

NJ HIGHER EDUCATION  
**MENTAL  
HEALTH**  
SUMMIT

January 9, 2025



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EVENT HOST

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## Welcome Message

Welcome to the 2<sup>nd</sup> Annual New Jersey Higher Education Mental Health Summit. The steering committee has been preparing for this day for almost a year, and it has truly been a labor of love and intention. We are excited to offer participants enriching program sessions, dynamic featured speakers, and unforgettable networking with colleagues throughout the state. While the mental health of our students is paramount, the mental health of each of you is equally important. Please engage with each other throughout the day and help enrich this experience. Take time to be present, as we all need each other in this space and at this time.

We want to send a special thank you to the Steering Committee for their tireless efforts and to Stevens for being such a gracious and generous host. We look forward to hearing how much you enjoyed the day and how we can elevate this experience for years to come.

Take good care!

Anne and Takeem  
Co-Chairs  
2025 NJ Higher Education Mental Health Summit

**Dr. Anne Newman**  
Senior Associate Vice Chancellor  
for Student Affairs & Dean of Students  
Rutgers University

**Dr. Takeem L. Dean**  
Assistant Vice President  
for Student Affairs  
Stevens Institute of Technology



## Plenary Session Presenters

### Morning Session

**DR. NANCE ROY**, Chief Clinical Officer, Jed Foundation & Assistant Clinical Professor, Yale School of Medicine, Department of Psychiatry



Nance is a psychologist with over 30 years' experience who has dedicated her career to protecting the mental health of teen and young adults and reducing suicide. As the Chief Clinical Officer of the Jed Foundation and Assistant Clinical Professor at the Yale School of Medicine, Dept. of Psychiatry, she consults to high schools, boarding schools, colleges, and workplace and professional organizations across the country on effecting systems change, strategic planning and implementing recommended practices that promote positive mental health.

Prior to her role as Chief Clinical Officer at The Jed Foundation, Nance held positions as the Assistant Dean of Health and Wellness at Sarah Lawrence College and Associate Dean of Health and Wellness at Rhode Island School of Design where she developed, implemented and evaluated policies, programs and systems that enhance and support well-being. She has been actively involved in comprehensive initiatives focusing on a holistic approach to education, crisis management and a public health model for delivery of care.

Publications have focused on effective strategies for promoting emotional well-being among teens and young adults as well as treatment and management of at-risk youth. She is a nationally known speaker and has been featured in numerous publications and broadcasts including CBS, NBC, CNN, The Boston Globe, TIME, The Washington Post, The Atlantic, U.S. News and World Report among others.

Nance served as senior advisor to the National College Depression Partnership, serves on the Mental Health Task Force for the Ruderman Foundation, is a member of the International Women's Forum and has worked on mental health initiatives with the Surgeon General, the Higher Education Mental Health Alliance, the Department of Defense, The Veteran's Administration, the Milken Institute, the Clinton Health Matters Initiative, the Aspen Institute and educational and workplace systems across the country.

Nance earned her doctorate from Harvard University, master's degrees from the University of North Carolina and Harvard University, and her bachelor's degree from the University of Rhode Island.

Nance can be reached at [nance@jedfoundation.org](mailto:nance@jedfoundation.org). For more information about the Jed Foundation visit [jedfoundation.org](http://jedfoundation.org) and [jedcampus.org](http://jedcampus.org).

**BOBBY BRIER**, Mental Health Reporter, NJ Spotlight News



As a multimedia mental health reporter for NJ Spotlight News, Bobby focuses on underserved and rural communities throughout New Jersey via a partnership with Report for America. He earned a master's in journalism from New York University in May 2022 and completed internships at The Scranton Times Tribune, his hometown newspaper, and New Mexico In Depth before joining NJ Spotlight News. Follow him on X, formerly known as Twitter, at [@bobby\\_brier](https://twitter.com/bobby_brier) or send him an email at [brierb@njspotlightnews.org](mailto:brierb@njspotlightnews.org).

