



VILLAGE OF RIDGEWOOD

131 N. MAPLE AVENUE, RIDGEWOOD, NJ 07450

Ridgewood Stigma-Free Committee Meeting Minutes 6.17.25

Present: Beth Abbott, Karen Acker, Lynn Benson, Danielle Caputo, Dan Kilday, Corinne Scarpa, and Councilwoman Siobhan Winograd

The Zoom meeting began around 3:03 pm.

Item 1: Welcome and Committee News

- Danielle gave brief update on staff changes at the Health Department. Surbhi is no longer working for the department as of 6.13.25. Additionally, the Health Department was informed on 6.4.25 that their two grants, Enhancing Local Public Health Infrastructure and Sustaining Local Public Health Infrastructure have been reinstated. This helps greatly to keep staff, particularly Danielle. Health is also using these funds for a part time health inspector.

Item 2: Save the Date – September 12, 2025 Youth Mental Health First Aid Training from 8:30 am – 4 pm at Village Hall

- Danielle shared that this training is occurring, and requested that the group help spread the word. Flyer pending.

Item 3: Plans for the fall

- Danielle gave brief update on the Mayors Wellness Campaign that is set to kick off on September 13th. Health has been meeting with community partners and stakeholders over the past few months to plan for this campaign in the fall. Campaign is set to occur from September to December. The purpose of the campaign is to promote all aspects of wellness such as; physical, emotional, social, intellectual, environmental, financial, occupational, and spiritual. Stay tuned for more information this summer. Carol Bialkowski will be promoting it soon.
- Health plans to work with Parks and Recreation and the county to host a Narcan Training in the fall. The training would be open to the public, but individuals must be 18 years or older to attend, as per the county.
 - Through conversation, Siobhan asked that this training be promoted with the Fields Department so that coaching staff can be notified of this training as well. Siobhan will request when back to school night is occurring so that this training does not overlap with these events. Additionally, it was mentioned that we have to keep in mind of the holidays that occur in the fall.
 - Danielle shared that Health also has Narcan kits if anyone would like one. Siobhan requested that Danielle share Narcan PSA with her so that she could share with parents/guardians, especially those involved with Project Graduation. Project

Graduation is a special event in Ridgewood for the graduating class to participate in a drug-free event. Siobhan gave an overview of what Project Graduation entails. Discussion of the Clerk's Office program, Momma Bear came about. Siobhan is working hard to spread awareness about this program for parents/guardians that are sending their child off to college. Additionally, Lynn added it would be great if we could send students a "goodie-bag" that included mental health resources when they go off to college since this is a huge life transition. The group agreed that it would be beneficial because often times when students are on their own for the first time, they don't know where to turn for help. Lynn also asked Dan Kilday if Narcan was part of the Ridgewood curriculum. Dan confirmed that they do touch upon Narcan in the curriculum.

- Siobhan shared that during the CPR Training that she recently took, she learned about Narcan and how Fire, Police, and EMS all have different protocols when it comes to administering Narcan.
- Siobhan shared exciting news that the Village was awarded a \$70,000 grant from the county regarding hearing loops. The grant funds will be used to help Village Hall become more hearing accessible. The plan is for the funds to be used within the main level rooms (Senior Lounge and Youth Lounge). The town plans to do a similar renovation in the Court Room as well.
- Siobhan also provided a brief update regarding Access Week set to occur in October.
- Health is hoping to partner with Ridgewood Library in the fall to host a viewing of The Upstanders and/or Race to be Human. Plan to be determined.

Item 4: Karen Acker – NJ Governor's Council on Mental Health Stigma Ambassador

- Karen Acker will touch base with Cynthia Chazen, Stigma Ambassador in hopes Cynthia can attend one of our meetings this fall.

Item 5: Reminder- Community Health Needs Assessment – Due July 31, 2025

- A reminder will be shared in the meeting minutes email.

Item 6: Upcoming Events

- With the uncertainty of grants, Health did not schedule anything for the summer besides the Blood Pressure Clinic that occurs the third Friday of each month and the Child Health Clinic that usually occurs the fourth Tuesday of each month. The group did not mention any other upcoming events.

The meeting ended around 3:40 pm due to a technical difficulty. Danielle emailed those that were on the meeting, and will share the meeting minutes in coming weeks.

The next meeting will be Tuesday, August 19, 2025 via Zoom.