

Connections |



A community publication on behavioral healthcare.

Breaking

THE stigma

How Carrier Clinic is breaking the barrier to understanding mental illness.

EQUINE TREATMENTS

Help with adolescent mental health

A WALK OF HOPE

Carrier Clinic's first walk-a-thon

CHAIRMAN'S OUTLOOK

The future of Carrier Clinic



from our CEO

Welcome to our first edition of the Carrier Clinic Community newsletter, *Connections*.

After celebrating the milestone of 100 years of providing mental health and addiction treatment to the residents of New Jersey, Carrier Clinic is looking forward to the continued service in our community through a focus on wellness and recovery.

Today, we serve over 5,000 people a year within our hospital, addiction center and adolescent residential facilities.

As we look forward to the next 100 years, we will continue our commitment to providing quality care and to decreasing the stigma of mental and addictive illnesses.

C. RICHARD SARLE
PRESIDENT AND CEO



3

Optimistic Outlook

Carrier Clinic's new Chairman



4

Breaking the Stigma

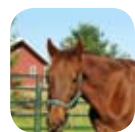
Carrier Clinic is breaking the barrier to understanding mental illness



6

Walk of Hope

Carrier Clinic's first annual walk-a-thon



8

Equine Encouragement

Equine therapy proves powerful and effective for adolescents



10-11

- Carrier Clinic's 2010 achievements
- Dr. Hasson, Medical Director
- Blake Recovery Center—celebrating 30 years

We want to hear from you.

We invite our readers to share their Carrier Clinic experience, which may be used in an upcoming *Connections* newsletter. Our Community Relations Department can be reached at (908)281-1513 and at hsteel@carrierclinic.com.

Written letters may also be mailed to:

Carrier Clinic
c/o Community Relations
P.O. Box 147, Belle Mead, NJ
08502

Contact us 24/7:

Call 1(800)933-3579
or visit CarrierClinic.org



The articles in this publication are not intended to provide specific medical advice or treatment recommendations to any individual or group. The publication is for information purposes only.

Comments or suggestions for *Connections* can be sent to Heather Steel at HSteel@carrierclinic.com. Please call our Access Center at 800-933-3579 if you wish to speak with someone about a possible admission.

OPTIMISTIC OUTLOOK

Tom Amato, Carrier Clinic's new Chairman of the Board, is ready to put his vast experience to work.



He's served as CFO at three public companies in the telecommunications industry. His many volunteer experiences include the board of Head Start on Long Island, and the development department at his alma mater of Princeton University. He's done extensive humanitarian work in South Asia—and he's even assisted the official Chaplain of both the New York Yankees and the New Jersey Nets.

Earlier this summer, the greater community served by Carrier Clinic got to know the name Thomas G. Amato, when the Board of Trustees at Carrier Clinic voted to elect the Skillman, NJ resident as Chairman of the Board.

Although he's only been a member of the Board since 2009, Tom Amato has played a significant role on the Clinic's Development Committee (for which he served as Chair), as well as the Capital Campaign, and Carrier's first, resoundingly successful Gala fundraiser.

Tom was the unanimous choice to spearhead Carrier Clinic's mission of providing "the best care and treatment to those persons who come to us struggling with emotional, behavioral distress, addictive and psychiatric disorders."

It's a stated mission that's found an enthusiastic advocate in Amato, who explains that, "I chose Carrier because I believe in the mission... I believe that is the most important thing that a board member or volunteer can do, in addition to supporting the organization financially and intellectually."

A spiritual counselor for six seasons to one of the Yankees' farm clubs, Tom explains that, "My faith is important to me. I wanted to do something that would benefit others and keep in line with my spirituality."

As Amato sees it, that sense of the spiritual finds a home within the Carrier mission—about which he observes, "It's more than looking

at the physical...there is a spiritual wellness and wholeness here as well."

"The Clinic has had to change and be adaptive to succeed over the years," the new Chairman continues. "It's the mission that never changes, and we need to let the world know about our potential, our resources."

Those resources, according to Tom, include "financial health, our beautiful 100-acre campus, and a 14-acre solar farm," as well as Carrier's century-old tradition of service, and the facility's unique position as an independent entity that's able to address both the challenges and the opportunities presented by a fast-changing healthcare landscape.

"I'm interested in continuous improvement, meaning, every year we build on our successes," Tom says. "This is why we are here, to make it better."

"I'm interested in continuous improvement, meaning, every year we build on our successes"

Breaking

THE stigma



For more than 100 years, Carrier Clinic has been breaking the stigma of mental illness in New Jersey and throughout the country.

Mental illness never discriminates. It draws no distinctions based on age, race, gender, faith or ethnicity. It knows no timetable, ignores issues of economic status, and disregards all matters of social stigma.

