

MAY NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

Women Are Less Likely to Receive CPR from a Bystander, Research Says

Designed by MPH Intern Yaire Hernandez

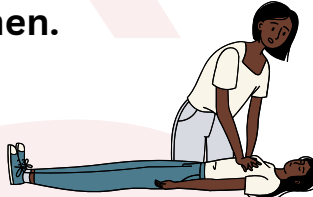
In a 2024, Duke University Study, out of more than 390,00 cardiac arrests, it was found that **women who had a cardiac arrest in public were 14% less likely to receive CPR from a bystander, compared to men.**



Why is this?

Researchers have found that bystanders fear of:

- Fear of sexual assault accusations during chest compressions
- Concern about causing injury due to perceived female fragility
- Gender stereotypes that women overreact to symptoms
- Misbelief that women rarely experience true cardiac arrest



People often worry about being sued for doing CPR, but that almost never happens.



The facts:

1 Good Samaritan laws protect people who are genuinely trying to help in an emergency.

A 2020 review of U.S. cases found that **most lawsuits were actually about not giving CPR.**

2

Cases claiming harm from CPR were **extremely rare**, and none involved regular bystanders being held responsible.

3



Source: Your Local Epidemiologist, Duke University

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LISTEN & LEARN

PUBLIC HEALTH ON CALL



Public Health on Call

John Hopkins Bloomberg School of Public Health

1037 – Chatbots, Mental Health, and Suicide

People are increasingly turning to AI chatbots for therapeutic purposes—but these platforms are built for engagement, not mental health care. In this episode: Laura Reiley, whose daughter took her own life after confiding in a chatbot, explains why this technology is ill-equipped to treat those struggling with their mental health and how a transparent regulatory system could establish responsible practices for AI companies.

Note: This episode includes discussions of suicidality and suicide. If you or someone you know is struggling, there is 24-hour assistance in the United States available by dialing 988.

Guest: Laura Reiley is a journalist whose work has appeared in the Washington Post, the New York Times, and the Baltimore Sun. She is currently a writer for the Cornell Chronicle.

Host: Dr. Josh Sharfstein is distinguished professor of the practice in Health Policy and Management, a pediatrician, and former secretary of Maryland's Health Department.

Call to Mind Broadcast Special

American Public Media

CALL TO MIND



Promise & Peril: Technology and Mental Health

Technology is ever-present in modern life, from remote work to communities on social media, from dating apps to telemedicine. We live with an ever-expanding array of online options and an ever-growing list of new questions about how healthy it is to spend so much time online with our devices.

This broadcast special explores the influence of technology on our mental health.

We'll hear from experts about how online communities, AI, influencers, and social media compromise one's mental health. We also meet people whose wellbeing has been improved by new technologies.

Join Call to Mind host Kimberly Adams for Promise & Peril: Technology and Mental Health, a one-hour broadcast special.

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

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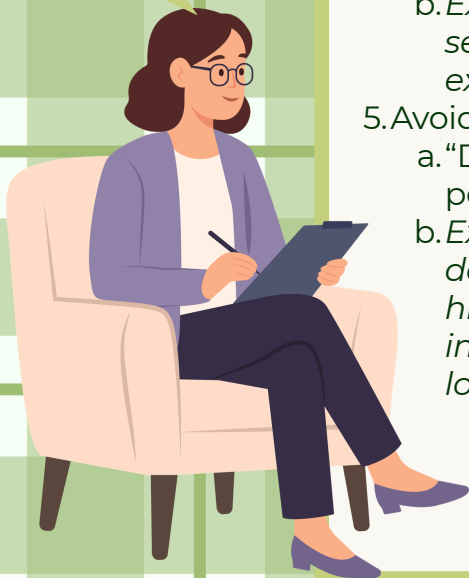
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MENTAL
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MENTAL HEALTH 101: COPING MECHANISMS

WHAT IS COPING?

