



PEACE of MIND
Event

*Easing the Behavioral
Health Stigma*

An informative virtual discussion with **Zak Williams**
and Journalist **Jack Ford**

Tuesday, October 27, 2020

Virtual Event

PROGRAM

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Zak Williams

Zak Williams is a passionate global mental health advocate who focuses his time and effort on sharing his personal story to support initiatives and campaigns seeking to remove the stigma and address the challenges associated with mental health topics. Zak is CEO and founder of anxiety relief company PYM and is an investor in technology and consumer packaged goods companies. Formerly, Zak was COO of the recommendation platform Crossing Minds, the Director of Business Development for media company Condé Nast, and the marketing lead for gaming and media platform N3TWORK.



Zak is a US trustee of United for Global Mental Health and board member of mental health awareness non-profit Bring Change 2 Mind and the Yerba Buena Center of the Arts where he focuses on guiding the organizations' strategy and business development initiatives. He received an MBA from Columbia Business School and a BA in Linguistics from New York University.



Journalist Jack Ford

Jack Ford is a legal analyst for CBS News and a correspondent for 60 Minutes Sports. Previously, he held several roles at ABC News, including anchor and correspondent for Good Morning America, 20/20 and World News Tonight.

Raised by a single parent in New Jersey, Ford attended Point Pleasant Beach High School. He played football and graduated from Yale University. He also earned a law degree from Fordham University School of Law. He subsequently spent three years as a prosecutor in New Jersey, before beginning his own private practice as a lawyer. He also served as an adjunct professor of law at Fordham Law School.

Earlier in his career, Ford worked at NBC News as chief legal correspondent, where he covered major legal stories for NBC Nightly News, The Today Show and Dateline. In addition, he was co-anchor of the Weekend Today Show and a substitute anchor for Nightly News and Meet the Press. Also a prominent sports journalist, Ford hosted ESPN's The Sports Reporters from 2002-03.



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Ways to Give

Help us reach **our goal of \$50,000** and keep going for **our wish of \$100,000**, to be raised on Tuesday, October 27th during our virtual event. Our behavioral health patients are counting on your support! **Text to Give** and watch the temperature on the thermometer rise!

How to Give

1. Text to Give

- Text “Williams” to 76278.
- Follow the prompts.
- Click the donation link and select the amount you wish to donate.

2. Donate Online

- Visit www.williams.givesmart.com
- Select amount you wish to donate.
- Follow the prompts.

3. Mail a Check

- Make payable to:
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- Mail to:
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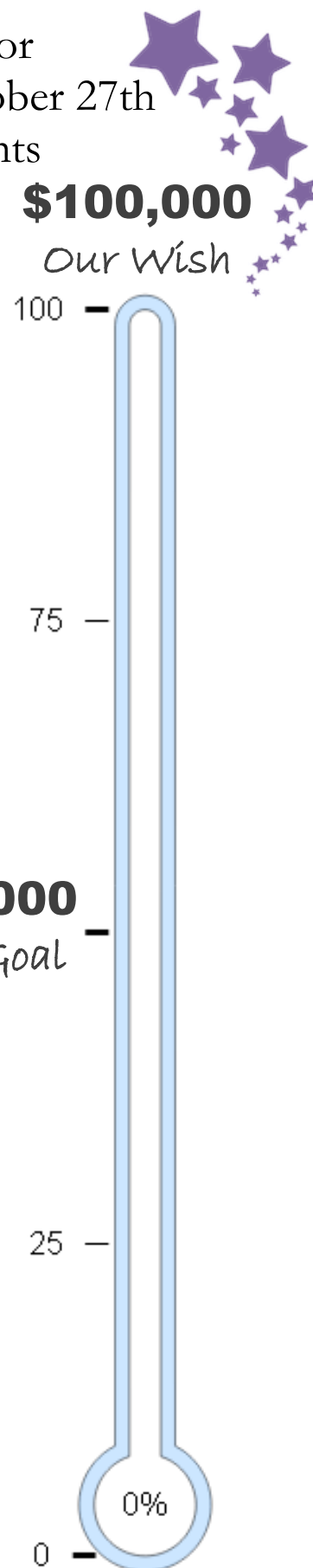


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Does your company have a matching gift program? It will double or triple your generous donation.

Need Help?

Contact Nadine or Kim at Trinitas Health Foundation at (908) 994-8249 or by email at nbrechner@trinitas.org or kboyer@trinitas.org.



About Trinitas Regional Medical Center

Established in January, 2000, following the consolidation of St. Elizabeth Hospital and Elizabeth General Medical Center, Trinitas Regional Medical Center is a full-service healthcare facility serving those who live and work in central New Jersey. Operating on two major campuses, Trinitas has 554 beds, including a 120-bed long-term care center and a 98-bed Behavioral Health hospital. Annually, Trinitas heals nearly 18,000 inpatients and provides over 450,000 outpatient visits.

Help Support Patients in these Programs

Trinitas operates one of the most comprehensive departments of Behavioral Health & Psychiatry in New Jersey. Services are offered along a full continuum of care, with specialized services available for adults, children, adolescents and their families, as well as services for those with substance use disorders. In addition to operating a 98-bed inpatient facility, the hospital provides 200,000 outpatient behavioral health visits annually.

There are long waiting lists for admittance to two of our unique programs serving patients from all over our State. Our Teen Specialty Unit treats children ages 13-18 that have experienced severe trauma and our Adult Dually Diagnosed Unit treats patients who are both developmentally delayed and mentally ill. Funds raised from our Peace of Mind Event will shorten the wait list by adding patients rooms.



P: 908-994-8249


F: 908-994-8292

www.trinitasrmc.org/foundation

PO Box 259 • Elizabeth, NJ 07207-0259

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