



New Jersey  
Local Boards of Health Association

# Newsletter

Volume 21, Number 2

www.NJLBHA.org

Fall 2016

## President's Message

Based on the content in this Fall newsletter it is evident that everyone is back from their summer schedules and doing their part in improving the health of the communities whom they serve.



We, your volunteers- and the eyes and ears of your communities- have also been hard at work creating unique training opportunities for our members. We look forward to offering mini webinars and teleconferences on current public health issues to our members in 2017. We have made our online certification training user friendly and easily accessible. The feedback has been positive. We encourage all local board of

health members to do the training and become Certified Local Board of Health Members.

Does your local board of health engage in community mental health programs? Mental health is essential to overall health and well-being and all individuals should have access to both physical and mental health education and care. The mind and body are integrated and maintaining good health depends on a whole person approach to preventive care. This issue features community mental health and addictions inpatient and outpatient treatment programs and a legal perspective on how state agencies and community organizations can work together to improve the mental health of individuals in our communities. It is important, while rendering public health services to recognize symptoms of mental illness, depression, and addiction issues.

Also in this issue are important messages from the Health Commissioner, New Jersey Public Health Association, NJLBHA founding president John Saccenti on health department accreditation, **the City of Newark's Employee Wellness Program**, and much more. Enjoy!

NJLBHA welcomes our student members who **have volunteered to be our Association's interns**. Danielle King and Jahari Shears bring their public health training from the Rutgers University School of Public Health, their unique visions, and their energetic enthusiasm to help us achieve our 2016-2017 goals. We are grateful for their service.

Many thanks to all of the board of health members across New Jersey who donate their time and efforts to their communities. These volunteers make a difference and are appreciated. If there is a board of health member, or public health official that you would like to see recognized at the NJLBHA Public Health Awards Ceremony on December 8<sup>th</sup>, please fill out the attached nomination form and return to us as soon as possible!

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Editor: Valerie A. Williams  
If you would like to contribute articles to this newsletter please submit them through [news@njlbha.org](mailto:news@njlbha.org).

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# COMMUNITY MENTAL HEALTH

## THE LEGAL INSIGHT

By Michael Richmond, Legal Counsel, NJLBHA

Community Mental Health programs, while health programs, do not fall under the jurisdiction of the New Jersey Department of Health or Local Boards of Health. Mental Health programs are under the jurisdiction of the Division of Mental Health and Addiction Services in the Department of Human Services. For many years the Division of Addiction Services was in the Department of Health, but recently it was consolidated with the Division of Mental Health.

This structural organization does not mean that Local Boards of Health and Health Departments should **not engage in community mental health programs, in fact as part of the "building partnerships" task of the Practice Standards**, participation in such programs should be fostered.

Some mental health issues which were originally, within the purview of the DOH are now being supervised by other departments. This is true of dealing with traumatic loss. In response to several traumatic losses which occurred in the school environment, the DOH prepared, printed and distributed through the schools a pamphlet about dealing with traumatic loss. A coalition of groups in Mercer County developed a structure for dealing with traumatic loss. This structure was duplicated in the other 20 counties. The supervision for these coalitions was given to the Department of Children and Families. Now the DOH is involved in traumatic loss through its responsibility for statistics and record-keeping.

New Jersey Public Health Practice Standards do not include a function for mental health. The training of local health professionals does not include a mental health component. Local health professionals cannot be evaluated on their performance in dealing with community mental health cases or addiction clients.

Also because of the assignment of responsibilities at the cabinet level, funding for community mental health programs will be channeled through the Department of Human Services rather than the Department of Health.

Public Health professionals need to be aware of symptoms of both mental health and addiction issues while rendering public health services. One of the Public Health Practice Standards is to insure access to health services which would include mental health and addition services.

Local Boards of Health and Health Departments should not unilaterally engage in programs or services involving mental health or addiction. All such programs need to be conducted in conjunction with some entity from the Division of Mental Health and Addiction Services.

