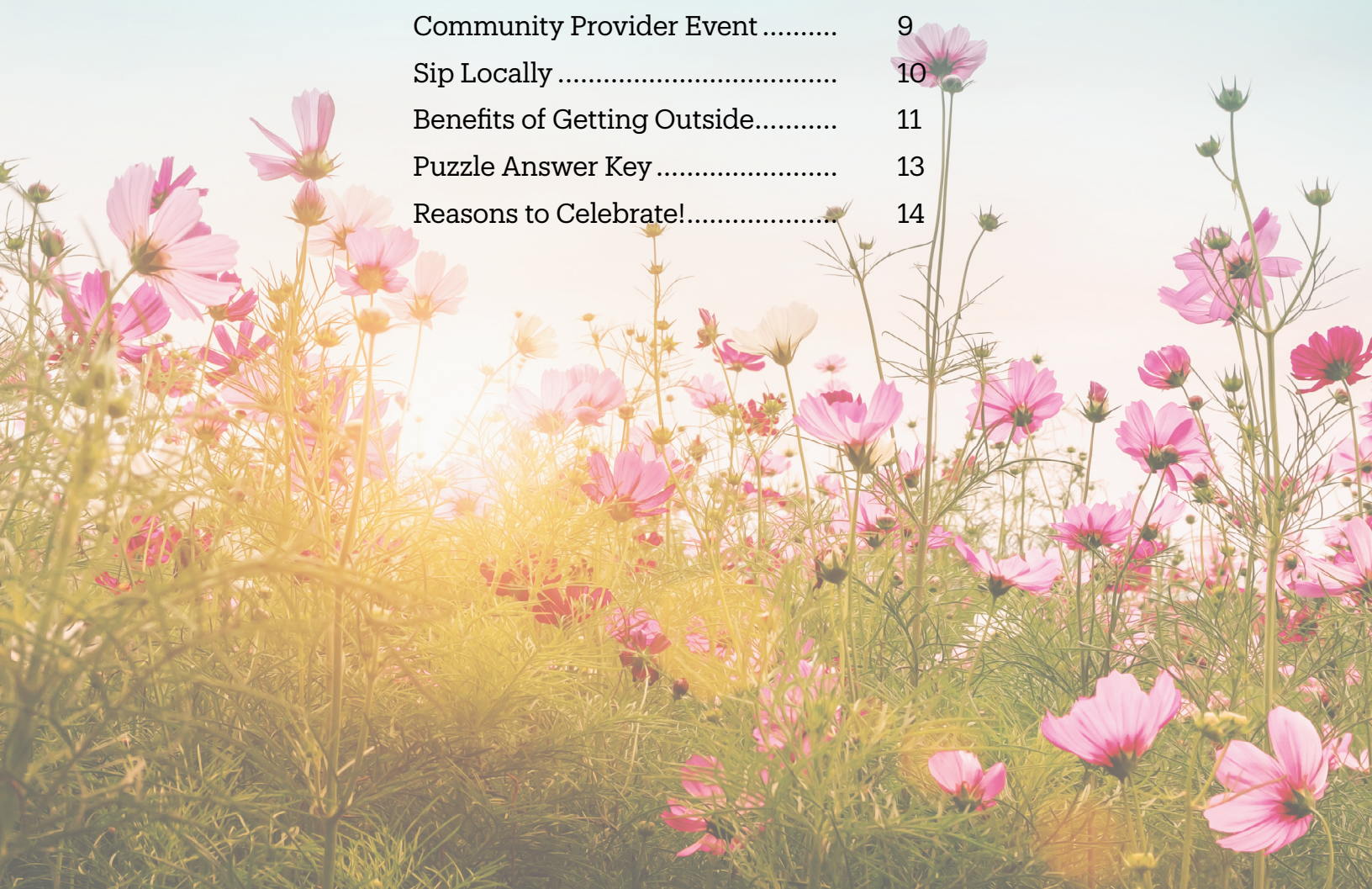


The Declarations Quarterly

Spring 2026 | Edition 44

Table of Contents

Create Your Own Vision Board	2
EBPI comes to Declarations, Inc. ...	3
Earth Day 2026	4
Consumer Spotlight	6
Women's History	7
Happy Anniversary!	8
Community Provider Event	9
Sip Locally	10
Benefits of Getting Outside.....	11
Puzzle Answer Key	13
Reasons to Celebrate!.....	14