# Plenary Session Presenters

## Afternoon Session

**DR. JASMINE A. LEE**, Founder, J. Lee Consulting; National Mental Health First Aid Trainer; and Higher Education Scholar and Practitioner



Dr. Jasmine A. Lee is a diversity, equity, inclusion, and justice scholar, practitioner, trainer, and coach. She has spent over 15 years in higher education, working with students, staff, and faculty to create inclusive campus environments through direct programming and strategic campus-wide leadership, and currently serves as the Associate Vice President for Community and Culture at UMBC. Beyond higher ed, Dr. Lee works with k-12 institutions, non-profit organizations, and faith-based communities to provide training, consulting, coaching, and organizational change services, partnering with clients to curate unique, engaging solutions that lead to sustainable, measurable change. Dr. Lee is a qualified administrator of the Intercultural

Development Inventory® (IDI), a certified diversity trainer with the National Coalition Building Institute, a Restorative Practices trainer, and a certified Mental Health First Aid instructor, and uses these skills to ensure human dignity, love, truth, honesty, and empathy are a part of all approaches to organizational change.

As a social worker, Dr. Lee holds a BSW from Eastern Michigan University and an MSW from the University of Michigan. She earned her Ph.D. at Michigan State University, using Critical Race Theory as a framework to study the experiences of Black, first-generation, low-income college students and the environments and experiences that bolstered their success at a predominantly white institution.

Dr. Lee is a whole human who loves cartoons, traveling, laughing at corny jokes, hanging out with her puppy, and spending time with family and friends. She is an active member of many organizations, including NACADA – National Association for Academic Advising, ACPA – Student College Educators International, and Delta Sigma Theta Sorority, Inc. More than anything, Dr. Lee wants people to know that she believes in the world-changing and redeeming power of radical revolutionary love and asks you to consider the words of Valerie Kaur: “Revolutionary love is the choice to enter into wonder and labor for others, our opponents, and for ourselves in order to transform the world around us.”

# PROGRAM SESSIONS

Morning Sessions (11:15 AM – 12:15 PM)

## **Basic Needs Insecurity: Overcoming Barrier to Student Success**

**Babbio Center 122**

**Arian Craig, MA** - Student Support Services Case Manager, Dean of Students, Student Development & Campus Life  
Montclair State University

**Tabitha Riley, MA** - EOF Counselor/Academic Advisor, EOF and Academic Success, Academic Affairs  
Montclair State University

**Yanira Amadeo, MA** – Executive Director of Development  
University of Connecticut

*This interactive session will provide an overview of factors contributing to basic needs insecurity and identify resources that can assist students in overcoming barriers. Presenters will share compelling data that will empower attendees to support students by encouraging them to recognize and utilize their personal agency to achieve their goals.*

## **Chronic Medical Conditions: At the Crossroads of Medical, Psychosocial and Academic Needs**

**Gateway North 103**

**Ann Fink, PhD, MSW, LSW** – Behavioral Health Consultant and Therapist  
Rutgers University

*This workshop explores students' experiences with chronic medical conditions within higher education settings. The session will include practical examples of clinical, instructional and systemic approaches that may be helpful to students who live with chronic conditions. Participants will also engage creatively and interactively in a discussion of case scenarios.*

## **Holistic Design: Sustainability and Mental Health as Partners in Space Creation**

**Gateway South 24**

**Albeirys Francisco, MS, MBA** – Facilities Planner, Division of Facilities and Campus Operations  
Stevens Institute of Technology

**Justine Dinardo-Lim, BFA** – Senior Director of Planning and Design, Division of Facilities and Campus Operations  
Stevens Institute of Technology

**Olivia Conner-Bennett, BA** – Sustainability and Transportation Coordinator, Division of Facilities and Campus Operations  
Stevens Institute of Technology

*Sustainability and mental health are closely allied, and they can affect each other in multiple ways. Environmental degradation has a significant psychological impact on people; it causes stress, anxiety, and depression. Sustainable practices that slow or reverse environmental degradation can have positive effects on mental health. Such practices can include the sustainable design of a space, and how it facilitates positive feelings.*

## **Building Community and Collaboration: Collegiate Recovery, Harm Reduction, and Student Well-Being in Higher Education**

**Gateway south 216**

**Tara O'Keefe, MA, LCADC, RDT** – Addiction Counselor Supervisor, Counseling and Psychological Services  
Stockton University

*This 60-minute workshop explores strategies for building collegiate recovery communities, integrating harm reduction practices, and fostering cross-departmental collaboration in higher education. Participants will gain practical tools for creating supportive and inclusive environments and enhancing drug and alcohol education programs to better support students in recovery and promote campus-wide well-being.*