### **Congratulations to Mr. Robert Uhrik, NJEHA**



The New Jersey Environmental Health Association and the New Jersey Local Boards of Health Association would like to congratulate Mr. Robert Uhrik for his dedication and hard work through the years as a member and President Elect 2016 for NJEHA. Mr. Uhrik would like to thank the entire NJEHA Executive Council and volunteers for all of their hard work and support. I will attest to the fact that our governing council and volunteers are indeed truly dedicated to the purposes of NJEHA and its membership. Finally, thanks to all of the kind thoughts and words of encouragement during my term as your President. To everyone in NJEHA and to the public to whom we dedicate our careers, it's been my extreme pleasure to serve you – Robert Uhrik. If you have comments and/or questions email:

[www.njeha.org](http://www.njeha.org) or [info@njeha.org](mailto:info@njeha.org)

# Congratulations to Mrs. Rochelle Williams-Evans

By Christine Harris, Executive Vice President of NJLBHA

Mrs. Rochelle Williams-Evans, Director of Health and Human Services and Health Officer for the City of East Orange is retiring after 45 years of service in the health care industry. Rochelle, originally from Newark NJ, received her nursing education and undergraduate degree from UMDNJ. After becoming a registered nurse in 1971 she went on to receive her **master's degree from Jersey City State College. Her passion, dedication and skills saw her rise to ultimately serve as Nursing Director and subsequent President of Nursing at large teaching not-for profit health care institutions in New York.**



ROCHELLE DIANNE WILLIAMS-EVANS RN, MS

Following the events of 911, Rochelle returned to New Jersey and was hired as Director of Health and Human Services for the City of East Orange by then Mayor Robert Bowser. Within one year she acquired her Health Officer License from the State of New Jersey **and holding this dual position, continued to improve the quality of services to the City's residents. To** highlight just a couple, her efforts resulted in one of the most successful Lead Poison Prevention Program in NJ and one of the largest WIC Program that also serves citizens in surrounding municipalities. Her good works continued under the leadership of current Mayor Lester Taylor until deciding to retire.

Rochelle is associated with and held positions within several professional organizations, was President of the Essex County Health Officers Association and was a strong advocate for keeping East Orange General Hospital open to continue to serve the citizens of East Orange and surrounding cities.

Congratulations to Mrs. Evans for an outstanding career of public service. She will be truly missed.

*(President's Message, Continued from page 1)*

There are two vacancies on the NJLBHA executive board. If you are a NJLBHA member and would like to be considered to join the board please e-mail me at [loreilly@njlbha.org](mailto:loreilly@njlbha.org).

Yours in Health,

A handwritten signature in cursive script that reads "Laura O'Reilly, R.N.".

Laura O'Reilly, R.N., President

# SAINT CLARE'S BEHAVIORAL HEALTH: CHALLENGING STIGMA, SAVING LIVES, AND HEALING FAMILIES

By Jessica Griffin, Director of Marketing Saint Claire's Hospital and  
Susanne Graham, Administrative Director of Saint Claire's Hospital

Saint Clare's Behavioral Health operates an 86-bed inpatient center and one of the largest outpatient treatment programs in New Jersey, providing safe, high quality, compassionate care to more than 3500 children, adolescents, and adults each year.

Programs include alcohol and chemical dependency services, psychiatric emergency services, crisis intervention, counseling, and other support services for clients experiencing mental health disorders and illnesses.

Its multidisciplinary team of experts work collaboratively across all specialties to create personalized, evidence-based treatment plans that empower each client to cope with their day-to-day challenges and manage long-term goals and recovery.

**"The most rewarding aspect of our job is watching our clients grow and succeed with the support of our team and programs,"** said Lynne Chandler, LCSW, administrative director of Saint Clare's Behavioral Health's outpatient programs. **"About 15 years ago, an individual reached out to us for help. She was struggling with a number of mental health issues. With the support of our team, we have watched her successfully graduate from college, launch her own local pet care company, move into her own place, and she just accepted a job helping young adults with disabilities find employment. It's absolutely inspiring."**

That client is Margie Plunkett, who credits Licensed Professional Counselor Ann Marie Flake from helping her to overcome the challenges of living with anxiety, a bipolar disorder, and PTSD. Flake oversees the **Supported Employment and the Learning Enhancement and Resource Network** at Saint Clare's Behavioral Health center in Denville.

