

# Somerset County Department of Human Services

## Making Vibrant Connections with our Residents

The mission of the Somerset County Department of Human Services is to improve the life of all county residents by promoting the economic, social, emotional, physical and mental well-being and safety of residents and communities.

Michael J. Frost, LCSW, ACSW- Director of Human Services  
Julie DeSimone, LSW- Assistant to the Director

### ***Thoughts From the Director : "Creativity, Healing, and Service Design"***

In tight economic times the "functions we can't bill for" usually hit the budget chopping block first. This often involves jobs/functions that fall under the rubric of "non-essential" services. I want to spend a little time with you this month examining what we mean by "essential."

Traditionally most folks use the word essential to mean "absolutely necessary" – and when applied to the world of human service related programming it is translated as "something the program or the agency couldn't possibly function without." I want to suggest another category for consideration: "essential to the quality and completeness of the service provided."

Before the days of fee for service billing and long before the institutionalization of managed care and insurance company metrics, the creative arts adjuncts from the worlds of music, dance, drama and art were seen as key components of all sorts of "transformational" programs. These programs ran the gamut from psychotherapeutic to community based "population specific" designs. To be sure, rigorous auditing and monitoring of programs was helpful in a variety of ways, particularly in the areas of outcome measurement and in challenging the general notion that "more is better." However, as is often the case, this has resulted – some would argue systemically-- in "throwing the baby out with the bathwater." We have seen the same paradigm applied to what is considered essential in our school systems, as we see art and music programming falling by the wayside and seen as peripheral to student growth and development.

Research shows us that we should be concerned about this trend. In the book "[Art and Human Development](#)" (Milbrath & Lightfoot, 2010) the authors explored the role of the arts in the construction of the knowledge base that informs us as human beings. This role was understood by many cultures thousands of years ago, including the ancient Greeks. "Music," says Plato,

"gives a soul to the universe, wings to the mind, flight to the imagination... it is the invisible, but nevertheless dazzling, passionate, and eternal form." Ernst Cassirer (German Philosopher, 1874-1945) argued that thinking focused exclusively on mathematical and scientific serves to "impoverish reality." According to Cassirer, the arts "serve as a mediator between us and the world. The products of our creativity and imaginations are the lenses through which we view and attempt to understand our realities." Today, cultural icon Jay-Z echoes the sentiment when he says "A poet's mission is to make words do more work than they normally do, to make them work on more than one level."

So why am I writing (and thereby asking you to reflect) about this seemingly esoteric topic? As someone who continues to value and practice in the world of creative arts (and to use it in exactly the way Cassirer's lens suggests) I know how many of us (funders, providers and consumers all) struggle with what I am arguing is a false dichotomy. The word "essential," I'm arguing, depends on many things—some of which go beyond "the bottom line." As I often say, it is the humanity in human services (and in education, and in so many other places in this world) that ultimately matters. Richness, nuance, the ability to integrate feeling with cognition all, I would argue, are essential to quality programming and service design. Yes, the devil is in the details—how to balance the need for efficiency with the use of disciplines (like the creative arts) and forums (like leadership training, for example). It is exactly what we need to do as invested citizens.

It is hard work. It is wrenching. It is essential.




#### 2016 Somerset County Board of Chosen Freeholders

Patricia L. Walsh, Director • Peter S. Palmer, Deputy Director  
Patrick Scaglione • Mark Caliguire • Brian D. Levine

Questions or comments?

Email Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us) or call 908-704-6335

## Community Partner Highlight: Agape House



In 1988 Volunteers of America Delaware Valley introduced into the Community of Somerville the first shelter for families in Somerset County. The name a Greek term meaning: The highest form of unconditional love "Agape" Agape House is a 60-bed shelter that provides emergency shelter and services to homeless families and single individuals. Agape house offers 24-hour staff support and supervision. Clients are referred by Somerset and surrounding county Board of Social Services. Clients come from every municipality in the county and many are

receiving emergency assistance. Agape House makes every effort to accommodate anyone referred to by serving as advocates for their clients with local social services agencies and school systems.

Agape House has begun rebuilding their program, which began with implementing new management and staff, more concentrated workshops and trainings that are aimed at helping our clients move toward self-sufficiency, healthy families and permanent housing. Agape House will be offering clients improved services such as assisting with job searches, obtaining/maintaining permanent housing, meeting with staff about mental, emotional and physical health issues, talking/meeting with a counselor about substance abuse and life skills tools on learning how to build healthy, loving and supportive foundations for themselves and their families.