- Coping is the use of one or various types of mechanisms that are intended to reduce psychological stress

WHAT ARE THE FIVE STYLES OF COPING BASED ON EVIDENCE-BASED RESEARCH?

1. Emotion-focused coping
 - a. "Coping style involves reducing the emotions associated with a stressor while avoiding addressing the problem " (Van den Brande et al. 2020)
 - b. *Example: You receive a notification that they did not select you for the position to which you applied. You decide to take to your journal to reflect on the experience and how you can better prepare for a similar position in the future.*
2. Problem-focused coping
 - a. "Attempt to control work stressors by defining and interpreting them, planning solutions, and choosing a course of action." (Van den Brande et al. 2020)
 - b. *Example: "You have studied hard for a quiz using flashcards, but received a poor score. You make a plan to study for the next exam using a different method, such as joining a class study group."*
3. Meaning-focused coping
 - a. "Employs cognitive strategies to process and make sense of the meaning of a situation" (Algorani & Gupta, 2021)
 - b. *Example: "A driver in a hurry realizes that the car he is driving has a flat tire. He may reflect on the meaning of this misfortune and attribute the flat tire to karma or perhaps that he was willed by a higher power to slow down."*
4. Social coping (support seeking)
 - a. "When a person seeks emotional or instrumental support from the community, they are engaging in a social coping or support-seeking coping style" (Algorani & Gupta, 2021)
 - b. *Example: "A young woman, amid a complicated divorce, seeks the advice of a close friend who had a similar experience and may offer compassion."*
5. Avoidance-focused coping
 - a. "Described as avoiding the stressor by pursuing an alternate person or task (Meyerson et al., 2022).
 - b. *Example: "An employee has been unable to meet his work deadlines, and his supervisor has requested a meeting with him. The employee has not replied to the meeting invitations and has found an alternative route so that he no longer has to walk past his boss's office."*

SOURCE: [positivepsychology.com](https://www.positivepsychology.com)

By Tiffany Sauber Millacci, Ph.D.

Scientificallly reviewed by Gabriella Lancia, Ph.D.
To read more about coping styles, scan the QR code!



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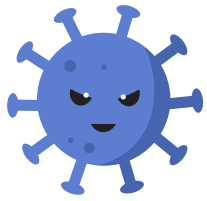
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WHAT'S THAT ILLNESS?



INFANT BOTULISM

Infant botulism is a rare but serious illness that affects babies under one year old. Many symptoms start subtle but can lead to more serious symptoms like muscle paralysis and difficulty breathing.

HOW DOES THIS OCCUR?

- The Bacteria Clostridium botulism can turn into “spores” living on things like dust, soil, and or food (like honey, corn syrup, dry cereals, etc.)
- When a baby eats something with these spores, it can grow inside of the baby's gut, something the gut cannot handle as their digestive system not fully developed yet.
- This bacterium then makes a toxin, which spread through the infant's body, affecting the nervous system, leading to the weakness in the body and other symptoms.



95% of cases happen to babies **younger than 6 months old**.



SIGNS & SYMPTOMS

- Choking when trying to feed
- Constipation
- poor feeding
- Eyelid drooping (ptosis)
- Lack of facial expressions, unable to lift their head (weakness in the muscles)
- Weaker crying
- Weakness of decreased muscle tone

TREATMENT OPTION

BabyBIG[®] (Botulism Immune Globulin Intravenous) is **not commercially available** and can only be obtained through the California Department of Public Health Infant Botulism Treatment and Prevention Program, meaning hospitals cannot stock or order it independently.

Physicians must call for a consultation, which are available 24/7. If infant botulism is suspected, the program coordinates rapid shipment to the hospital for immediate intravenous treatment.

REMEMBER



Infant botulism is **curable with early intervention and medical treatment** being an important part in a infant making a full recovery!

SAVE PROGRAM CANCER SCREENINGS

MAY 2026

CONTACT US:

- 📞 973-972-7007
- 📞 973-972-0310
- 📱 973-986-7956 (text us!)