Saint Clare's Behavioral Health is also expanding its outreach efforts to help tackle the New Jersey heroin crisis. Its Alcohol and Chemical Dependency Services (ACDS) team, based in Boonton Township, is working with local police departments in Morris and Sussex County to raise awareness about this critical issue, which is impacting communities throughout the state.

**"Our Behavioral Health hospital offers two ACDS programs based on a person's needs, schedule, and lifestyle. We are committed to ensuring clients receive the help they need with individualized plans of care,"** said Susanne Graham, MA, RN-BC, administrative director of Saint Clare's Behavioral Health's inpatient programs.

For more information about these or other services or locations visit [www.saintclares.com](http://www.saintclares.com) or call 888-626-2111.



*Ann Marie Flake LPC,  
LCADC, ACS, NCC,  
Team Leader, Career  
Services, Saint Clare's  
Behavioral Health and  
client Margie Plunket*



## Healthy Children Build Healthy Communities

By Patrick Council, Director of Neighborhood and Recreational Services, City of Newark

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.” -

Former Surgeon General Richard Carmona

From 1971 to 2011, obesity in children has tripled. This means that one in three kids are either overweight or obese. Parents number one health concern regarding their kids isn't drugs, it isn't smoking - it's obesity.

Why?

Type 2 diabetes, hypertension, high cholesterol, and kidney disease - conditions that were once rarely seen before adulthood are now sadly commonplace among younger individuals. Consequently, being overweight in childhood is associated with an increase in chronic illness and premature death in adulthood. Not to mention the psychological effects overweight and obese children are susceptible to, such as low-self esteem and depression. As obesity continues to plague our youngsters, communities are accumulating a public "health debt" that will be far more costly to contain in the future - unless action is taken NOW.

Municipalities attempt to tackle healthcare problems within their communities; however, public servants typically allocate most of the resources towards what they consider to be the most vulnerable, and highest-risk group: seniors. Programs vary, from free health screenings to community events serving this high-risk group, with the aim of improving health and ultimately reducing costs through preventative **measures. As I'm sure we can all agree these programs for the elderly are absolutely crucial** - we have to ask ourselves how we can better assist our young people. The latter is what myself and my department are particularly passionate about. That's why in the City of Newark, we've taken an innovative approach.

Under the leadership of Mayor Baraka, my department took a deep look at the diabetes epidemic facing Newark and other urban communities around the country. It was clear that the current approaches were not creating the results we had hoped. The old way of doing things is not working. After reading countless publications and pulling together best practices, we set the ambitious goal of impacting the long-term health of our communities by developing programs targeting the youngest members- children.

Our team knew we needed an inspired approach. What did we do? Knowing that it's often easier to initiate healthy habits in a new environment and routine, we decided to reach our local kids participating in the summer camps we host throughout the city. Through a partnership with MedPro Wellness, (a lifestyle program that has documented great results with our employee wellness program), we curated action-packed classes that would appeal to the younger crowd.

We've all seen those television shows where Jamie Oliver visits an elementary-aged classroom and discovers most of the kids struggle identifying popular fruits and vegetables. This lack of education comes down to exposure. Our priority was to introduce our summer camp kids to a variety of topics that rotated each week. For example, one week we focused on fitness; the next week our focus was on nutrition,

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another week yoga. In this way, kids were eager to discover what they would learn from one week to the next. The continually changing program brought a freshness to health and fitness, and made learning fun. We also made sure that our camp kids knew how to implement these elements outside of camp, into their own families.

And implement their learnings into the home is exactly what these kids did! One of my proudest moments after camp was hearing directly from parents that our healthy campers educated them on which foods are healthier than others, inspiring the entire family to make healthier food choices. This corroborates our stats as well. Prior to our summer camp, only 20% of children knew what a healthy and balanced meal was; when camp concluded, 60% of children were able to identify healthy selections.

The fantastic results don't just end at the dinner table. Prior to the program, 90% of our kids said they frequently felt stressed. After completing the camp program - which included an entire week devoted to yoga and stress-relief breathing exercises, only 30% of kids said they frequently felt stressed.