While Agape House continues to rebuild community partners, they have recently partnered with several Agencies within the Somerset & Middlesex County communities such as; Empower Family Success center in Somerville, NJ SNAP-Ed EFNEP(Nutritional), Central Jersey Family Health (Parenting Class), Somerset Fire Department (Fire Safety) Somerset Patriots Corporate Care Program, Rutgers Robert Wood Johnson Medical School HIPHOP, and CEP Work first Program. Agape House looks forward to building new partnerships and expanding their community outreach. For more information about this organization visit their website [www.voadv.org](http://www.voadv.org). For more information about Agape House, our services or to partner with us please contact Program Director Rakima Carter at [rcarter@voadv.org](mailto:rcarter@voadv.org) or 908-707-9753.

Donations and Volunteers are always welcome!  
Donations can be dropped off at Agape House  
122-128 E. Main St. Somerville, NJ 08876 or mailed  
to our main office: Volunteers of America Delaware Valley  
235 White Horse pike, Collingswood, NJ 08107



## Committee Corner: Mental Health Board

The Somerset County Mental Health Board serves as an advisory board to the Board of Chosen Freeholders, and monitors the provision of a continuum of mental health services on behalf of residents. Twelve members are appointed for three-year terms. The Board meets a minimum of ten times a year, at 5 p.m. on the first Thursday of the month, at the Department of Human Services in Somerville. Regular meetings are open to the public. The Mental Health Board is responsible for developing and implementing a mental health plan, recommending funding applications and affiliation agreements between state contracted agencies and community providers, monitoring the provision of mental health services, educating the community, and assisting consumer advocacy and self-help groups. The work of this board ensures that the residents of Somerset County are receiving adequate and quality mental health services that they deserve. The Mental Health Board meets on the first Thursday of every month at 5pm.

## Why Somerset County Needs More Affordable Housing

Kimberly Cowart, Community Development Director

There is much information and literature about the fact that Somerset County is a great place to live, work and play. Located in the middle of New York City and Philadelphia, Somerset County residents enjoy a beautiful landscape with easy access to several major highways and all the conveniences that come with living in a modern, fast-paced metropolitan area. In addition, because there are several well-known universities in the immediate area, the region attracts corporations and retailers who are drawn because there is an educated workforce here that can positively impact their bottom line. While all of these factors make for a very desirable community, the unfortunate consequence is an inflationary effect on the cost of housing, which is well-documented by several advocacy groups.

For example, the *Out of Reach 2015* Report identifies Somerset County as one of the most expensive counties in NJ, where the housing wage (the amount a household must earn per hour working 40 hours per week, 52 weeks a year in order to pay less than 30% of their income on rent) is \$28.75 per hour. The report goes on to mention that in NJ, one person must work 120 hours per week at minimum wage to afford a 2-bedroom apartment at the Fair Market Rent (FMR) of \$1,309 (p. 150). This number is even higher in Somerset County, where the FMR for the same unit is \$1,495. The *Poverty Benchmarks 2015 Report*, which is prepared by Legal Services of New Jersey, notes that in Somerset County, there are approximately 25-40 affordable units available for every 100 families that earn less than 30% of the Area Median Income (p. 102). The report highlights another alarming trend which is that no new Section 8 vouchers have been issued since the mid-1980s (p. 105). These facts related to the shortage of affordable units and rental subsidies are supported by findings that are presented in the Somerset County Community Health Needs Assessment, which states that "among 2015 community health assessment respondents, about a third overall have trouble finding affordable housing for rent." (p. 16)

What this means on a more practical level is that many of the people that we need to have in this community because of the work that they do, cannot afford to live in Somerset County. Take an Emergency Medical Technician with an annual salary of \$38,064 and a housing allowance of \$951 per month or a Childcare Worker with an annual salary of \$24,960 and a housing allowance of \$624 per month. Where can they afford to live? How about a Social Service Assistant with an annual salary of \$33,800 and a housing allowance of \$845 per month or a Home Health Aide with an annual salary of \$23,920 and a housing wage of \$598. Where would they live in Somerset County? Is it realistic to think that person should commute from Pennsylvania? How do they make it? The answer is that people live from paycheck to paycheck, they go without necessities like medicine and food and in the worst case scenario, they lose their housing and become homeless. As you consider this information, think about the people in your life and how much they earn. How challenging is it for them to find housing that is affordable? How do you think they are managing?

