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By Letters To The Editor | The Jersey Journal

Caven Point can provide peace for PTSD victims

Why is Liberty State Park always under attack? I was stunned to learn Liberty State Park's Caven Point is under attack again. This is a park for the people! Yet developers continue their efforts to plunder sections of this park. Now, the owner of the Liberty Golf Course wants to relocate 3 holes of golf from his property to Caven Point. Why? Why is this public space being confiscated by a billionaire for the exclusive use of a few wealthy golfers?

Less than 7 weeks ago, I witnessed elected officials in Trenton verbally supporting the Liberty State Park Preservation Act. One elected official said, "Let the people decide." And the people did, that is why the Protection Act was introduced. What happened within a few weeks? How and why has this support changed?

Caven Point is an irreplaceable, nature sanctuary that provides a home to nesting and migrating birds and an environmental education resource for hundreds of students annually. What intrigues me the most is Caven Point's use as a public sanctuary.

As LTC in the Army Reserves and New Jersey resident, I want to help fellow veterans and my community. I am promoting a pilot project to utilize Caven Point to support veterans and others suffering from post-traumatic stress disorder (PTSD). PTSD sufferers have reaped benefits from natural settings.

Many veterans returning from war and multiple deployments find it hard to transition from military to civilian life. Unfortunately, nationwide, nearly 20 veterans a day commit suicide. For anyone (not just veterans) suffering from PTSD can experience social problems, substance abuse, unemployment and homelessness. While physical wounds are noticeable and treatable; PTSD is invisible, and treatment is complicated.

Studies have shown that nature-based therapy can dramatically reduce symptoms of post-traumatic stress disorder and boosts one's overall sense of well-being. I am sure the Caven Point environment will do just that.

I hope to have this opportunity to help all PTSD victims find peace, solitude and healing at this special New Jersey treasure called Caven Point.

Ruth Adams, Jersey City

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