A lot can happen over summer break. Kids return to school in the fall, not only sharing stories about family vacations or what new hobby they picked up - they return to their classmates with knowledge about health and wellness - habits that will serve them throughout their life. Through our summer camp program, in collaboration with MedPro Wellness, these kids not only became healthier and happier - they became "health ambassadors" for other at-risk youths.

We are social creatures that imitate and learn by example. While the obesity epidemic among our younger population is relatively new, and public service programs are still slow to gear up to make a measurable impact on the problem, each one of us can make a difference. Through demonstrating good habits, making conscious choices how we spend our consumer dollars, and educating both young and old - we can transform the health and longevity of our community. Contact us at [www.ci.newark.nj.us](http://www.ci.newark.nj.us).

## Conversations of a Lifetime

By Dr. George DiFerdinando Jr.

**"Conversation of a Lifetime is a program run through the New Jersey Health Care Quality Institute (NJHCQI) that engages communities in fruitful dialogue to let individuals' family, friends, and doctors understand and respect their end-of-life wishes through advance care planning. Ultimately, we hope that these wishes are documented in writing. Conversation of a Lifetime, generously supported by The Horizon Foundation for New Jersey, was successfully piloted in Gloucester Township, Princeton, and Tenafly in 2015; the Princeton pilot was in close cooperation with the Princeton Board and Departments of Health. The Princeton Conversation of a Lifetime Task Force meets quarterly to plan local activities around this project., with Dr. George DiFerdinando Jr. of the NJLBHA Executive Board as an active member.**

In 2016-17, NJHCQI is now expanding Conversation of a Lifetime into Camden, Mercer, and Bergen Counties. Conversation of a Lifetime programming includes film festivals, book talks, sermons, Bucket List Parties, and more. Conversation of a Lifetime Project Director, Deborah Levine, will be speaking about the project in Bergen County on September 30, in Mercer County on October 5, and at the Camden County Local Boards of Health Summit on October 13. For more information please contact [dlevine@njhcqi.org](mailto:dlevine@njhcqi.org)."

# New Jersey Continues to Ready to Address Zika

By Cathleen Bennett, Health Commissioner NJ Department of Health,  
and Bob Martin, Commissioner of NJ Department of Environmental Protection



Health Commissioner Cathleen Bennett stopped by the Trenton warehouse Sept. 16 where volunteers are assembling Zika prevention kits. The kits include insect repellent, permethrin spray, condoms, educational materials and mosquito nets in the case of international kits. International kits will be distributed to assist pregnant women who may be traveling to areas where Zika transmission is ongoing or who have a partner who has recently traveled to an impacted area. Domestic kits will be stockpiled for use in the event of local transmission. Our 23 county LINCS agencies represent our deployment sites. These agencies will receive their county share of kits to be deployed to FOHCS and WIC offices in their communities. [#ZapZika](#) [#KnowBeforeYouGo](#) [#HealthyNJ](#)

With the summer season coming to a close, we are reminding the public that New Jersey has been aggressively responding to the potential threat of the Zika virus since early this year. This remains a priority as we learn more about Zika and continue to collaborate with our partners in a unified effort to protect the public from mosquito-borne illnesses.

With the summer season coming to a close, we are reminding the public that New Jersey has been aggressively responding to the potential threat of the Zika virus since early this year. This remains a priority as we learn more about Zika and continue to collaborate with our partners in a unified effort to protect the public from mosquito-borne illnesses.

The New Jersey Department of Health and the Department of Environmental Protection have worked closely with public health and county mosquito control partners to educate the public, monitor and reduce the mosquito population, and prepare for this virus. New Jersey has decades of experience tracking and preventing mosquito-borne illnesses that pose a threat to human health and domestic animals, namely West Nile Virus and Eastern Equine Encephalitis. These more common threats will remain with us until the first frosts of fall.

It is important to note that so far New Jersey has seen no local transmission of Zika, although nearly 130 individuals who traveled to countries where Zika is active have tested positive for the virus.