According to data from the 2016 Point in Time (PIT) Survey, there are approximately 180 adults and 38 homeless children in Somerset County. By comparison, last year's survey reported 269 homeless adults and 73 homeless children. Of the homeless adults, the greatest number of them, 143 (79.4%) live in transitional housing, while 28 (15.5%) live in emergency shelters. There were 9 adults who were unsheltered on the night of the count. This year's count showed only one chronically homeless individual and no families. Last year there were 30 chronically homeless individuals and 1 chronically homeless family. Of the 218 total homeless people who were counted in the survey (compared to 342 in 2015), 13.3% reported themselves to be Hispanic (compared to 10.8% in 2015). The survey also revealed that a disproportionate percentage of African Americans/Blacks were homeless (52.3% vs. 50% in 2015) in comparison with the overall County population of 8 percent. In addition, 57.8% (62.6% in 2015) were male.

Thankfully, the County Freeholder Board, local governments, the faith community and non-profit organizations are all working together to pool their resources and put forward solutions in the form of affordable housing, emergency assistance, rental assistance, community education, and advocacy. And yet, we can all do more. We can take the time to educate ourselves about who would benefit from affordable housing and then maybe take the time to educate someone else. We can show up at a public meeting and express support for affordable housing. We can make a donation to a local organization that is trying to help individuals and families that are struggling with housing or other costs. We can help someone that we know is struggling.

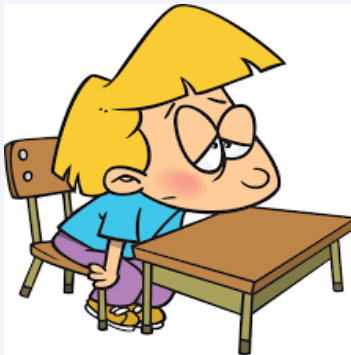
## Somerset County Office on Aging and Disability Services

### Aging Well – The Value of a Good Night’s Sleep

Getting a good night’s sleep can make a difference in your quality of life, yet many adults age 65 and above find that bedtime is the hardest part of the day. Although sleep patterns change as we age, sleep that is disrupted is not an inevitable part of aging. In fact, troubled sleep may be a sign of emotional and/or physical conditions and should be carefully evaluated by a doctor.

While sleeping, there are two stages of sleep. One form is the “REM” stage (rapid eye movement or dreaming sleep). The REM stage is known as the dream stage. During this stage of sleep, blood flow increases to the brain and the mind becomes more active and there is dreaming. It is here that our mind is allowed to wander resolving problems. Dreaming allows us to retrieve information we have put aside. We often wake during the night and remember a name we could not remember earlier.

The other stage of sleep is the non-REM sleep (quiet sleep). Everyone has about four cycles of sleep a night. For older persons, the amount of time spent in the deepest stages of non-REM sleep decreases. This may be why older adults assume that they are light sleepers. And although the amount of sleep each person needs varies widely, the average range is approximately seven hours per night. While individual requirements remain constant throughout adulthood, aging does reduce the amount of sleep you can expect to get at any one time. By age 75, for a variety of reasons, some people may find that they are waking up several times per night. This can leave a person feeling tired, irritable and unable to concentrate. One may lack physical and mental energy. If this is happening talk to your doctor about changes in your sleep pattern.



The Mayo Clinic and National Sleep Foundation have made some helpful suggestions to getting a good night sleep.

Calculate a bedtime that will allow you to get 7 to 8 hours of sleep and wake up at a reasonable hour.

Follow a regular schedule – go to sleep and get up the same time each day. Don't despair if you have to go sleepy for a couple of days to get back on track. For most people, these steps will work if followed faithfully. If not, consult your doctor. The first day, wake yourself at the time you would like to be your usual waking time, whether you are rested or not. You may need help from a relative or alarm clock the first few days.

Throughout the day, resist the urge for a nap.

To adjust your internal sleep clock, try to get some exposure to the natural sunlight in the afternoon each day.

Try to exercise at least three to four times per week. Moderate exercise, such as walking, 2 to 3 hours before bedtime may improve your sleep.

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Take a warm shower or bath to relax to physically and mentally before bedtime.