Create Your Own Vision Board

Erin Mullen, Director of Nursing

Back in February, I attended an event where we were invited to create our own vision board. The host informed us we could bring in our own materials or use what she had supplied. We had the opportunity to look through magazines to identify things that inspire us or things that we want for our future. We were essentially creating a space where we could manifest what we wanted for ourselves. I came into the workshop with no idea what I would create or how it would evolve. I decided to let the pages speak to me and allow myself to be inspired by what I saw. I also would like to add that I am not a very artistic person, so I admit I was skeptical. However, once I started, I began to see it all come together. I am proud of the way it came out, and I admit that I learned that believing I wasn't artistic did not mean I could not be creative. If you want to create your own vision board it can be very simple and I have provided some tips below:



- First you can obtain a blank poster board, paper or any kind of blank surface you prefer.
- Next, you can use magazines, stickers, markers, crayons, any kind of material you have.
- Then, you put it all together. It can be sayings you write yourself or things you are able to acquire. If you can draw, you can draw pictures of what you would like.
- Lastly, watch as it all comes together.

The beautiful thing is there is no right and wrong. Putting together your dreams, hopes and inspirations in one place is personal and it can be whatever you would like it to be.

Remember to also have fun and enjoy the process!

Evidence Based Practice Implementation (EBPI) comes to Declarations, Inc.

Shauna Fontenelli, Program Director

Declarations, Inc. has been chosen as one of only seven agencies in New Jersey to participate in the New Jersey Evidence Based Practice Implementation (EBPI) Initiative, sponsored by the Division of Mental Health and Addiction Services (DMHAS) and facilitated by JBS International. This initiative runs from February through August 2026 and includes role specific training sessions, workshops and weekly learning over several months.

What NJ EBPI Is:

The EBPI Initiative supports behavioral health providers in strengthening the use of evidence based practices (EBPs), including:

- Motivational Interviewing (MI)
- Cognitive Behavioral Therapy (CBT)
- Universal Screening for Substance Use Disorders (SUD)

The program is designed to build skills, deepen staff knowledge, and help integrate EBPs directly into our everyday agency practice.

Staff Participation

Employees across all areas such as -Executive Leadership, Clinical, Medical, and Administration will participate in tailored learning opportunities.

Why This Matters to Declarations

By strengthening our use of MI, CBT, and related practices, Declarations continues to enhance the quality of care delivered to the individuals and communities we serve. Evidence based practices are scientifically supported to improve outcomes for individuals facing mental health and substance use challenges.

Enhancing CSS Programs

For Community Support Services (CSS) in particular, EBPI supports our mission by improving our ability to:

- Foster recovery focused conversations and collaborative goal setting
- Build coping skills, confidence, and independence
- Support community integration and independent living
- Strengthen person centered, recovery oriented services

Looking Ahead

As the EBPI Initiative progresses, these trainings will align seamlessly with our commitment to helping individuals lead meaningful, independent lives in their communities. In future newsletters, Declarations' will share ongoing updates, training highlights, and success stories. This initiative represents an opportunity for professional development, service enhancement, and improved consumer experiences across the agency.

Earth Day 2026

Jennifer Beattie, Director of CSS Administration

The theme for this year's Earth Day is *Our Power, Our Planet*. The focus is on the resiliency of the work toward improving the environment and the transcendence of the power to make change through small changes by individuals and communities rather than a single administration. Additionally, change can occur on multiple levels: federal, local, and individual.

From the official manifesto for the 2026 theme: "Our Power, Our Planet is not a political statement. It is a commitment to stewardship, resilience, and shared accountability — a call for every individual, community, and sector to exercise their power in service of the planet we all depend on" - *EarthDay.org*

What are some ways that you can make a change? Below are some suggestions:

- Mend clothing vs. purchasing new items
- Buy from thrift stores vs. purchasing fast-fashion, which may use thinner and more easily damaged fabrics
- Contact your local legislators to advocate to end plastic pollution
- Use up products you have at home before buying something new to try (makeup, hair products, cleaning supplies)
- Pick up litter, even if it's just during a daily walk instead of an organized cleanup
- Skip ChatGPT and other AI generators when you can: AI generators use a lot of water and energy, especially to create images/videos
- Visit a local park
- Plant seeds for native flowers and bushes to help local wildlife and insects thrive
- Spend more time reading vs. streaming
- Shop at local farmers markets
- Volunteer your time
- Aim to eat at least one meat-free meal per week. Greenhouse gas emissions from livestock create a significant amount of pollution and strain on the ecosystem. If the demand for meat reduces, so would unsustainable livestock farming and greenhouse gas emissions.
- If you're a parent or teacher, educate children about ways to protect the environment (reusable bags, utensils, plates; opting for cloth vs. paper napkins and hand towels; limiting use of single-use items)
- Take quizzes through [EarthDay.org](https://www.earthday.org/earth-day-tips/) to see your impact on the different aspects of the environment: <https://www.earthday.org/earth-day-tips/>

I am planning to work on my clothing sustainability for the upcoming year through avoiding fast-fashion, donating outgrown items, and mending vs. throwing away. I purchased a sewing machine and am looking forward to learning how to do alterations on current clothing when seams split. Who knows, maybe I'll like it so much that it'll become a hobby! I hope you can find some ways to commit to sustainability for the upcoming year. Together, our small changes can make a big difference!