**The risk of local transmission here remains low, but it's important to know what the State has done in response to this threat.** Together, we have invested more than \$5 million to carry out a variety of activities. These include testing 1,300 individuals for the virus, creating the **#ZapZika** public awareness campaign, preparing Zika prevention kits for pregnant women, establishing a 24/7 Zika hotline (1-800-962-1253), and providing additional resources to county mosquito control commissions to increase mosquito surveillance and reduce the mosquito population. DOH has also been monitoring babies born to mothers who may have been exposed during pregnancy to connect them to services. The 23 county LINCS agencies will soon have Zika prevention kits for FOHCS and WIC offices in their communities. Thousands of healthcare providers, local public health, EMS and emergency preparedness professionals, and staff in WIC clinics and hospitals get regular updates via trainings, webinars and conference calls led by the Department of Health. Both departments partnered with the New Jersey Association of County and City Health Officials in June to host a Zika workshop with local health and mosquito control agencies to share lessons learned and discuss how to further educate communities.

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More than 30 public events have taken place to educate pregnant women and potential travelers to the nearly 60 countries currently impacted by Zika.

DEP has awarded an additional \$500,000 in grants to county mosquito control for reimbursements incurred for mosquito control, monitoring and identification efforts, as well as supplies and additional staffing.

DEP has also provided county mosquito control commissions with specialized traps for collecting Aedes mosquitoes and mosquito dunks (ecologically-safe tablets placed in standing water to destroy mosquito larvae before they hatch into adult mosquitoes). To date, more than 7,000 mosquitoes have tested negative for the virus. But should a mosquito carrying the disease be identified, the State Mosquito Control Commission, county mosquito control, and DEP are ready to deploy a comprehensive, rapid response to immediately attack the threat. In addition, DEP has raised and stocked more than 460,000 fish that eat mosquito larvae and will continue stocking suitable larval habitats through the fall. The Department also established a regional distribution center in Camden County to increase capacity so southern counties can have quick and convenient access to these mosquito-eating predators.

**The Department of Health's #ZapZika campaign features radio ads, bus ads and social media efforts. Education materials are available both Departments' website.** A DEP podcast features leaders from both agencies talking about Zika response efforts. (<http://njdep.podbean.com/e/episode-12-zika-virus-and-mosquitoes-with-deputy-commissioners-david-glass-dep-and-dr-arturo-brito-doh/>)

But for everything we do at the state level, it remains critically important that residents take steps to reduce mosquito breeding around their properties by removing any sources of standing water. Mosquitoes can breed in standing water in a container as small as a bottle cap – remember, standing water plus seven days equals mosquitoes. Clean out gutters, change water in bird baths, make sure trash cans are tightly sealed and dispose of old flower pots. If venturing outdoors, wear protective clothing and use EPA-registered mosquito repellents.

Working together, we can ensure that we are not only protected from Zika, but from other mosquito-borne diseases that we have been combatting for years.



**Commissioner Bennett visits Trenton Warehouse  
#ZikaPac Prevention Kits Assembly**



# Municipal Master Plan as a Tool for Promoting Health

By Kevin McNally, President of New Jersey Public Health Association and Chairman of Planning Board for the Borough of Roosevelt

One of the foundations of a Culture of Health is the principle of Health in All Policies. This means that the health impacts of any policy are taken into consideration in the development of that policy. In New Jersey, State law requires that every municipality have a Master Plan. The Master Plan sets the basis **for a town's zoning and other policies for how land is used and the physical design of the community.** Local policies determined by the Master Plan can have a major influence of the health of a town's residents.

Recently, the City of Trenton demonstrated how a Master Plan can be used as a means for the promoting the health of its community. Trenton has been revising its Master Plan, to be called Trenton 250 in **recognition of the 250th anniversary of the city's founding.** With the assistance of experts from the Rutgers University Bloustein School of Public Policy and Planning, the city Planning office and its Department of Health and Human Services developed a Health and Food Systems Element for the Plan. This chapter of the Plan will guide the adoption of city policies to improve environmental conditions, **increase opportunities for city residents to engage in physical activity and improve residents' access to** healthy and affordable food choices. More information about this project can be found at: <http://104.236.75.243/plan4health-coalitions/trenton-healthy-communities-initiative/>.

This work was supported by a grant from the US Centers for Disease Control and Prevention (CDC) as part of national initiative called Plan4Health, which is a collaboration among CDC, the American Public Health Association (APHA) and the American Planning Association (APA). Grants were awarded to state affiliates of APHA and APA to support joint projects to develop health-promoting policies in local communities. The New Jersey Public Health Association and the New Jersey Chapter of the American Planning Association both provided assistance to Trenton as part of this project.