Limit your intake of caffeine and nicotine. Do not consume any caffeine after mid-afternoon. Its effect can take hours to wear off. Both caffeine (in items such as tea, coffee, soda, chocolate, etc.) and nicotine are stimulants that increase blood pressure, heart rate and stimulate the brain. All these are the opposite of what we are looking for in a good night's sleep. MSG (monosodium glutamate), a seasoning used in some food products, can have the same effect as caffeine. Try to avoid a late night, heavy meal. If you like a snack before bed, a glass of warm milk or a small turkey sandwich, may help.

Avoid medication, unless prescribed by your doctor, and alcohol. Although you may fall asleep, your sleep will not be gentle and natural. You may feel groggy in the morning.

Create a safe, restful and comfortable sleep environment. If you feel tense, try some relaxation techniques such as yoga or Tai Chi, or listening to soft music.

Make sleep a priority. If your body tells you are tired don't try to stay up.

Sleeping poorly, over an extended period of time, can increase irritability and lead to depression. It can affect concentration, and decrease the body's immune system making you more susceptible to illness and infections. Consult your doctor with any questions or concerns you may have about any changes in your sleep patterns or health. This information is not intended to be medical advice, and it neither confirms nor eliminates a diagnosis of sleep disorders. To learn more about sleep patterns and disorders and how to maintain your health contact your physician, the National Sleep Foundation and/or the Family Health Research Council.

Somerset County Office on Aging and Disability Services' Senior Wellness Centers sponsor a variety of wellness programs including exercise, education and recreational opportunities; (some as suggested above i.e., Tai Chi). For information on center activities and opportunities for adult's (ages 60+) contact our office at (908) 704-6346 or toll free at 1(888) 747-1122 or visit the county website: <http://www.co.somerset.nj.us/government/human-services/aging-disability-services/senior-centers>.





## June is Men's Health Month

Eileen Allen, Richard Hall Community Mental Health Center

*"The genders are taught to deal with fear and pain differently. When a boy is eight years old and he skins his knee, he is told brave boys don't cry. When he is a teenager playing high school football and gets hurt, they tell him to take it for the team. So when he is 50 years old and having chest pain, he'll say it's just indigestion."*  
—Jean Bonhomme, MD, MPH

The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among boys and men. Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes, and suicide. American men have higher mortality rates with life expectancy of only 76.4 years versus 81.2 years for women (2013-life expectancy by CDC).

Cardiovascular disease continues to be the #1 killer of men. Half of the men that died from heart disease didn't even know that they had a problem. Furthermore, the majority of these cardiovascular deaths, and much of the poor health in the male population, is preventable. Statistically, men make half as many health care provider visits for prevention as women do. American men continue to be poorly informed and motivated to improve their cardiovascular health, so there is much more work to be done.

### Everyday Steps Men Can Take to Improve Their Health

**Make an appointment:** Catch up on your routine screenings and immunizations. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history. Ask questions. Your questions give your doctor and health care team important information about you, such as your most important health care concerns. Start to pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or any other symptoms be sure to see your doctor or nurse and don't wait.

**Keep track of your numbers** and know what your numbers mean. Start keeping track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), and any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range.

**Sleep** 7 to 9 hours a night. Not getting enough sleep is linked to many chronic diseases such as diabetes, obesity, depression, and cardiovascular disease.

**Toss out the tobacco:** Stop smoking and avoid second hand smoke. Smoking has been linked to heart disease, cancer, lung disease and other illnesses.

**Move More:** The CDC recommends that adults get at least two and a half hours per week of moderate-intensity aerobic activity or one hour and 15 minutes per week of vigorous-intensity aerobic activity, plus muscle-strengthening activities at least two days per week. The good news is that you can spread your activity out during the week; so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day.

**Eat healthy:** Keep a food diary by writing down everything you eat throughout the day -- and no fair skipping the items you're embarrassed about. Then look at what you have eaten and find areas to improve by eating a variety of fruits, vegetables, whole grains, and low-fat foods. Be especially careful to limit foods and drinks that are high in calories, sugar, salt, fat, and alcohol.

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**Decrease Stress:** Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support and stay connected socially.

**Good Oral Hygiene:** Although you can't see them, there are literally millions of bacteria in your mouth. Some are harmless and help break down the food you eat so that it can be more easily digested. Other bacteria are quite harmful. They clump together to create plaque, a sticky, acidic substance that builds up on the teeth causing tooth decay and gum disease. Men are more likely to suffer from gum disease than women, but good oral hygiene may actually reduce your risk of ulcers, pneumonia, digestive problems, heart disease, stroke and diabetes.