## PROGRAM SESSIONS

### **Providing Psychological Counseling to Latino Students: Challenges and Strategies**

Babbio Center 204

**Marta B. Aizenman, PhD** - Psychologist in Private Practice; Supervisor of Doctoral Students, Graduate School of Applied Psychology  
Rutgers University

*Studies indicate that individuals of Latino origin experience difficulties in reaching out for psychological therapeutic services when such need arise or to persist in treatment. This interactive workshop will address the issues that students from the Latino/Hispanic (Latinx) population face regarding their mental health, and why they have difficulties in seeking help when facing emotional problems. Challenges and coping strategies will be presented and discussed.*

### **A Holistic Model of ADHD Care: Mental Health Evaluation as a Tool for Empowering College Students to Engage with Support Services**

Gateway North 104

**Elizabeth Chan, PhD** - Postdoctoral Associate and Director of the ADHD Clinic at the Rutgers Center for Youth Social Emotional Wellness  
Rutgers University

**Joshua Langberg, PhD** – Chief Wellness Officer, Rutgers-New Brunswick; Professor in Clinical Psychology; Director of Rutgers Center for Youth Social Emotional Wellness  
Rutgers University

*ADHD is one of the most prevalent behavioral health conditions on college campuses. This workshop describes how Rutgers is building connected systems to help students with ADHD reach their full academic potential. This workshop will describe how virtual mental health evaluations and psychoeducation lead to brief group-based treatment and then further connect with disability and therapy services.*

### **Health Student Activists: Counseling Center Support on the Ground**

Babbio Center 319

**Sodah Minty, PsyD** - Staff Psychologist, Counseling and Psychological Services; Psychologist in Private Practice  
Princeton University

**Jeanan Fares, PsyD** - Postdoctoral Fellow  
Princeton University

*Mental health distress on college campuses is shifting. Presenters propose an adjustment in care to meet the needs of what this generation of students demands of us. Attendees will consider how our values and identities shape how some student activists utilize or refuse mental health care on campus.*

### **The New College Experience: Addressing the Growing Epidemic of Disconnectedness Among College Students**

Gateway South 122

**Mike Zampini, BA** - Graduate Assistant for Residential Education, Office of Residential Education  
Stevens Institute of Technology

**Kristina Szumski** – Resident Assistant, Office of Residential Education  
Stevens Institute of Technology

*In today's digital age, students are more connected than ever—but paradoxically, feelings of isolation and disconnection on college campuses are at an all-time high. This workshop delves into the underlying causes of this "epidemic of disconnectedness" and offers practical, evidence-based solutions to foster a sense of belonging on college campuses.*



# PROGRAM SESSIONS

## **The Grateful Day: Five Exercises in Gratitude in Five Minutes a Day for Lifelong Well-Being** Gateway South 21

**Margaret "Peggy" Delong, PsyD** – Licensed Psychologist, The Gratitude Psychologist  
Self-employed

*These 5 daily gratitude exercises guide you from your first waking moments, to when your head hits the pillow at the end of the day. They take very little effort, time, or planning. This brain-based, research-backed methodology helps overwhelmed and stressed college professionals and students experience more peace and joy.*

## **When Work is Working**

Babbio Center 320

**Briana Trotty, MA** - Residence Coordinator, Office of Residence Life  
New Jersey Institute of Technology

*Have you ever felt overworked, overextended, or thought there might be a better way to manage your schedule? The good news is, there is! This presentation will explore building a flexible work schedule that reduces burnout and stress, helping cultivate a healthy work-life balance. Although designed with residence life professionals in mind, this model can benefit all work environments.*

Afternoon Sessions (1:45 PM – 2:45 PM)

## **The WHY, WHAT and HOW of Integrating Behavioral Health into a University Healthcare Service**

Babbio Center 320

**Mark Baehser, MD** - Associate Medical Director, Princeton University Health Services  
Princeton University

**Valerie Lewis, MD, MPH** – Medical Quality Oversight, Princeton University Health Services  
Princeton University

*Behavioral Health Integration in medical services for students is essential to providing evidence-based, quality and comprehensive care. This workshop will review concepts and frameworks of behavioral health integration as well as practical processes for student health services to advance their level of integrated primary care.*