Earth Day 2026: Our Power, Our Planet

U C C Q J I G A R D E N R I T W H C Q A
 C C E H K J D T I V T G S R E D U C E K
 X O E N E R G Y O F Q F O E O M C L J O
 V U M K W I R E C Y C L E S G F L R U R
 R O T M A I H M E U B C N I I X I X S G
 N E L S U C T F J X N H J L F R M T T A
 F C N U L N P C P Q S A Q I P E A S I N
 X Y X E N E I K Q D K N F E L U T E C I
 I N K A W T J T L C M G M N A S E E E C
 P V K T S A E C Y H L E Z C N E K A R P
 R I Y Y W U B E N Z Q E Z E T E D R Z Q
 O G R E E N S L R Y G Z A Y S S H T M X
 G E F C Z G B T E L V A Q N T R J H D M
 R R M F G X U G A A G R I C U L T U R E
 E U J F O O T P R I N T G V J P R V L N
 S F J W Y E F J N L N P D W D F K K A S
 S D E W D V Q C Z T L A C O Q Y S P E H
 N A K U B F A R Z J S J B D D C T N O Q
 E T T N G I V J X G H W C L N R Y Z K L
 V O N D Z S Q U V I U E S K E C J J H E

Agriculture

Community

Recycle

Climate

Organic

Progress

Change

Sustainable

Volunteer

Renewable

Garden

Energy

Justice

Reuse

Resilience

Footprint

Clean Up

Reduce

Green

Plants

Earth

CONSUMER SPOTLIGHT

NANCY DELVA



Caring, Loyal, and Honest

Q What 3 words would you use to describe yourself?

Q How do you enjoy spending your time?

Socializing and spending time with friends.

Q What hobby would you like to try, some day?

Hip Hop Dancing

Q What is something you do well?

I am good at talking to people. If someone is sad or upset, I know how to cheer them up.

Q Tell me about your pet!

I have had a cat named Lulu for about 5 years. She makes me laugh and I like to play with her every day. She loves to be brushed, so I like to brush her, too.

Q Do you speak any languages? What can you teach me?

I learned to speak Creole, French and English from my parents. "Belle" means beautiful.

Q If you were a superhero, what would you want your power to be, and why?

Intelligence - I would want to be the smartest person in the world.

Q What is your favorite meal?

Djon djon is a traditional Haitian specialty my family makes for special occasions. It is spicy and savory and delicious.

Q What is something you have learned recently?

How to be President at my day program. I have had to learn to manage people's personalities and priorities while talking to people and to stay open to everybody.

Q If you found a time machine and could travel to another time period, when would you travel to?

To the 18th century. I would like to wear the big puffy dresses and corsets.

Q What are you reading, now?

The book is called "A Battle Plan for Prayer" and talks about how to pray better.

Q What are you watching, now?

90- Day Fiance - I love the drama.

Q What coping skill would you recommend to a friend struggling with their mental health?

Listening to music helps me to calm down and to cheer me up.

Q What is a song that can always boost your mood?

"Even at my Worst" by Blanca. The lyrics are inspirational and remind me that, even though I'm imperfect, God loves me.

THIS OR THAT

COFFEE

SWEET

HOMEMADE

EARLY BIRD

BREAKFAST

FOREST

COMEDY

VANILLA

TEA

SALTY

TAKEOUT

NIGHT OWL

DINNER

BEACH

HORROR

CHOCOLATE

Women's History

Andrea Guzman, Life Coach 1

March was Women's history month, created with the purpose of celebrating women's achievements, focusing on gender equality, women's issues and appreciating the positive impact that women have on our society. A few women that were crucial in achieving rights include Susan B. Anthony (1820), who attempted to vote in 1872 but was willing to sacrifice arrest for this effort, and also testified in front of congress many times to promote women's rights. Secondly, Betty Friedan (1921), who is a co-founder of National Organization for Women, and created the famous book "The Feminine Mystique", inspiring many conversations regarding women's role in society. Anthony and Friedan, amongst many others paved ways in society to alter how we view women and promote gender equality. There are many ways we can attempt to continue to celebrate Women's History after March has ended, such as putting in volunteer hours at Women's organizations, supporting local woman-owned businesses, and placing our efforts in educating ourselves on women's suffrage efforts. I have inserted a few resources to aid in continued education and local organizations to donate or volunteer at.