**Reduce Your Risk of Prostate Cancer:** 1 in 6 men will be diagnosed with prostate cancer in their lifetime. Ask your healthcare provider about the screening for prostate cancer, the **PSA Blood Test**. Prostate Specific Antigen (PSA) is produced by the prostate and levels rise when there is an abnormality such as an infection, enlargement or cancer. The American Cancer Society states that the steady decline in prostate cancer death rates are partly due to improved treatment and early detection by PSA.

**Good Health=Good Sexual Health:** Generally speaking, your sex life is a reflection of your overall health. The healthier you are the better your sex life will be. 30 million American men and up to 25% of American men over the age of 65 years old suffer from impotence, or erectile dysfunction (ED). There are a lot of myths about ED, such as "it is all in your head," but the truth is that it usually is the result of a physical problem that can be treated. Heart disease, high blood pressure, diabetes, smoking, alcoholism, back injuries, testosterone deficiency, prostate problems, surgery, and over 200 prescription drugs can all contribute to or cause ED. And even though physical problems are behind most ED, psychological factors including depression and performance anxiety can also play a role.

### **Celebrate Men's Health Awareness by wearing Blue on Friday, June 17<sup>th</sup>**

Men's Health Week is set aside as June 13<sup>th</sup> -19<sup>th</sup>, 2016, so that men can become better aware of the steps that they can take to not only improve their overall health, but also to become better informed about managing the risks and treating the underlying conditions so that they may take charge of their own health as a first step to beating the odds.

**To learn more about the steps men can take to improve their health go to:**

<http://www.cdc.gov/>

<http://www.smokefree.gov/>

<http://www.choosemyplate.gov/>

## Municipal Alliance Committee Reports

Prom and graduation season are still among us. This means it is a time of heightened risk for high school students to have access to parties where underage drinking occurs. Bernards MAC had a mangled car on display at Ridge High School, which was from a DUI accident last year which injured a graduate of Ridge High School. The hope is that when students are reminded of the consequences of underage drinking, and of drinking and driving, they will make better choices.



## Leadership Opportunity for our Youth

ATTENTION all High School Students Class of 2017 to 2020:  
**SAVE THE DATE**

**National Leadership Training**

June 28<sup>th</sup> and 29<sup>th</sup>  
9AM-4PM

Somerville Elks Lodge  
375 Union Ave, Bridgewater

For more information contact: Kristen Schiro at  
kristen@empowersomerset.com or (908)722-4900

Presented by:  
CADCA

This will be a great opportunity for students to learn skills such as leadership competence, community organizing, problem-solving, civic and political activism and engagement, and more. It may also count as hours for student independent projects or community service requirements.

Anyone who is interested should also join the email list at [tinyurl.com/CADCAtraining](https://tinyurl.com/CADCAtraining) to be the first to know when registration is officially open.



## Job Opportunities in County Human Services

### *Psychiatric Emergency Screening Services*

**Crisis Counselor I** Position responsible for screening clients for psychiatric hospitalization both voluntary and involuntary. Position responsible for answering the crisis hotline and performs mobile outreach in the community; County Jail; nursing facilities and other agencies; provides coverage on weekends and holidays. Position responsible for completing all paperwork for each client screened. Position participates in all team meetings.

**P/T Crisis Counselor** Position provides psychiatric counseling for a 24 Hour hotline and a walk-in center. Counseling may include but not limited to, crisis intervention, assessment, referral, training, technical assistance, monitoring clients, etc. Position will perform mobile outreach with local police. Position will also provide suicide hotline coverage.


### *Richard Hall Community Mental Health Center*

**Licensed Mental Health Practitioner** Provides individual, family, group psychotherapy and case management as appropriate to primarily Somerset County residents in order to help them clarify and resolve problems affecting their mental health. May hold some limited coordinating responsibility in a focused clinical area (e.g. domestic violence, sex abuse treatment). Position documents clinical activity per agency policy. Position contributes to agency performance improvement efforts to assure ethical and effective treatment in accordance with state regulations and accrediting body standards. Position participates in supervision to optimize clinical effectiveness and productivity, and confers with other internal and external providers to assure coordination of care. Examples of external providers include, but are not limited to: schools, other agencies, courts, probation, medical personnel, inpatient programs, DCP&P, etc. Engages in continuing education to maintain and develop clinical skills, meet agency competency standards, and satisfy requirements for ongoing licensure (e.g. LCSW, LPC). Position participates in department and agency wide meetings designed to assure program effectiveness, including participation on PI committees. Position may hold some limited coordinating responsibility in a focused area (e.g. domestic violence, sexual abuse treatment).