Tues, May 5
UH Cancer Center
 205 South Orange Ave
 Newark, NJ 07103
 Breast Screening & Caresparc Free Fresh Produce Market
 9:00 AM – 3:00 PM

Wed, May 6
The North Ward Family Success Center
 286 Mt. Prospect Ave
 Newark, NJ 07104
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Thurs, May 7
West Orange Health Dept
 Ginny Duenkel Pool
 60 1/2 Cherry St
 West Orange, NJ 07052
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Fri, May 8
Mantena Global Care
 294 Ferry Street
 Newark, NJ 07105
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Mon, May 11
Newark Community Health Center
 741 Broadway
 Newark, NJ 07104
 Breast Screening
 9:00 AM – 3:00 PM

Wed, May 13
UH Cancer Center
 205 South Orange Ave
 Newark, NJ 07103
 Breast & Cervical Screening & Caresparc Free Fresh Produce Market
 9:30 AM – 4:00 PM

Fri, May 15
Better Life Engagement Center
 101 14th Ave
 Newark, NJ 07103
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Tues, May 19
UH Ambulatory Center
 140 Bergen Street
 Newark, NJ 07103
 Prostate & Colorectal Screening
 8:00 AM – 1:00 PM

Evening session
UH Cancer Center
 205 South Orange Ave
 Newark, NJ 07103
 Breast Screening
 4:00 PM – 7:00 PM

Wed, May 20
Belmont Runyon School
 1 Belmont Runyon Way
 Newark, NJ 07108
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Fri, May 22
In Celebration of Haitian Flag Day
Irvington Senior Center
 1077 Springfield Ave
 Irvington, NJ 07111
 Breast Screening
 9:00 AM – 3:00 PM

Tues, May 26
Annual Women's Wellness Summit
 Mobile Clinic Location TBA
 Essex County, NJ
 Breast Screening
 9:00 AM – 3:00 PM

Wed, May 27
Salem French SDA Church
 10 South Oraton Pkwy
 East Orange, NJ 07018
 Breast & Cervical Screening
 9:00 AM – 3:00 PM

Thurs, May 28
La Casa De Don Pedro
 43 Broadway
 Newark, NJ 07104
 Breast Screening
 9:00 AM – 3:00 PM

Fri, May 29
UH Cancer Center
 205 South Orange Ave
 Newark, NJ 07103
 Breast & Cervical Screening & Caresparc Free Fresh Produce Market
 9:00 AM – 3:00 PM



**SAVE THE DATE:
MONTCLAIR PRIDE**

**COME VISIT OUR TABLES
AT MONTCLAIR PRIDE ON
SATURDAY, JUNE 13TH
2026**

Follow us on Instagram!
@montclairhealthdept



**Scan the QR Code to access
the MHD Padlet that
includes resources, flyers,
calendars and upcoming
wellness events in the
community!!**



**REACHING OUT MONTCLAIR
AND COMMUNITY PARTNERS**

Family HEALTH FAIR

**SATURDAY
MAY 16TH, 2026
10AM - 2PM
AT WALLY CHOICE
COMMUNITY CENTER
45 MAPLE AVENUE,
MONTCLAIR, NJ 07042**

Free Health Screenings and Information including:

- Essex County Pediatric Mobile Unit
- Prostate and Breast Cancer Awareness
- Blood Pressure Screening
- Glucose Screening
- Mental Health Resources
- Confidential HIV Rapid Testing
- PrEP Screening & Counseling
- Health Education
- Division of Family Assistance and Benefits
- Free Giveaways
- AND MORE!!

For the full list of health fair offerings and community partners, please refer to our resource guide by scanning the QR code.



For more information, please reach out to reachingoutmontclair@gmail.com!



Montclair Health Department Immunization Clinics



Montclair Health Department offers immunization clinics on the **first and third Tuesdays** of every month.

To make an appointment, please call 973-509-4978.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042