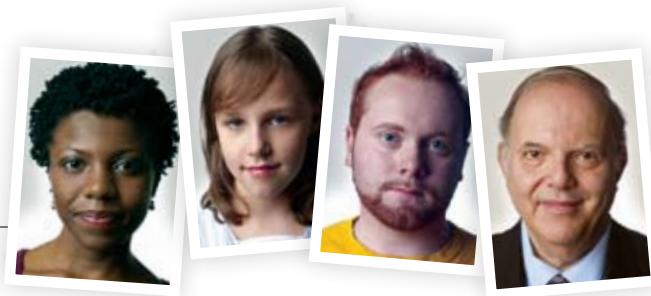
Even in an age when so many of us don't think twice about sharing the most intimate details of our lives, mental illness—and the stigma that continues to attach itself to those words—remains the last taboo topic in our increasingly "open" society.

With proper treatment, people can, and do, get better. For those who require the services of a state-of-the-art behavioral healthcare facility, Carrier Clinic stands at the forefront of caring, compassionate treatment.

Breaking the stigma within the community at large has Carrier Clinic addressing three important goals: treating the disorder itself, emotional, behavioral, addictive or psychiatric; incorporating the individual back into a healthy and productive life; and preparing the community to accept and understand that individual.



Carrier Clinic is located on a 100-acre campus in Belle Mead, NJ



The **FACT IS** that one out of every four Americans will suffer the effects of a diagnosable mental or behavioral disorder during their lifetime.

Today's Carrier Clinic builds on a 100-year legacy with a range of rehabilitative programs and services—on inpatient, outpatient and residential levels—for adolescents, adults and older adults. Our 100-acre Belle Mead campus also includes the Blake Recovery Center for patients afflicted with drug or alcohol addiction, as well as the private East Mountain School and East Mountain Youth Lodge for teenagers with psychiatric or emotional difficulties.

Specialized programs for family members in education and support are vital components in the patient's path for success.

According to C. Richard Sarle, President and CEO of Carrier Clinic, helping individuals lead productive lives within their community centers on the ongoing efforts to engage the greater community and to foster the profile of Carrier Clinic as a good neighbor; a resource for quality care and well-being at the heart of an ever-growing region.

Carrier professionals regularly reach out to the public through mental health and addiction screenings, as well as free presentations on topics of interest at libraries, YMCAs and other venues. Special events such as September's first annual Walk of Hope and Awareness Day allow members of the public a close-up look at the Carrier campus. Off-site events like this year's exhibit at the Red Mill Museum in Clinton work to reach into the community to improve the understanding and relationship of our society to its mentally ill citizens.



With an estimated 57 million Americans and their loved ones suffering the effects of mental illness, it's more important than ever to break down the barriers, stop the silence, and continue to educate the community. At Carrier Clinic, it's a Walk of Hope that our dedicated professionals take every day.

Community education is key to fostering the understanding and acceptance of those affected.

—C. Richard Sarle, President and CEO

100 Years

OF COMMUNITY SERVICE

It's an approach that traces its lineage back over 100 years, when our Somerset County facility was founded by Dr. John Joseph Kindred as Belle Mead Farm Colony and Sanatorium. A reformer in alternatives to the dehumanizing "lunatic asylums," Dr. Kindred established a safe and stress-free place in the foothills of the Sourland Mountains—a place where people went not to be locked away, but to heal.



Carrier Clinic knew that the key to successful treatment was not isolation, but rehabilitation and a return to active participation in society. In the countryside of a century ago, that meant a good deal of farm work—an approach that served not only to keep Colony patients engaged in the mainstream of local life, but to reassure the people of the surrounding area that the Colony was very much a part of their community.



CARRIER CLINIC'S FIRST ANNUAL

Walk of Hope



It was a gorgeous late summer day in the foothills of the Sourland Mountains, when a diverse group of people took a stroll in the Somerset County countryside—not an unusual sight when the weather's nice, but this particular morning carried an extra significance with each and every step.



On Saturday, September 17th, the first annual Carrier Clinic Walk of Hope and Awareness event took place on the grounds of Carrier's Belle Mead campus; a "rain or shine" recreational fundraiser in which a small army of men, women, children and even friendly, socialized, leashed dogs walked to call attention to our society's ongoing struggle with the effects of mental illness.

Each of the registered participants helped play a part in Carrier Clinic's ongoing mission to provide the best care and treatment to those persons who come to us struggling with emotional and behavioral distress and addictive and psychiatric disorders—and each step took us closer to realizing a long-term goal of ensuring that no one who suffers from mental illness suffers in silence.



"Carrier does a great job in supporting the community," said Walk of Hope participant Craig McKinley, one of many New Jersey residents who lined up at 9 a.m. to register for the event.