## **A Novel Model to Distribute Naloxone Without Barriers on a Large College Campus** Gateway South 24

**Noa'a Shimoni, MD, MPH** - Associate Vice President for Student Health and Wellness  
Rutgers University

**Keith Murphy, MA, LPC, LCADC** – Director, Alcohol and Other Drug Assistance Program  
Rutgers University

**Tanisha Riley, MA, MCHES** – Director, Health Outreach, Promotion and Education  
Rutgers University

**Jillian Prior, BA** – Director of Strategic Communications  
Rutgers University

**Jack Hemphill, MHA** – Director, Rutgers Health Services Corps  
Rutgers University

*This workshop engages the audience in our journey and implementation of a successful naloxone distribution program across Rutgers campuses. This inter-professional collaboration between student affairs, addiction counseling, communications, health promotions, and the student service corps resulted in the distribution of more than 5,000 naloxone cartons in the first half of 2024.*

# PROGRAM SESSIONS

## **Wellness Rooms as a Student Support Intervention: Impact and Practice Recommendations**

**Babbio Center 104**

**Megan Johnston, MSW, LSW** – Health Educator  
Ramapo College of New Jersey

**Judith Green, PsyD** - Director, Center for Health and Counseling Services  
Ramapo College of New Jersey

*Campus wellness spaces are an intervention for student emotional, spiritual, social and physical wellness. This presentation will provide attendees with vital information, strategies, and discussion on bringing a wellness space to their college campus. Topics include resources for a room, strategic partnerships for sustainability, and assessment.*

## **Concrete Steps to Address Social Determinants of Health (SDOH) Affecting Our Student Populations**

**Gateway South 216**

**Larry Klein, MSW, LCSW** - Director of Social Services  
Bergen New Bridge Medical Center

*Social Determinants of Health (SDOH) impact student health, mental health and academic success. Colleges must address poverty, food insecurity, transportation, homelessness/ housing, and social isolation as well as educational and health literacy. Addressing these determinants through interventions will foster a healthier, supportive environment, improving mental health and academic success.*

## **Exercise and Mental Health**

**Gateway North 103**

**Matt Brzycki, BS** - Assistant Director of Campus Recreation, Fitness  
Princeton University

*A growing body of research shows the positive effects of exercise on a variety of conditions, including depression and anxiety disorders. Learn about some of the studies and their findings along with ways that college-aged individuals (and others) can design exercise programs that are efficient and effective.*

## **The TikTok-ization of Mental Health: Leveraging Social Media for Student Support**

**Gateway South 122**

**Diane Sosa, MA, LPC, NCC** - Staff Psychotherapist, Counseling and Psychological Services  
Stevens Institute of Technology

**Katelyn Delano, MA, LCSW** - Staff Psychotherapist, Counseling and Psychological Services  
Stevens Institute of Technology

*This workshop explores the TikTok-ization of mental health among college students, highlighting how students engage with mental health topics on social media and the implications for mental health practices in higher education. We discuss effective strategies for incorporating these digital connections into mental health practices, fostering community and enhancing outreach while addressing the unique challenges posed by social media dynamics.*

## PROGRAM SESSIONS

### **Not Everyone Needs Therapy: Integrating Non-Clinical Case Management in College and University Wellness Centers**

Babbio Center 122

**Kristen Wilson, MS, DSocSci** - Director, Behavioral Services  
Rowan College of South Jersey

**Diane Musoline, DSocSci, LMFT** - Executive Director, Behavioral Services  
Rowan College of South Jersey

*College student mental health continues to be a pressing concern. This session explores the growing need for holistic mental health support in higher education, differentiates between non-clinical case management and clinical treatment, and highlights how a three-prong wellness model can enhance college counseling centers, promoting comprehensive, transformative student care.*

### **Montclair State University Mental Health First Aid Initiative: Increasing Bystander Actions Through a Cross-Disciplinary, Campus-Wide Effort**

Babbio Center 319

**Melissa Shuman Zarin, PhD** - Associate Director of Counseling and Psychological Services  
Montclair State University

**Kevin Schafer, PhD** - Associate Director for Residential Support Services  
Montclair State University

**Fatima DeCarvalho, EdD** - Senior Associate Dean, Dean of Students Office, Student Development and Campus Life  
Montclair State University

