

New Jersey Statewide Student Support Services (NJ4S) of Essex County



NEW JERSEY DEPARTMENT OF
CHILDREN AND FAMILIES



**family
connections**

WHERE HOPE MEETS POSSIBILITY

NJ4S-Essex at a Glance

- 56 staff in total-fully staffed
- 32 Prevention Consultants
- 10 Clinicians
- Staff speak Spanish, French Creole, Portuguese, Arabic, Guyanese
- Essex County has approximately 100,000 students in high-needs districts
- Newark ranked #2 out of 904 districts in NJ
- We have 43 school districts in Essex, 21 are high-needs



Hub Advisory Board

Hub Advisory Board Centered Around Students and Families

Our **Hub Advisory Board** supports our NJ4S-Essex hub. Membership includes:

- Students
- Parents
- Community Experts-Faith-based, United Way of Greater Newark, CIACC, CMO, Law Enforcement (former School Resource Officer) Healthcare Foundation of NJ
- Spoke Partners-Directors of Social Work, Supervisors of Students Services, Student Assistance Counselors
- Community Service providers-outpatient service providers
- Monthly virtual subcommittee meetings
- In person full committee meetings quarterly



OUR HUB ADVISORY BOARD



Outreach Efforts

School and Community Outreach Efforts

- Marketing efforts have been key to create awareness of NJ4S-Essex
- We held a kick-off breakfast in June and invited all district superintendents and asked them to invite additional staff
- E-mail blasts to schools and community partners continue-efforts include sharing our evidence-based practice program list, video shorts highlighting specific groups and presentation topics
- Planning a Prevention Summit to invite school personnel
- Tutorial Sessions on Salesforce NJ Connex registration with Scheduling Coordinators



School and Community Outreach Efforts (continued)

- Presentations at County Superintendent's Roundtable, County Directors of Support Services, HSAC, CIACC, CMO, DCCP
- Outreach to Family Success Centers
- Door to door in person outreach to all schools who did not sign up in Salesforce NJ Connex
- Dropped off consents, NJ4S-Essex Brochures and Tier two and three EBP lists with letter and contact information for tutorial in Salesforce sign-up



NJ4S-Essex Programming

NJ4S-Essex Services

- Developed with Hub Advisory Board input
- Needs identified by our needs assessment-trauma informed treatment, mental health support and suicide prevention for students. Parents and educators want to gain knowledge on the impact of trauma on youth and the mental health needs of youth plus learn mindfulness/stress reduction strategies for themselves.
- Services expanded to meet additional community needs-parent education presentations top request
- Tier One created to meet community needs-virtual webinars, YMCA and library collaborations
- Videotaped presentations for our resource page on website



Tier One

Tier 1 Presentations

- Impact of racial trauma
- Impact of trauma on students
- Mindfulness stress reduction
- Support for youth who are grieving
- Support for youth experiencing depression
- Support for youth experiencing anxiety
- Resume building
- Job readiness
- Financial literacy
- Self-esteem/self-care strategies
- Sexual health – teen pregnancy prevention
- Young men/women’s empowerment
- Avoiding stress during test taking
- Impact of social media on healthy youth development
- Classroom management
- Grief around the holidays
- LGBTQIA+ student needs
- Impact of bullying on students
- Bullying prevention strategies
- Strategies to manage anger in students
- School avoidance
- Dangers of vaping and impact of legalization of marijuana
- Substance Use Prevention 101



Tier Two

Tier Two Service Requests

- Parenting Educational Workshops on Mental Health Awareness, Grief, Financial Literacy, Job Readiness, Bullying Prevention
- Community Wellness Events-Teen Youth Mental Health Summit, MIT event, County-Wide Back to School Event, Love Wins Community Event for LGBTQIA+ Youth
- Prevention Groups: Wyman's Teen Outreach Program, PreVenture



Tier Two Evidence Based Practices

Active Parenting of Teens
Aggression Replacement Training
Botvin Life Skills
The Blues
The CAT Project
The Council for Boys and Young Men
Lifelines
Making Proud Choices
PreVenture