Books:

- *Abolition.Feminism.Now* by Angela Davis (2022)
- *The Woman's Hour: The Great Fight to Win the Vote* by Elaine F. Weiss
- *Not for Ourselves Alone: The Story of Elizabeth Candy Stanton and Susan B. Anthony* by Geoffrey C. Ward
- *Rise Up Women!: The Remarkable Lives of Suffragettes*

There is a lot of literature regarding women's suffrage and current women's issues that can be located by searching "Women's suffrage" or "Women's rights" on GoodReads: <http://www.goodreads.com>

Local organizations:

- **Junior League Monmouth County:** organization focused on increasing women's representation, leadership training, and volunteer efforts. <https://www.jlmc.org/join/>
- **Bloom Again Foundation:** provide rapid financial assistance to women and families, emphasized focus on medical emergencies, donations are accepted with fundraising events available to attend. <https://www.bloomagainnj.org/>
- **180 Turning Lives Around:** goal of empowering domestic violence survivors and families by providing emergency safe housing, case management, advocacy in survivor's efforts to "Turn their lives around". Donations are accepted, with volunteer opportunities available. <https://180nj.org/give-help/>



Article Source: <https://www.freedomforum.org/womens-rights-activists/>
Adobe Stock Images: files # 1909438829 & 1187031979

Happy Anniversary!

Please join us in celebrating the anniversaries of the following staff members!



Carly Halpin
Life Coach 1
2 year anniversary
Hired: 5/21/2024

Wendy Marinko
Vice President, CIOO
18 year anniversary
Hired: 4/14/2008



Alexandra Schueler
Quality Assurance Assistant
14 year anniversary
Hired: 7/5/2012

Community Provider Event

Kellen Polito, Director of Quality Assurance

Declarations



Photo: © 2011 Hoag Levins | HistoricCamdenCounty.com | Hoag@Levins.com
CAMDEN, N.J. -- Ancora Psychiatric Hospital was opened in 1955 and sprawls across more than 600 heavily wooded acres at the edge of the Pinelands.

Declarations, Inc. is excited to invite any programmatic staff members to participate in the upcoming Community Provider & Employment Fair at Ancora Psychiatric Hospital. This event will take place on Wednesday 4/22/26 and will feature both a morning presentation session and an afternoon open fair style event designed to connect providers with staff and Ancora Psychiatric Hospital patients. Please note, Declarations, Inc. will be participating in the **afternoon session only**, which will be held from 12:30 - 2:30pm.

The afternoon session will feature an open fair format. This will allow staff and patients to visit provider tables for meet-and-greet opportunities, to gather information about Declarations, and to ask questions. Declarations and the other providers who are attending have been encouraged to offer interactive experiences, such as wellness activities, games, or demonstrations of community living skills.

Declarations will have a small display that will feature informational-only table setups. Declarations staff will be able to bring materials that need to be limited to brochures, handouts, or binders containing program photos or placement examples. If you are interested in attending, please speak with the Director of Quality Assurance, Kellen, or the Program Director, Shauna.

Photo: ©2011 Hoag Levins, [Historiccamdencounty.com](http://historiccamdencounty.com),
<http://historiccamdencounty.com/ccnews150.shtml>

Sip Locally

Bella Marinich, BA/Franklin Life Coach

Happy Spring! Looking for a treat before work or during your break to get the most out of the good weather? There are load of local coffee shops and cafes that are totally worth checking out!

The Caffeine Haven

Howell - 13 minutes away

My personal favorite! They offer monthly drink specials and the owner is super sweet! They also have a location in Toms River.



The Grind Coffee Cafe

Colts Neck - 13 minutes away

Monthly drink specials and a vast food menu! They have some really great pastries as well.

Turquoise Bakery and Cafe

Marlboro - 12 minutes away

They offer different specialty coffees and have different pastries and breakfast items, as well as gelato!

Battle Grounds

Englishtown - 14 minutes away

Various specialty flavors and seasonal specials! I would also recommend checking out the Baklava Lady which is across the street!

California Cold Co.

Manalapan - 13 minutes away

Aesthetic coffees with more monthly drink specials and small bites! I'm a fan of their seasonal macrons :) They have another location in Brick as well.