*Student well-being is a pressing challenge facing higher education today. Faculty, staff, and students often witness this distress without knowing how to help. One way to address this issue is through education, equipping the community with the knowledge to recognize and intervene in mental health crises. To foster a culture of care, Montclair State University (MSU) has implemented a campus-wide initiative to train staff and students in Mental Health First Aid. This evidence-based, 8-hour training teaches participants to identify signs and symptoms of mental illness and how to intervene at all stages of a mental health struggle. This session will showcase the collaboration between Counseling and Psychological Services, the Dean of Students Office, and Academic Affairs, which worked together to achieve these objectives.*

### **From Surviving to Thriving: Mental Health and Well-being for International Students in the United States**

Gateway North 204

**Santiago Castiello, PhD** - Assistant Professor of Higher Education, Dept of Education Leadership, Management & Policy  
Seton Hall University

**Katie K. Koo, PhD**, - Associate Professor, Department of Counseling and Human Development Services  
University of Georgia

**Shima Talebi**, Doctoral Student  
Seton Hall University

*The purpose of this interactive workshop is to provide an overview of unique challenges and experiences of mental health and well-being among international students and provide recommendations and suggestions for best practices to support international student mental health on campus for faculty and professional professionals who work with this population.*

## PROGRAM SESSIONS

### **Understanding the Link Between Mental Health and Substance Misuse on College Campuses, and How to Reduce the Risk (panel)**

Gateway South 21

**Linda Richter, PhD**- Senior Vice President of Prevention Research and Analysis

**Cori Hammond, MPH**- Director of Prevention Services, Partnership to End Addiction

**Patricia Aussem, LPC, MAC** - Vice President of Consumer Clinical Content Development, Partnership to End Addiction

**Christopher Freeman- LPC, LCADC**- Assistant Director of Alcohol and Drug Support Services, The College of New Jersey

*Rates of substance misuse and mental health problems are highest among emerging adults, and college students face unique stressors and social circumstances that contribute to the risk of each and to the risk of their co-occurrence. Now that the immediate threat of COVID-19 has subsided, it is important to understand what the latest data show and what best practices are for addressing these problems and fostering better mental health and safety among college students. Partnership to End Addiction, a national nonprofit that works with young people, families, and schools on issues related to substance use and mental health, will share current knowledge about evidence-based strategies for school-based prevention, early intervention, clinical practice, and policy aimed at addressing student mental health and substance use challenges. The panel will also feature insights from the Assistant Director of Alcohol and Drug Support Services at a local college on effectively applying that research and evidence-based practices to college students.*



**American  
Foundation  
for Suicide  
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**New Jersey**





## SPONSORS AND RESOURCE FAIR PARTICIPANTS

<p><b>PRINCIPAL SPONSOR</b></p>		<p><b>Uwill</b> is the leading mental health and wellness solution offering immediate mental health and wellness support eliminating all barriers to care. Uwill complements current mental health and wellness offering efforts by providing students immediacy and choice with no barriers to tap into our community of licensed therapists. Uwill offers an immediate appointment based on student needs and preferences, a direct crisis connection, wellness events, and more.  <a href="https://uwill.com">https://uwill.com</a></p>
<p><b>SILVER SPONSOR</b></p>	 <p><b>American Foundation for Suicide Prevention</b>          New Jersey</p>	<p>The <b>American Foundation for Suicide Prevention (AFSP)</b> engages in mental health initiatives to raise awareness for and support mental health. The AFSP is dedicated to saving lives and bringing hope to those affected by suicide.  <a href="https://afsp.org">https://afsp.org</a></p>
<p><b>SILVER SPONSOR</b></p>	 <p><b>Bergen New Bridge Medical Center</b>          All The Care You Need.</p>	<p><b>Bergen New Bridge Medical Center</b> enhances community health and well-being by providing high-quality, compassionate care that is accessible to those in need. Bergen New Bridge, a not-for-profit safety net facility, provides high-quality comprehensive services, including acute and ambulatory care from Rutgers New Jersey Medical School and community physicians, mental health and substance use disorder treatment, and long term care to the greater Bergen County community.  <a href="https://www.newbridgehealth.org">https://www.newbridgehealth.org</a></p>
<p><b>SILVER SPONSOR</b></p>	 <p><b>BALANCE &amp; THRIVE</b>          MENTAL HEALTH COUNSELING AND PSYCHOEDUCATION</p>	<p><b>Balance and Thrive</b> Mental health and Psychoeducation Center is <i>premier Mental Health &amp; Counseling and Psychoeducation Center</i> established to provide services to support emotional balance and life fulfillment. We encourage people to improve the quality of their lives through fostering an integrated approach to healthy living.  <a href="https://www.balanceandthrivecounseling.com">https://www.balanceandthrivecounseling.com</a></p>