Project ALERT
Project Toward No Drug Abuse
Safe Dates
S.S. GRIN-A
Supports for Students Exposed to Trauma
Teen Outreach Program
Teens in Action
Youth Mental Health First Aid

Care Based on the Best Available Expertise



Name of EBP	Tier	Sessions	Need Adressed	Population
Cultural Humility	One		Cultural humility and understanding	Teachers/Youth
Project Towards No Drug Abuse	Two	12 session 50 mins	Substance Use prevention, stress management, effective communication	High school Youth
Life Lines	Two	4 sessions of 45 mins	Suicide Prevention	14-18 year olds
MBSR/Mindfulness	One		Stress Reduction	Teachers/Youth
Question Persuade Refer (QPR)	One		mental health, suicide prevention	parents, school staff, community providers
Teen Outreach Program	One/Two	20 hrs. Community Service, 1-2 groups weekly for 9 month	adolescent dev., values, sexuality, decision making, influences	12-17 year olds
PreVenture	Two	2 90 minute or 4 45 minute	youth mental wellness, delay substance use	12-18 year olds
Supports for Students Exposed to Trauma	Two	10 1 hr. sessions small group 6-8	Trauma, PTSD, Anxiety, Depression	youth 6-12 grade
Aggression Replacement Training	Two	each module 10 weeks X 3 modules	Modules-prosocial skills, anger management, moral reasoning	12-17 year olds
Project Alert	Two	11 weeks 3 booster sess next yr	Substance Use prevention	12-14 year olds
Families in Action	Two	6-2 hr, 12 1 hr.		parents, youth
Teens in Action	Two	6-2 hr, 12 1 hr.	Adolescent dev, sexuality, substance use	11-16 year olds
CAT Project	Two	16 sessions	Mental Health-anxiety	14-17 year olds
The Blues	Two	6-1 week sessions	Mental Health-depression	8-12th grade
Safe Dates	Two	10 / 1 hour groups	healthy sexual relationships/ Teen Dating	middle and high school youth
S.S. GRIN Social Skills Group Intervention	Two	10 1 hour groups	bullying prevention, effective communication, disruptive behavior	middle and high school youth
Boy's Council and Girl's Circle (PIK and CFP)	Two	Girls: 10-12 sessions; Boys: 10+ sessions	mental health, healthy relationships	middle and high school youth
All For You	Two	14 sessions / 9 classroom sessions x 70 or 90 min and 5	Pregnancy Prevention / STDs	14-18 year olds
YMHFA/TMHFA	One		Mental Health	Teachers/Youth
Botvin Life Skills	Two	15 Session 40-50 mins	Substance Use prevention	middle and high school youth
Motivational interviewing	Three			
CBITS with Racial Trauma	Three	10 1 hr. sessions	Trauma, PTSD, Anxiety, Depression	youth 6-12 grade

Care based on the best available clinical expertise

Tier Three

Clinician Trained Interventions

- Cognitive Behavioral Intervention for Trauma in Schools-with Racial Trauma Module
- NASW Grief Certificate Program
- Partnership to End Addiction-Centering Family Involvement Series
- Rutgers' Trainings



Bright Spots and Areas for Future Attention

- Collaborations with other Hubs to partner on training opportunities for staff-Morris/Sussex-YMHFA, TOP, Middlesex-SSET, CBITS and Presentation Skills training.
- All staff trainings in Cultural Humility, SOGIE, Mindfulness/Stress Reduction, QPR and Presentation Skills. Three lunch and learns per month for staff from February on
- Staff trained in 17 Tier Two EBPs, Clinicians trained in Cognitive Behavioral Intervention for Trauma in Schools (CBITS) with additional module in Racial Trauma, NASW Clinical Grief Certificate Program.
- NJ4S-Essex all program team building event in December
- Continued marketing efforts for schools
- Marketing our summer services



Questions?

Contact Information

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