

# MENTAL WELLNESS PARTNERSHIP PROGRAM

## What is Mental Wellness?

“Mental wellness is a proactive process that helps someone successfully manage life's stresses and adapt to challenging situations. This program will build on the existing holistic approach at Hunterdon Health, and help our community members build resilience and improve overall function.”

- Gina Galiano-Stansberry, Psy.D.,  
Clinical Psychologist, LPC, LCADC, ACS,  
Director of Outpatient Services

## Program Providers

“Care integration has the potential to help address an individual's total health needs. Interdisciplinary teams offer a more comprehensive, holistic perspective to mental health care. This program focuses integrating mental health with fitness and nutrition as well as empowering individuals to actively participate in managing their health and wellness journey.”

- Mary Benyola, Director  
Hunterdon Health and Wellness Centers

“Nutrition is so important to everyone's health and wellbeing. Our team of Registered Dietitians are excited to be part of this innovative program.”

- Geri Galle, Practice Director, Center for  
Nutrition and Diabetes Management

## Program Donor

“My husband, Peter, and our family are hoping to bring much needed help to others dealing with mental health challenges with our donation made in honor of our niece, Betsy Boettcher. We are honoring Betsy in this way so that we help make a positive impact by helping others currently struggling with mental illness. So many of us want to do something but don't know what they can actually do. We are hoping that our donation inspires others to join us in honor of someone who has either been challenged by mental illness or are currently in need of support. I believe we can all play a role in making a difference in the lives of those who are personally struggling with their mental health.”

- Maggie Baumann

 **Hunterdon Health**  
Hunterdon Health Foundation  
9100 Wescott Drive, Suite 202  
Flemington, NJ 08822



# Hunterdon Health

Hunterdon Health Foundation

“The power of personal transformation”

*Mental Wellness*  
PARTNERSHIP PROGRAM



## IMPROVING MENTAL HEALTH THROUGH FITNESS & NUTRITION

# Support

## MENTAL WELLNESS PARTNERSHIP PROGRAM AT HUNTERDON HEALTH

100% of every gift made to the Mental Wellness Partnership Program will support patient programs and services. To make a gift please send a check payable to Hunterdon Health Foundation and (indicate the Program name in the memo line) to:



**Hunterdon Health**

Hunterdon Health Foundation  
9100 Wescott Drive, Suite 202  
Flemington, NJ 08822

Credit card gifts can be made online by visiting [HunterdonHealthFoundation.org](http://HunterdonHealthFoundation.org) or using the QR code with your phone. Be sure to designate the Program at checkout.

All gifts are tax deductible. For more information please contact Hunterdon Health Foundation at 908-788-6141 or [foundation@hhsnj.org](mailto:foundation@hhsnj.org).



## MENTAL WELLNESS PARTNERSHIP PROGRAM

The Mental Wellness Partnership Program is founded in the belief that nutrition and fitness are pillars of mental health as evidenced in numerous studies. The program will provide wellness services to patients of Hunterdon Health's Behavioral Health. These services are provided under the guidance of certified professionals at the Hunterdon Health and Wellness Centers and Center for Nutrition and Diabetes Management.

Program includes:

- Nutrition and physical fitness consultations that consist of goal setting and personalized plans
- Individual, group fitness and nutrition coaching sessions
- Activities and tools to engage and empower participants to achieve their personal goals
- Dedicated Wellness Coordinator who facilitates the coordination of care and connections to services
- Access to the Hunterdon Health and Wellness Centers. The Centers' affiliation to Hunterdon Health as medical fitness centers ensure a high level of expertise among the staff, programs and services that promote healthier lifestyles through physical fitness.
- A wrap-up session to recognize achievements, transformation and plan for sustained growth.

The initial program offering provides blended care for a period of 3 months at no cost with transition to a plan that supports lifelong health and wellness. Providers include a wellness coordinator, wellness coach, registered dietitians, an exercise physiologist, certified fitness trainers, personal trainers and group fitness instructors.

For program information, contact [mmitzak@hhsnj.org](mailto:mmitzak@hhsnj.org)



## ENHANCED MENTAL HEALTH THROUGH INTEGRATED HEALTH & WELLNESS MODEL

The Mental Wellness Partnership Program focuses on whole person integrated care and supports the future of mental health. Individuals graduate from the program with an awareness that the way we move, eat and think sets the stage for positive transformation enabling individuals to experience a higher quality of life.