## SPONSORS AND RESOURCE FAIR PARTICIPANTS

<p>PARTICIPATING SPONSOR</p>	 <p><b>HAMPTON</b> Behavioral Health Center</p>	<p><b>Hampton Behavioral Health Center</b> offers unparalleled inpatient and outpatient treatment for adolescents, adults, dually diagnosed adults (mental health and addiction issues) and older adults. Understanding the diverse needs of our patients, we also offer Electroconvulsive Therapy (ECT) on both an inpatient and outpatient basis. Our staff is dedicated to providing the immediate help an individual might need. Hampton Behavioral Health Center's Access Center is staffed 24 hours, 7 days a week with specially trained assessment coordinators to provide confidential level of care assessments.</p> <p><a href="https://hamptonhospital.com">https://hamptonhospital.com</a></p>
	 <p><b>Mantra Health</b></p>	<p><b>Mantra Health</b> partners with higher education institutions to provide students with comprehensive, high-quality digital mental health and wellness solutions.</p> <p><a href="https://mantrahealth.com">https://mantrahealth.com</a></p>
<p>PARTICIPATING SPONSOR</p>	 <p><b>Mental Health Association in New Jersey, Inc.</b></p>	<p>The <b>Mental Health Association in New Jersey (MHANJ)</b> has a rich history of improving the lives of people with mental illness and substance use disorders. The MHANJ is a statewide non-profit organization whose mission is to strive for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training and services. The MHANJ breaks down stigma and other barriers that prevent people from seeking treatment. It builds a strong base of support and network of services for people coping with behavioral health issues and their family members.</p> <p><a href="https://www.mhanj.org">https://www.mhanj.org</a></p>
<p>PARTICIPATING SPONSOR</p>	 <p><b>MindWise</b> INNOVATIONS</p>	<p>Powered by <b>MindWise</b> Innovations, SOS for Higher Ed is a suite of online, interactive suicide prevention training for students, faculty, and staff. It teaches faculty/staff how to respond to signs of distress in students, while teaching students how to ACT (Acknowledge, Care, Tell) if they are worried about themselves or a friend.</p> <p><a href="https://mindwise.org">https://mindwise.org</a></p>

## SPONSORS AND RESOURCE FAIR PARTICIPANTS


		<p><b>New Jersey College Counseling Center Association</b> is a non-profit organization which promotes communication, professional development and advancement for counselors and professionals working in university and college settings in the State of New Jersey.</p> <p><a href="https://www.njcollegecounseling.org">https://www.njcollegecounseling.org</a></p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">PARTICIPATING SPONSOR</p>		<p><b>New Jersey Department of Human Services, Division of Mental Health and Addiction Services, Disaster and Terrorism Branch</b> The Division of Mental Health and Addiction Services (DMHAS) serves as the Single State Agency (SSA) for Substance Use and the State Mental Health Authority (SMHA) as designated by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). The Division oversees New Jersey's adult system of community-based behavioral health services. These agencies provide a full array of services.</p> <p><a href="https://www.nj.gov/humanservices/dmhas/home">https://www.nj.gov/humanservices/dmhas/home</a></p>
		<p>New Jersey Higher Education Student Assistance Authority is the only New Jersey state agency with the sole mission of providing students and families with financial and informational resources for students to pursue their education beyond high school.</p> <p><a href="https://www.hesaa.org">https://www.hesaa.org</a></p>
		<p>At <b>Newport Healthcare</b>, we believe that the human connection is the most powerful experience that any of us will ever have. The foundation of our unparalleled treatment centers is our team, made up of the world's best mental health and therapeutic experts specializing in treating children, teens, and young adults, who accelerate our impact in changing a young person's life. As a leading healthcare enterprise, the more people we have behind our mission of empowering children, teens young adults, and families, the greater the endless circle of good.</p> <p><a href="https://www.newporthealthcare.com">https://www.newporthealthcare.com</a></p>