**The Health and Food Systems Element in Trenton's Master Plan is the first of its kind in New Jersey.** It is intended as a model for other municipalities to adopt similar elements for their Master Plans.

In addition to the Trenton project, the national Plan4Health initiative supported a number of innovative community health promotion projects in cities and towns throughout the US that could serve as models for similar municipal programs here in New Jersey. For more information about Plan4Health see: <http://www.plan4health.us/> or [newjerseypha@gmail.com](mailto:newjerseypha@gmail.com)



## NJ Local Boards of Health Association Awards Dinner 2016

When: December 8, 2016

Where: Pierre's of South Brunswick, 582 Georges Road,  
Monmouth Junction, NJ. 08852

Time: 7:00 pm

Cost: \$45

# Call For Nominations For Public Health Awards

*The New Jersey Local Boards of Health Association* is taking nominations for outstanding public health professionals and volunteers who have made significant contributions to the health and safety of their communities.

Please consider nominating someone from your community.

## Categories:

Local Board of Health Member of the Year (Christopher Saccenti Award.) This award will go to a member of an NJLBHA affiliated Local Board of Health member who has given exceptional service to his or her community in protecting public health.

Health Officer of the Year. This award will go to the Health Officer who most exemplifies public health leadership and who, working with their local board(s) of health, reaches out to the community and develops innovative programs. This selection will be made in conjunction with the NJACCHO

Health Educator of the Year. This award will recognize the Public Health Educator employed by a Local Board of Health who has created innovative education and training programs for the community. This selection will be made in conjunction with NJSOPHE

Registered Environmental Health Specialist of the Year. This award is given to a Registered Environmental Health Specialist whose performance and interaction with the community is outstanding. This selection will be made in conjunction with the NJEHA

Public Health Nurse of the Year. This award is given to a Public Health Nurse who has demonstrated extraordinary dedication to the community. This selection will be made in conjunction with the NJAPHNA

Public Health Advocate of the Year. This award is given to a professional or community member who has exhibited extraordinary effort in advocating for, and educating the public and officials on public health issues and needs. The selection will be made in cooperation with the NJPHA

Meritorious Service Awards will be given to those persons who have rendered exceptional service to the New Jersey Local Boards of Health Association or to the community.

Awards will be presented at the Awards Dinner on December 8, 2016, 7 PM at **Pierre's of South Brunswick**, 582 Georges Road, Monmouth Junction, NJ 08852.

\*Tickets will be \$45 and may be purchased by sending a check or purchase order to:

New Jersey Local Boards of Health Association, PO Box 5069, Kendall Park, NJ 08824

**\*There will be no charge for award recipients**



## Nomination Form

**(You may submit nominations for more than one award. Please copy this form for additional nominations.)**

Award: \_\_\_\_\_

Name of the nominee: \_\_\_\_\_

Nominee's position: \_\_\_\_\_

LBOH served: \_\_\_\_\_

Your name: \_\_\_\_\_ LBOH \_\_\_\_\_

Your phone: (\_\_\_\_) \_\_\_\_\_

*You may remain anonymous to the nominee if you wish, but we may want to contact you for more information.*

Please tell us why you believe this person has earned the distinction of this award. (Use additional sheets if necessary.)

Please mail your nominations to:

New Jersey Local Boards of Health Association PO Box 5069, Kendall Park, NJ 08824 in  
c/o John Saccenti, Christine Harris, and Laura O'Reilly

NOMINATIONS MUST BE RECEIVED BY OCTOBER 15, 2016

# Opinion: “Breaking Barriers: What we need in order to achieve accreditation in NJ.”

By John C. Saccenti, Founding President NJLBHA



The decision as to whether or not to have your health departments attempt accreditation often lies with you as a member of a Local Board of Health. It is your responsibility to set policy as to utilization of resources, goals and directions that should be taken to meet your community needs.

