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## What's Included In This Edition:

**Schwimmer Script** - How Quality Institute Members Shape Policy and Will Inform New Jersey's Next Governor

**Mental Health First Aid: Stepping into the Work**

**Celebrating Our Work** - 2025 NJBIZ Health Care Heroes Award

**Upcoming Event** - The Courage in Care Exhibit



## How Quality Institute Members Shape Policy and Will Inform New Jersey's Next Governor

With New Jersey's gubernatorial primaries next week, the Quality Institute, supported by our members, is finalizing a report that identifies the greatest health care challenges we face and identifies actionable solutions. We will share the report with our members and the candidates soon. We regularly count on the expertise and perspective of our members — and this report is no exception.

Here's how we put it together. In advance of our spring conference on May 13, *Shaping the Future: Health Care Priorities for New Jersey's Next Governor*, we invited our members to anonymously answer a key question: In your view, what is the most urgent health care challenge facing New Jersey today?

The responses revealed seven priorities:

- Primary Care Crisis
- Medicaid Funding Cuts
- Health Care Workforce Shortages
- Mental Health & Substance Use Access
- Affordability and Access
- Reproductive Health Rights
- Systemic Structural Challenges

These topics became the foundation for the table discussions at our conference, where we brought together our members from across New Jersey health care...

[Read Full Story](#)

## MENTAL HEALTH FIRST AID: *STEPPING INTO THE WORK*

Isabella Tyszka,  
*Communications Associate*



In our personal and professional lives, we often prepare ourselves for emergencies: fire drills, CPR certifications, and stocking first aid kits. We're trained to respond quickly when someone is physically injured or in danger. But how prepared are we to respond when someone is experiencing a mental health crisis?

This week, I had the opportunity to complete a virtual Mental Health First Aid (MHFA) training course offered by the Quality Institute, and the experience has changed the way I approach and think about helping others. I am now equipped with the tools to notice when someone may be struggling and to respond in ways that are supportive and meaningful.

[Mental Health First Aid](#) is an early intervention public education program, founded in Australia in 2000 by educator Betty Kitchener and mental health researcher Professor Tony Jorm. In 2008, the [National Council for Mental Wellbeing](#), the [Maryland Department of Health](#), and the [Missouri Department of Mental Health](#) introduced the trainings to the United States...

[Read Full Article](#)

Sign up for our upcoming virtual MHFA trainings:

- [Perinatal Mental Health First Aid Training: June 26th, 9:00 a.m. to 4:00 p.m.](#)
- [Adult Mental Health First Aid Training: July 17th, 9:30 a.m. to 4:00 p.m.](#)



## CELEBRATING OUR WORK

The New Jersey Health Care Quality Institute has been named a [2025 NJBIZ Health Care Hero](#) for its leadership in creating the nation's first perinatal-focused Mental Health First Aid (MHFA) trainings. The Quality Institute is offering the Perinatal MHFA training to doulas, nurses, community health workers, and others working with

pregnant and postpartum patients and clients. We are proud to be recognized for this important work, which is generously supported by [The Healthcare Foundation of New Jersey](#).

[Read the Press Release](#)

## UPCOMING EVENT



**You're Invited: The Courage in Care Exhibit – Honoring Community Doulas**

[The Burke Foundation](#) is co-hosting *The Courage in Care*, an immersive exhibit at [Newark ArtSpace](#) that celebrates the role of community doulas in advancing maternal and infant health.

We encourage you to take a guided tour of the exhibit. These sessions will offer space to connect, reflect, and engage in dialogue about the evolving future of perinatal care in New Jersey. Light refreshments will be served.



[Watch a short video](#) with highlights from the April 29th launch event.



[Register here](#) for one of the following sessions:

- [Wednesday, June 18th](#) | 1:00 p.m. to 3:00 p.m.
- [Thursday, July 10th](#) | 1:00 p.m. to 3:00 p.m. or 3:00 p.m. to 5:00 p.m.
- [Monday, July 14th](#) | 2:00 p.m. to 4:00 p.m.



For information on how to join, please contact Virginia Tesser at [vtesser@njhcqi.org](mailto:vtesser@njhcqi.org).

To learn more about our current initiatives, please visit our website at [www.njhcqi.org](http://www.njhcqi.org).

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