhealth.org)



We provide *Mental Health First Aid Training* through our Mental Health Services Division

To request a training visit  
[www.bergenhealth.org](http://www.bergenhealth.org)



For more information email  
[Mloughlin@co.bergen.nj.us](mailto:Mloughlin@co.bergen.nj.us)

We provide Health Consultation Programs in a number of Bergen County towns through our Public Health Nursing Division



For more information email  
[MMantello@co.bergen.nj.us](mailto:MMantello@co.bergen.nj.us)

We consist of many different offices and divisions including:

Office of Alcohol and Drug Dependency, Animal Division, Environmental and Consumer Health, Health Care Center, Health Promotion, Mental Health, Public Health Emergency Response, Public Health Nursing, Public Health Outreach, and Strategic Public Health Planning and Workforce Development

## CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

Earn Public Health CE's, nursing contact hours, professional development hours, or CHEC credits :

### Medical Countermeasures, Leadership, and the Public

Friday, April 7th from 1:00-3:00pm

Purpose: to be ready to distribute mass prophylaxis in a POD in an emergency situation.

### Mental Health First Aid

Wednesday, May 3rd from 8:30am-5:00pm

Purpose: to recognize community members with mental health problems and link them to appropriate professional help in a stigma-free environment.

To RSVP, contact Edith Collazzi, RN, BSN, MA

201-634-2708

[ecollazzi@co.bergen.nj.us](mailto:ecollazzi@co.bergen.nj.us)

### OUR MISSION

To improve and maintain the quality of health for all citizens in Bergen County through public health community outreach and service delivery initiatives; to be an adaptive, learning organization that serves as an effective and accountable local public health authority and an innovative provider of community health services.

### WORKING EACH AND EVERY DAY TO BUILD A HEALTHIER BERGEN COUNTY



**Public Health**

PREVENT  
PROMOTE  
PROTECT

### OUR VALUES

**INNOVATIVE**—seek, explore, and invent new ways to serve our community through disease prevention and health promotion.

**COLLABORATIVE**—partner with various community organizations as a means to strengthen our ability to meet the needs of our community.

**INTEGRITY**—doing the right thing based on wisdom, knowledge, truth, and respect.

**DIVERSITY**—respecting the nobility, value, and uniqueness of each human being.

**QUALITY**—always striving for excellence.

WE'RE ON THE WEB!

[BERGENHEALTH.ORG](http://BERGENHEALTH.ORG)

[WWW.FACEBOOK.COM/  
BERGENGOV/](http://WWW.FACEBOOK.COM/BERGENGOV/)



[WWW.TWITTER.COM/  
@BERGENCOUNTYNJ](http://WWW.TWITTER.COM/@BERGENCOUNTYNJ)



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**COUNTY OF BERGEN**  
**JAMES J. TEDESCO III**  
*County Executive*  
and the

**BOARD OF CHOSEN FREEHOLDERS**

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