Your ongoing responsibility is to ensure that the health department that services your community is doing so in the most efficient and professional manner possible. You must ensure that all assets are utilized to the maximum potential and that your **department's programs undergo continuous quality improvement**. There are several excellent articles in our previous newsletter (available at [www.njlbha.org](http://www.njlbha.org)) related to national accreditation. It is a topic that members of a Local Board of Health must be familiar with. You can decide whether national accreditation is presently feasible for your department. Absent those resources, you may wish to identify programs, procedures and processes you can institute now that will achieve the same goal of maximizing the effectiveness of the department and thereby the services offered your community. Should you then wish to pursue formal accreditation the process would be facilitated.

New Jersey is unique in the country. When I served as president of the National Association of Local Boards of Health and on the National Public Health Function Steering Committee, I had the opportunity to see just how unique we were in relation to the rest of the country. Outside of New Jersey, many health departments are based on county or regional design. They employ significantly larger number of staff and often provide a much larger range of services. Unlike New Jersey, they often have support from state funding.

The National Public Health Accreditation Board (PHAB) standards and processes were designed for the vast majority of health departments throughout the country, often with larger departments and greater resources than most of the departments we have here in New Jersey. This often makes it diffi-

cult for many of our health departments to reach the PHAB standards given staffing and financial resources available on the local level. These standards are something we all should strive for. We need to make this workable. We need to consider altering the process for certification in NJ to meet our abilities to achieve these laudable goals. We need to encourage, not discourage our departments to strive for achieving the results that PHAB accreditation hopes to achieve.

**In order to break down these barriers, I'm suggesting** that a consortium of public health organizations be formed to look at new methodologies and funding sources to achieve the goals of accreditation and eventually achieve accreditation for our local health departments. These methodologies should come from our experience and our public health professionals in NJ and be shared with PHAB for consideration and implementation. We need methods that will work in NJ and facilitate improving our departments and achieving accreditation.

Here are three basic possibilities that I believe should be considered by such a consortium:

1. Establish a tiered system of accreditation steps that would recognize success as various actions are taken to achieve final accreditation. If there were standards that were attainable and recognized it would encourage Boards of Health to urge participation, see improvements and also make the process achievable by breaking it into a series of steps that can be reasonably budgeted.
2. Establish support for smaller departments through possible grants. Obviously small departments have smaller resources. The National Standards seems to infer that a small department consists of 30 employees, which in NJ, would be a large department even if we have any that size. Financial and staffing resources in small departments face more barriers to certification than larger departments. These barriers discourage the accreditation process.

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# New Jersey Public Health Association Annual Conference

## Gun Violence as a Public Health Issue

Friday October 14th, 2016

9am - 3pm

Venue: Hilton Garden Inn, 50 Raritan Center Parkway, Edison, NJ

Focus: Gun violence and public health. How can public health partners collaborate to reduce gun violence in New Jersey's communities?

Learning Objectives

- To identify three public health best practices for reducing gun violence
- To identify three non-public health partners important to building community support for implementing gun violence prevention/reduction initiatives
- To list three state or national legislative initiatives to reduce gun violence



Target Audience

Public health officials/leaders/educators/professionals, law enforcement, public policy advisors/leaders, community members interested in reducing gun violence, faith leaders, school leaders

Speakers

- Keynote speaker: Linda Degutis, DrPH, MSN, Director, Defense Health Horizons, Uniformed Services University of the Health Sciences - The Henry M. Jackson Foundation for the Advancement of Military Medicine
- Legislature: Senator Loretta Weinberg
- Panel of experts from academia, community-based organizations, law enforcement, media, and public health
- Special guest speaker: New Jersey Commissioner of Health Cathleen Bennett - "The State of Public Health in New Jersey"

For more information and registration go to:

<http://njpha.org/njpha-annual-conference/>

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3. Mandate that the Members of Local Boards of Health are trained and certified through a set curriculum and standards as part of the process in NJ. The more we know as members of Local Boards of Health, the better able we will be to work with our Health Departments to achieve the goals that the PHAB envisioned. This is crucial. Certifying a Health Department cannot be complete without also certifying the members of the Board of Health that are the policy makers and evaluators.

I am sure that we all have the same goal; to provide the best public health services to our communities. I suggest we continue to look at the best methods, tools and processes to overcome barriers to both improvement and eventual accreditation.