"The perception with many people is that mental illness isn't something that deserves support," said McKinley of his reasons for donating his Saturday

to the cause. "Carrier got the word out that it's something people need to concentrate on."

Part of an "Active Minds" contingent from Georgian Court University in Lakewood, Clarissa DeLuca expressed the opinion that attitudes toward mental illness represent "a big speed bump in moving forward toward equality for everyone...some people just need extra help, not to be judged."

Explaining that academic institutions like Georgian Court are actively engaged in expanding upon the Walk of Hope concept, DeLuca stated, "Universities are really the key to getting the word out and stopping the stigma."



Also getting out the group effort were the Team Green Ninjas, a playful band of staffers (including at least one canine colleague) from East Mountain Hospital.

"We're real tight, as close as family," said Josh Tine, a Green Ninja in good standing and the team's unofficial spokesman. "We work together every day, and this time we're here for fun more so than work."

In addition to the support of event sponsors such as Nass Tech, Birdsall Group, Electrical Concepts, the American Foundation for Suicide Prevention, Dr. Jeffrey Hofman, Active Disposal and Financial Resources Federal Credit Union, the international onsite food services management company Sodexo (also a Carrier Clinic sponsor and one of many major clients in the healthcare industry) provided water and fresh fruit for the walkers. Electrical Concepts was most generous in providing bagels for all participants.

"We really enjoy working with the hospital," said Tracy Hart, one of Sodexo's people on site for the Walk of Hope. "It brings to light the fact that addiction is a disease, not just a decision."

Added fellow Sodexo employee Brian Sullivan, "Anything we can do to get people the help they need, to raise awareness, lets them know that there is treatment out there; that we can recover from this."

In all, 172 corporate and individual donors helped more than 150 fundraising Walk participants to raise almost \$15,000 for Carrier Clinic's programs in the community—and all systems are a go for a second, even more successful Walk of Hope and Awareness in 2012.

More Information

For information on how you can be a part of this event or other community fundraising vehicles throughout the calendar year, contact Donna Zaleski at funddevelopment@carrierclinic.com.





quine encouragement



At Carrier Clinic, Therapists Come in All Shapes and Sizes.
Equine Therapy Proves Powerful and Effective for Adolescents.

The beauty of horses is that they don't care if you're depressed, anxious or have a learning disability. They only judge you by how you are at the moment, and their soothing presence can enhance self-confidence, communication and interaction with others. This has been the result for many adolescents at Carrier Clinic who have participated in the facility's highly successful equine-assisted therapy program.

Dr. Claire Marsh, Medical Chief of Adolescent Services, says that the clinic does a lot of alternative therapy with adolescents, and continually seeks ways to engage their creativity, as teens often require more than traditional means of therapy. "Adolescents have a harder time talking about their feelings than adults do. Those in treatment at Carrier have a history of distancing themselves from others because of their illness, so talking to a group of adults is not always effective. Teens express themselves better through animals, and experience a more caring side of themselves that translates into other relationships and forms of treatment."

Seeing the need for alternatives to traditional counseling for adolescents with psychiatric, behavior, emotional and/or substance-abuse difficulties, Carrier contracted with Horsetime, Inc., an equine-assisted psychotherapy and learning firm to conduct onsite programs. Supported in part by a grant from the Freed Foundation, adolescents participate in 10 weekly equine therapy sessions where they learn how to interact with the horses. There is no riding. Instead, patients observe the animals and learn how to approach them, which helps teens learn how to approach real-life people and situations.

Sessions typically begin with observation of the horses, followed by an assignment that's either done individually or as a group. Each session is facilitated by at least one horse expert and one trained therapist. "This kind of therapy is well-founded in science, and serves as a successful tool to get many adolescents to open up," states C. Richard Sarle, President and CEO. In a way, this therapy is not that revolutionary after all. In 1910, Carrier Clinic began as a farm and sanitarium. "As mental health treatment has changed, it's interesting how we still go back to some of our previous practices."



“ This kind of experimental therapy is well-founded in science, and serves as a successful tool to get many adolescents to open up.

– C. Richard Sarle
President and CEO

A 15-year-old female was struggling with issues ranging from impulsivity to peer influences and feelings of depression. She chose to work with the horse that was also struggling that day. Both had difficulty trusting others. Her task was to "tell the horse a secret," and after many attempts, she patiently succeeded. It was amazing to see someone so guarded and impulsive identify with the horse, and become so peaceful and close within the session.

A 16-year-old female refrained from participating in the first session of Equine Therapy. She had difficulty expressing her feelings and discussing issues, particularly those related to her self-abusive behaviors of cutting and burning. As the equine sessions progressed, she showed increased openness and insight into her issues, which she slowly began to address in her individual and group therapy.