## SPONSORS AND RESOURCE FAIR PARTICIPANTS


		<p>With over 30 years of research and experience, <b>Partnership to End Addiction</b> delivers evidence-based training and resources to families, educators, and providers – empower them to address the rising substance use and mental health challenges impacting student, schools, and communities.</p> <p><a href="https://drugfree.org">https://drugfree.org</a></p>
<p>PARTICIPATING SPONSOR</p>		<p><b>Rivia Mind</b> believes the right treatment can be life changing. Not only can it improve your symptoms – that's the basics – but it can also set you on a course to a more fulfilling and meaningful life. We have worked hard to create a culture of excellence throughout our organization by carefully hand-picking a diverse group of clinicians who share our dedication, believe in our practicing philosophy, and are relatable to your unique backgrounds. They are here to be your partners in your journey to recovery.</p> <p><a href="https://riviamind.com">https://riviamind.com</a></p>
<p>PARTICIPATING SPONSOR</p>		<p><b>RWJBarnabas Health</b> is New Jersey's largest integrated health care delivery system, providing treatment and services to more than three million patients each year. Throughout RWJBarnabas Health, our dedicated physicians, nurses, and health professionals are committed to providing the highest quality of patient care and health education to the community and region. RWJBarnabas Health aims to truly make a unique impact in local communities throughout New Jersey. From vastly improving the health of local residents to creating educational and career opportunities, this combination greatly benefits the state. We understand the growing and evolving needs of residents in New Jersey—whether that be enhancing the coordination for treating complex health conditions or improving community health through local programs and education.</p> <p><a href="https://www.rwjbh.org">https://www.rwjbh.org</a></p>



## SPONSORS AND RESOURCE FAIR PARTICIPANTS

		<p><b>ShoulderMe</b> is a mental wellness app that creates a judgment-free zone with anonymous chat rooms, allowing users to freely share their thoughts. It offers tailored tools like mood tracking, setting personal goals, audio-based journaling, and daily motivational quotes, complemented by an AI companion for advice and guidance. Users can also access mindfulness exercises, discover book suggestions, enjoy personalized music playlists, and find mental health resources, including hotlines, to support their emotional journey.</p>
		<p><b>Stronger2Together</b> is an educational support service providing access to emotional intelligence education to underserve families. We believe in the power of collaboration and work closely with community organizations, schools, and other stakeholders to create impactful emotional intelligence programs for families and educators. By leveraging strategic partnerships and employing innovative strategies, we aim to break generational cycles, improve school environments, and build stronger, more resilient communities.  <a href="https://www.stronger2ogether.org">https://www.stronger2ogether.org</a></p>
		<p><b>The Hidden Opponent</b> is a 501(c)(3) non-profit and advocacy group that raises awareness for student-athlete mental health and addresses the stigma within sports culture. The Campus Captains program brings mental health initiatives directly to college campuses through passionate student ambassadors.  <a href="https://www.thehiddenopponent.org">https://www.thehiddenopponent.org</a></p>
<p>PARTICIPATING SPONSOR</p>		<p><b>Verity</b> is an engagement tool that uses Gamification and Contingency Management to help students develop healthy habits, measure and improve outcomes, and reduce stress. Students earn points, rewards, streaks, and gift cards by completing individual or team-based goals.  <a href="https://www.verityhealth.io">https://www.verityhealth.io</a></p>

## SPONSORS AND RESOURCE FAIR PARTICIPANTS

PARTICIPATING SPONSOR	 <p><b>WATER GAP</b> WELLNESS</p>	<p>When it comes to behavioral healthcare in the Tri-State area, <b>Water Gap Wellness</b> is your top choice. Our integrative approach to substance use, dual-diagnosis &amp; mental health treatment offers you a personalized, client-first experience in recovery &amp; wellness. We combine the latest evidence-based therapies with holistic and experiential modalities in order to provide a truly unique treatment experience for each client who enters our programs.</p> <p><a href="https://www.watergapwellness.com">https://www.watergapwellness.com</a></p>
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There is no health  
without mental health.

**Let's Talk,  
Let's Listen,  
Let's Support.**



**Bergen New Bridge Medical Center**  
We treat the illness and care for the person.



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# MENTAL HEALTH SUMMIT COMMITTEE MEMBERS

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Assistant Vice President for Student Affairs  
Stevens Institute of Technology

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