# Certified Board of Health Member Certification (CBHM)

By Laura O'Reilly and John Saccenti

The New Jersey Local Boards of Health Association is continuing to promote our on-line-training for our residents, local boards, and health departments in New Jersey. Our goal is to get as many participates as possible to obtain the Certified Board of Health Member (CBHM) certification. Please follow the steps provided below to receive the valuable training that is offered:

1. <http://www.njlbha.org/>
2. Click on Online Training (Left Sidebar). If you have trouble clicking right click the mouse and click "open" and the link will open
3. Click on Start Test. The training manual will serve as a tutorial while you are taking the test.
4. Set up User email address and password
5. Follow prompts to fill out name, board affiliation and contact info
6. Click Start Test
7. Read the instructions and proceed.
8. Read the manual content and answer the 25 questions. You may go back and answer the questions again until it is correct.
9. Print Certificate

If you have any questions please contact: [loreilly@njlbha.org](mailto:loreilly@njlbha.org)



## EDITOR'S ENCOURAGEMENT

By Valerie A. Williams, Editor NJLBHA Newsletter

### Morris County Proud to be Stigma-Free

**Contact: Hank Lyons, Morris County Freeholder, Jennifer Carpinteri, Morris County Human Services Director an/or Laurie Becker, Morris County Mental Health Administrator. With the support of Morris County Freeholders a resolution of commitment was unanimously passed to support the Morris County community in the war against substance abuse and alcoholism.**

<http://morriscountynj.gov/2016/06/freeholders-declare-morris-county-to-be-stigma-free/>

[Http://nami.org/stigma free](http://nami.org/stigma-free)

### National Institute of Mental Health (NIH)

World leaders and advocates Unite in Washington, D.C. for One Mission: Make mental health a global priority. President Barack Obama was in attendance and provided a empowering speech to encourage Americans to embrace the fact – "There is no health without mental health". For more information please contact Setareh Kamali, NIMH- Press Office, email: [NIMHPRESS@nih.gov](mailto:NIMHPRESS@nih.gov) or phone (301)443-4536

### Register- Ready

Find out more about planning and preparing to protecting yourself, family, friends, and community. Learn more from the NJ Office of Emergency Management. [Http://www.ready.nj.gov](http://www.ready.nj.gov)

### Voter Registration

Please register to vote in the upcoming Presidential election on Tuesday November 8, 2016. If you need help contact your municipality and/ or our county board of election. Casting your vote is using your voice to better our local, county, state, and federal government. If you need help at the Polls please by all means ask the the poll worker, challengers, and interpreters.

[www.nj.gov/info bank/muni.htm](http://www.nj.gov/info_bank/muni.htm)

[www.state.nj.us/NJEHA/gov/county/local\\_government.html](http://www.state.nj.us/NJEHA/gov/county/local_government.html)

[www.state.nj.us/state/elections/voting-information](http://www.state.nj.us/state/elections/voting-information)

Yes, count me (us) in as a part of the Association!

Yes, count me (us) in as a part of the Association that gives New Jersey's Boards of Health and their members a voice in Trenton, a way to communicate among ourselves, a force for progress in public health and more knowledge for board members.

" Full Board, Regular Membership \$95

Board membership is open to municipal, county and regional Boards of Health. All board members are included for the calendar year.

" Individual, Regular Membership \$20

Individual membership is open to current members of municipal, county or regional boards of health whose full board is not a member.

" Individual, Associate Membership \$20

Associate membership is open to past Board of Health members, students, or other individuals interested in public health. This is a non-voting membership.

" Institutional Membership \$95

Institutional membership is open to organizations, including environmental groups, planning boards, or other municipal or county agencies, committees, commissions, or councils. This is a non-voting membership.

Board Name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

- our board of health is an autonomous board
- our board of health is an advisory board
- the governing body of our town is the board of health

Please send your check or purchase order to New Jersey Local Boards of Health, PO Box 5069, Kendall Park, NJ 08824

**Nancy Wilson , Vice President of Membership**

**Laura O'Reilly, R.N., President**  
 NEW JERSEY LOCAL BOARDS OF  
 HEALTH ASSOCIATION  
 P. O. Box 5069  
 Kendall Park, New Jersey 08824