**LPN Case Manager** Assist agency prescribers, nurses and staff providing person-centered, trauma informed, wellness and recovery case management services to medication clinic individual of all ages. Communicate with other health care providers to collaborate & coordinate physical and mental health services. Provide medication education and nutritional counselling in accordance to standard guidelines. Assess health needs, develop and implement appropriate plan of intervention. Assist agency prescribers in developing treatment plan for individuals serve by agency in person centered, trauma-informed, wellness and recovery oriented goals. Assess and facilitate release of information and provide collaborative care to all clients, work with guardians to update treatment information and treatment plan.

**Peer C.A.R.E. Associate** Primary function of this position is to coordinate and implement all facets of an individual's co-occurring services in a person-centered, wellness and recovery and trauma informed environment by using his/her lived experience as a tool to empower, support and inspire hope. These individual based services including individual, group and pre-co-occurring facilitation, equaling a level of 66% of weekly hours (24.75 hours of the 37.5 hour work week). All contact will be documented within the parameters of regulatory standards.

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**Psychiatrist I** Position provides psychiatric assessment and treatment to clients; serves as consultant to other staff. Position participates in Performance Improvement, peer review and medical staff activities. Position assesses individuals who present with psychiatric disorders in any clinical setting, records medical history and prescribes in accordance with client needs, and under overall supervision of Medical Director.

**P/T Case Manager** Position is responsible for assisting the homeless mentally ill client toward acceptance of mental health and other critical services and to assist in housing stabilization in the community. Position writes and maintains the treatment plan, monitors the client's progress communicating with numerous in-house and outside providers as the client is linked to services. Position actively engages clients through outreach strategies with attention to rapport, boundaries and safety.

**For qualification requirements, compensation information, and job responsibilities please visit the Somerset County website at [www.co.somerset.nj.us](http://www.co.somerset.nj.us).**

## What's Coming Up

**June 8th 8:30am-12pm:** *Community Development Office* will host a 'Housing and Information Fair' for Somerset County's Homeless and At-Risk residents at the Freedom Trail drop-in center located at 166 West Main Street in Somerville. Various organizations will be on site to provide information about housing, supportive services, healthcare, counseling and to distribute donated personal care items. Contact the CD office for more information at 908-541-5756.

**June 14th 11am:** *Office on Aging and Disability Services* 2017 Public Hearing will be held at the Bridgewater Senior Wellness Center. Visit <http://www.co.somerset.nj.us/Home/Components/Calendar/Event/545/2110?curm=6&cury=2016> to register.

## Our Staff

**Help us in welcoming the following new additions to the Human Services Team**

**Diane Beck**– Richard Hall, Substance Abuse Counselor

**Mary Galletta**– Richard Hall, Psychosocial Rehabilitation Associate

**Christina Panarese**– Office on Aging and Disability Services, Case Manager

## Human Services Public Meetings

**June 2- 5pm:** Mental Health Board

**June 6- 9:30am:** Professional Advisory Committee

**June 8- 9:30am:** Local Advisory Council on Alcoholism & Drug Abuse /County Alliance Steering Subcommittee

**June 14- 11am:** Aging Advisory Council Public Hearing

**June 14- 12pm:** Aging Advisory Council

**June 14- 6pm:** Freeholder Meeting

**June 22 - 1:30pm:** Human Services Advisory Council

**June 28- 12pm:** Youth Services Commission

**June 28 - 1:30pm:** Children's Inter-Agency Coordinating Council

**June 28 - 6:30pm:** Freeholder Meeting

**July 12 - 6:30pm:** Freeholder Meeting

**July 13 - 9:30am:** Local Advisory Council on Alcoholism & Drug Abuse /County Alliance Steering Subcommittee

**For more information regarding these meetings or how to get involved with a committee email Julie at [desimone@co.somerset.nj.us](mailto:desimone@co.somerset.nj.us) or call 908-704-6335.**