



NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES

New Jersey Statewide Student Support Services (NJ4S)
Advisory Taskforce Meeting
December 5, 2023

NJ4S Advisory Group Agenda

- **Welcome and Introductions**
- **NJ4S Status** **Sanford Starr**
- **NJ4S Evaluation Plan** **Jennifer Hourin and Jennifer Hyk**
- **Hub Presentations**
 - **Morris-Sussex Vicinage: Mental Health Association**
 - Tracy Cappicille and Taisia Koepfel
 - **Passaic Vicinage: NJ Community Development Corporation**
 - Kathy Barreto



NJ4S Status

- Fully Functioning Network – All Tiers Offered
- Staffing: 76% Staffed Overall

Position	Fully Staffed	On-Board	Percent
Clinicians	64	45	70%
Prevention Supervisors	36	32	88%
Prevention Consultants	199	150	75%
Support Staff/Scheduling	38	30	76%

- School and District Contacts (As of 12/4/2023, 2:46PM)
 - 738 Schools
 - 516 Districts





NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES

NJ4S Evaluation

A Phased Approach to NJ4S Evaluation and Research

December 5, 2023



www.nj.gov/dcf



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Agenda

NJ4S Evaluation Overview

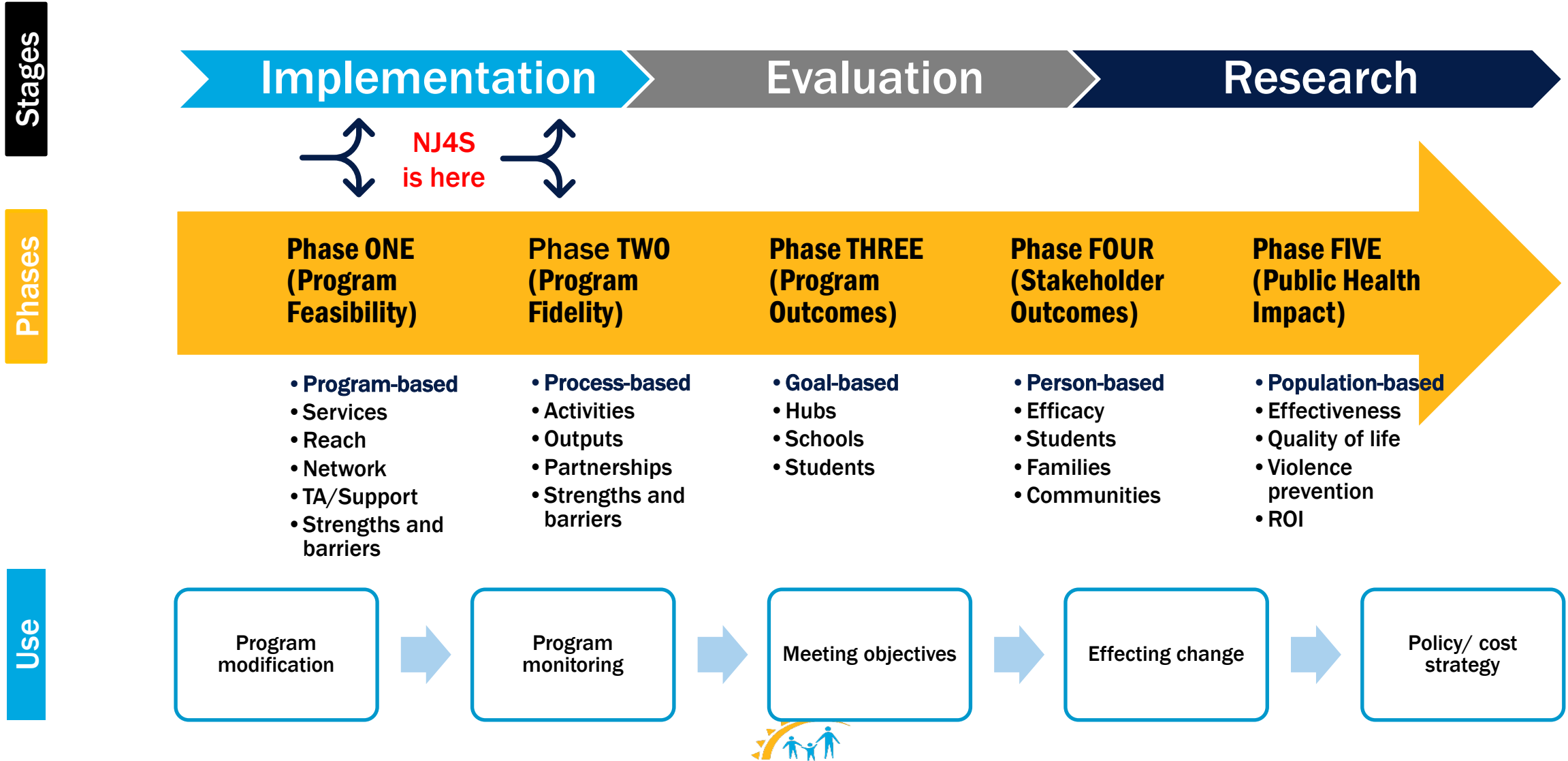


Draft Evaluation Plan

- Phase 1 & 2 Questions
- Methods & Activities
- Deliverables & Timeline



NJ4S Evaluation Long-term Overview



Collaborative Phase 1 Evaluation Questions : Program Based

(Feasibility) Services • Reach • Activities • Outputs • TA/Support

- How many participants received each tier of NJ4S services, who are the participants and what was the result; how many NJ4S services were provided, what are the services and service/delivery attributes?
- Does it appear that NJ4S services are equitably requested, delivered/accessed, and reaching stakeholders across the state?
- How many community referrals did NJ4S provide, why and where were referrals made, and what were the results of the referrals?
- How many applicant participants and service requests were waitlisted, why, what are the waitlist attributes and how many service requests/applications could not be met/were denied and why?
- How engaged are stakeholders in NJ4S, are they requesting/applying for services, utilizing it effectively and what are the barriers to stakeholder use/engagement?
- Are Hubs and schools able to easily and successfully navigate the NJ4S MIS Connex system and relevant webpages and are stakeholders accessing the NJ4S-related webpages?
- To what extent has NJ4S been able to hire and retain culturally inclusive staff with the required professional experience that competently deliver services and understand local stakeholder issues?
- To what extent are relevant, applicable training and professional development opportunities to enhance competent program delivery available, utilized by staff and leveraging resources?



Collaborative Phase 2 Evaluation Questions : Process Based

(Fidelity) • Services • Network • Partnerships • Strengths and barriers

- How satisfied are stakeholders with NJ4S, what are the strengths, weaknesses/barriers and is it effective for and inclusively engaging of stakeholders?