A 17-year-old male was afraid to interact with the horses. As the weeks passed he became more engaged. He dealt with paranoia and hallucinations, was timid in treatment, but in his sessions with the horses, displayed a unique confidence. This example was used over and over to remind him of what he could accomplish.



Making the connection in 2010

Every year, over 5,000 people enter through our doors for treatment, while countless others call for information for a loved one's illness. Mental and addictive illnesses affect one in four families. The patients we treat are our children, parents, siblings, neighbors and friends. We take this responsibility very seriously, and appreciate your trust in us with your loved one's care.

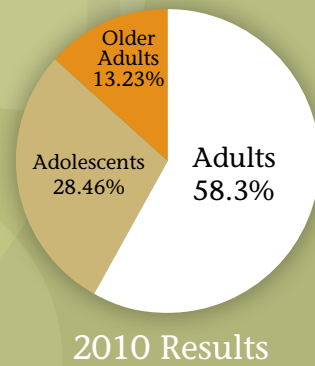
Carrier is proud to be in a community where those in need know they can turn to us first—for treatment, support, education or encouragement. For more information on the community we serve, please visit www.CarrierClinic.org

5,148 Number of people treated at Carrier

69,202 Number of calls our 24/7 Access Center answered

1,388 Number of patients seen within our addiction services

215 Number of students who received special education



Dr. Hasson, M.D.

On July 15th, Carrier Clinic welcomed Marie E. Hasson, MD, as its new Vice President and Medical Director.

Carrier Profile

Holding the position of Chair of the Department of Psychiatry at Atlanticare Regional Medical Center for over three years, Dr. Hasson's decision to work at Carrier was simple. "I think Carrier is a better hospital than any other in New Jersey, and I'm honored to be here," says Dr. Hasson.



Patients in a medical hospital might get visitors and cards, which is not always the case in a psychiatric setting. Dr. Hasson explains, "There is a lot of stigma that keeps both patients and family members from getting help. These illnesses can be tragic, and how we treat patients, especially our younger ones, will definitely impact how they treat themselves and their illness through their lifetime."



Educating patients on how to care for themselves is our goal. Knowledge is power. The purpose of the Wellness and Recovery model is that patients can fully recover and get back to their life. One of the great things about Carrier is that we provide specialized care, so we are able to treat people throughout their life stages—adolescent, adult, older adult. It makes a difference."

She continues, "We are entrusted with the care of people because of our reputation. I love our Hope, Help & Healing slogan, because I think that it really makes our point. Anyone can be affected by mental illness or addiction, and it's the 'hope' that people have that positively impacts their recovery."



An integral part of Carrier Clinic, a life-changing experience to thousands in our area who have suffered from drug and alcohol addiction.

Opened in 1981, Blake Recovery Center was named in honor of Bill Blake, a recovering alcoholic who played an instrumental role in starting the first addiction meeting and implementing the addiction treatment program at Carrier Clinic. Today, BRC reflects the latest advances in the effective treatment of drug and alcohol addiction. Our program provides medically-monitored detoxification and residential rehabilitation care for individuals suffering from illegal and prescription drug abuse as well as dependence on and addiction to alcohol.



For more information about Blake Recovery Center, please visit CarrierClinic.org/programs-addiction.php



252 County Road 601
Belle Mead, NJ 08502

PRESORTED
FIRST-CLASS MAIL
US POSTAGE PAID
NEW BRUNSWICK, NJ
PERMIT #1281

DEVELOPING YOUR LEGACY

Leaving a legacy can be something that helps us feel **complete**.
It is the **exclamation point** at the end of our lives.

Legacies can mean different things for different people. For some, a legacy is found in their children; for others, it is in the work they have performed; and still others leave their legacy by supporting a special cause or organization.

Legacy is what we here at Carrier Clinic are creating as we launch our Fund Development department. In more than 100 years of continuous service to the community at large, Carrier Clinic has never gone to the community for financial support. But as times have changed and the need for our services has grown, we find that we must look to our neighbors for their financial help.

As our Executive leadership team and our Board of Directors work to develop a long-term strategic plan for Carrier Clinic, we know that we must improve our facilities so we can continue to provide the critical services to those who come to us struggling with emotional, behavioral, psychiatric and addictive disorders. In addition to physical plant improvements, we are eager to continue to provide outstanding clinical programming. Our overall goal is to provide the very best care in a state-of-the-art facility. We believe that our patients, residents and students deserve only the very best.

We invite you to consider Carrier Clinic as you plan your year-end gifts, employee payroll deductions, estates, and annual giving. In this way, your legacy would be to provide compassionate care for some of the most vulnerable people within our state. Each year more than 5,000 people are admitted to Carrier Clinic. Won't you consider helping us as part of your legacy?

For more information regarding the Fund Development program at Carrier Clinic, please call (908)281-1495 or email funddevelopment@carrierclinic.com.