Mental Health Benefits of Getting Outside

Kaitlyn Beard, Life Coach 1

“Just get outside, you’ll feel better.” I bet you’ve heard that before. It seems many use this as a default response when you admit you have been indoors for a little too long, whether it be because of the winter blues, not having anything to do, or lack of motivation to leave your residence. While it may sound oversimplified, there is actually some real science behind why getting outside is beneficial for one’s wellness. This article will highlight why getting outdoors can support one’s mental and emotional health – as well as ways to retain benefits from the outdoors inside of your home.



Sunlight

As you may know, humans absorb Vitamin D through ultraviolet B (UVB) sun rays. Vitamin D is linked with reducing depressive symptoms, managing anxiety, as well as combating symptoms of Seasonal Affective Disorder (SAD). Sunlight/Vitamin D promotes:

- Improved sleep due to natural light’s promotion of serotonin and melatonin production
- Cognitive functioning
- Lower cortisol levels (the body’s primary stress hormone)

Nature

Spending time outside, even for a few minutes, can also help reduce stress and anxiety symptoms.

Nature tends to:

- Lower heart rate
- Promote a sense of calm and grounding
- Improve self-esteem

This is due to the body's reaction to oxygen, as well as natural light, color, and sound. All are reported to promote serotonin and melatonin production.

When it's not easy...

For many, getting outside can feel like an overwhelming task. That's okay – and if that is the case for you, I wanted to share some helpful, low impact ways to boost your sunlight and nature intake:

- Sitting by an open window: The window can even be closed! What is important is coming into contact with natural light.
- Standing outside: on your lawn, porch, balcony, etc.
- Running a small errand with staff!

If you are able, I invite you to try getting some form of natural light at least once a day, even if it is only for a few minutes. Take a walk, talk to your neighbors, sit outside! Small actions that are done at a consistent pace often lead to the most meaningful change over time.

Sources:

Mental Health in the Sun: The Role of Vitamin D Deficiency in Mental Illness | *Psychiatric Times*: <https://www.psychiatrictimes.com/view/mental-health-in-the-sun-the-role-of-vitamin-d-deficiency-in-mental-illness>

The Healing Power of Nature | *Psychology Today*: <https://www.psychologytoday.com/us/blog/rhythms-of-recovery/202505/the-healing-power-of-nature?msocid=19d7b26b82246cdc1332a74b862462ed>

The mental health benefits of nature: Spending time outdoors to refresh your mind - *Mayo Clinic Press*: <https://mcpres.mayoclinic.org/mental-health/the-mental-health-benefits-of-nature-spending-time-outdoors-to-refresh-your-mind/>

Puzzle Answer Key

Earth Day 2026: Our Power, Our Planet

U C C Q J I G A R D E N R I T W H C Q A
 C C E H K J D T I V T G S R E D U C E K
 X O E N E R G Y O F Q F O E O M C L J O
 V U M K W I R E C Y C L E S G F L R U R
 R O T M A I H M E U B C N I I X I X S G
 N E L S U C T F J X N H J L F R M T T A
 F C N U L N P C P Q S A Q I P E A S I N
 X Y X E N E I K Q D K N F E L U T E C I
 I N K A W T J T L C M G M N A S E E E C
 P V K T S A E C Y H L E Z C N E K A R P
 R I Y Y W U B E N Z Q E Z E T E D R Z Q
 O G R E E N S L R Y G Z A Y S S H T M X
 G E F C Z G B T E L V A Q N T R J H D M
 R R M F G X U G A A G R I C U L T U R E
 E U J F O O T P R I N T G V J P R V L N
 S F J W Y E F J N L N P D W D F K K A S
 S D E W D V Q C Z T L A C O Q Y S P E H
 N A K U B F A R Z J S J B D D C T N O Q
 E T T N G I V J X G H W C L N R Y Z K L
 V O N D Z S Q U V I U E S K E C J J H E

Agriculture

Community

Recycle

Climate

Organic

Progress

Change

Sustainable

Volunteer

Renewable

Garden

Energy

Justice

Reuse

Resilience

Footprint

Clean Up

Reduce

Green

Plants

Earth



Reasons to Celebrate!

- Alicia Greaney received her Master's of Social Work and passed her licensing exam! She is now the Team Leader 2 on Adams
- Shauna returned from maternity leave! Welcome back, Shauna, and congratulations on the beautiful addition to your family!
- One new staff member has joined the agency:
 - Max Schmidt, Jefferson Life Coach - Welcome, Max!

Happy Birthday to...

Wendy Marinko: April 6

Barbara Mele: April 6

Camryn LaSala: April 17

Potato, Mike McEniry's dog: May 11

Bella Marinich: June 18

Kelly Layton: June 26

Alexa Raspante: July 17

Shauna Fontenelli: July 22

Mike Wilmot: July 23

Jim Marhold: July 23

Jennifer Hodge: July 30