- How does NJ4S utilize appropriate, culturally competent recruitment methods to ensure all those needing services receive services?
- Are NJ4S services being implemented with fidelity to the model and what are the promising implementation practices, challenges, gaps and/or adaptations made that contribute to the impact or impede success ?
- To what extent are NJ4S providers adhering to evidence-based principles and delivering EBPs?
- Is NJ4S utilizing EBPs, DCF assessments or other tools to support the work, how many assessments have been done, and what are the challenges, barriers and promising practices to implementing the tools?
- How is NJ4S organized/structured and leveraging existing programs, resources and approaching collaborations and communications with the right partners and other Hubs achieve programmatic and systems level goals?
- How does NJ4S leadership utilize a vision/message, engage with stakeholders and utilize data to inform services, understand issues and make the right programmatic decisions?
- To what extent is the NJ4S culture cooperative, generate collaboration, appreciation and structured for staff to meet and raise issues?
- To what extent are the NJ4S Advisory Committees culturally inclusive to reflect community diversity and improving members' leadership skills and understanding of their roles?
- How do Hubs assess community needed services and to what extent do Hubs integrate/implement advisory committee and stakeholder voiced recommendations of needed services; are schools requesting and Hubs providing programs that correctly meet local needs?
- How do Hubs market services and communicate NJ4S work to the community and schools; how much/what do stakeholders know about NJ4S, what is their perception of and what are they saying about services?
- To what extent are districts/schools engaged in NJ4S overtime from year 1 to 2?
- Did Hubs have sufficient start up time to plan for NJ4S and can the model be scaled up?

Phases 1 & 2 Data Collection: Mixed Methods

Administrative NJ4S Connex Data

All administrative participant data on youth, parents/caregivers and educators/school staff receiving targeted Tier 3 NJ4S services as well as school NJ4S requests/applications and Hub service delivery data, including Tier 2 aggregate participant data and Tier 1 participant estimates, will be utilized.

Document Review

ARE will request information from all Hubs that includes material such as their original proposal as well as any internal memoranda, reports, or other written documentation.

Individual Interviews

ARE will conduct individual in-depth interviews at five (5) selected hubs with a sample of the students, parents/caregivers, and educators/school staff receiving NJ4S services as well as NJ4S Hub leadership, Hub staff, Advisory Committees and community member leaders/partners. ARE will utilize the insight garnered to develop focus group questionnaire guides.

Ethnographic site visits

ARE will later return to the five (5) selected Hubs to conduct ethnographic onsite visits to obtain ethnographic observations of the hubs, local schools, communities, etc. ARE will utilize the insight garnered to develop the implementation survey.

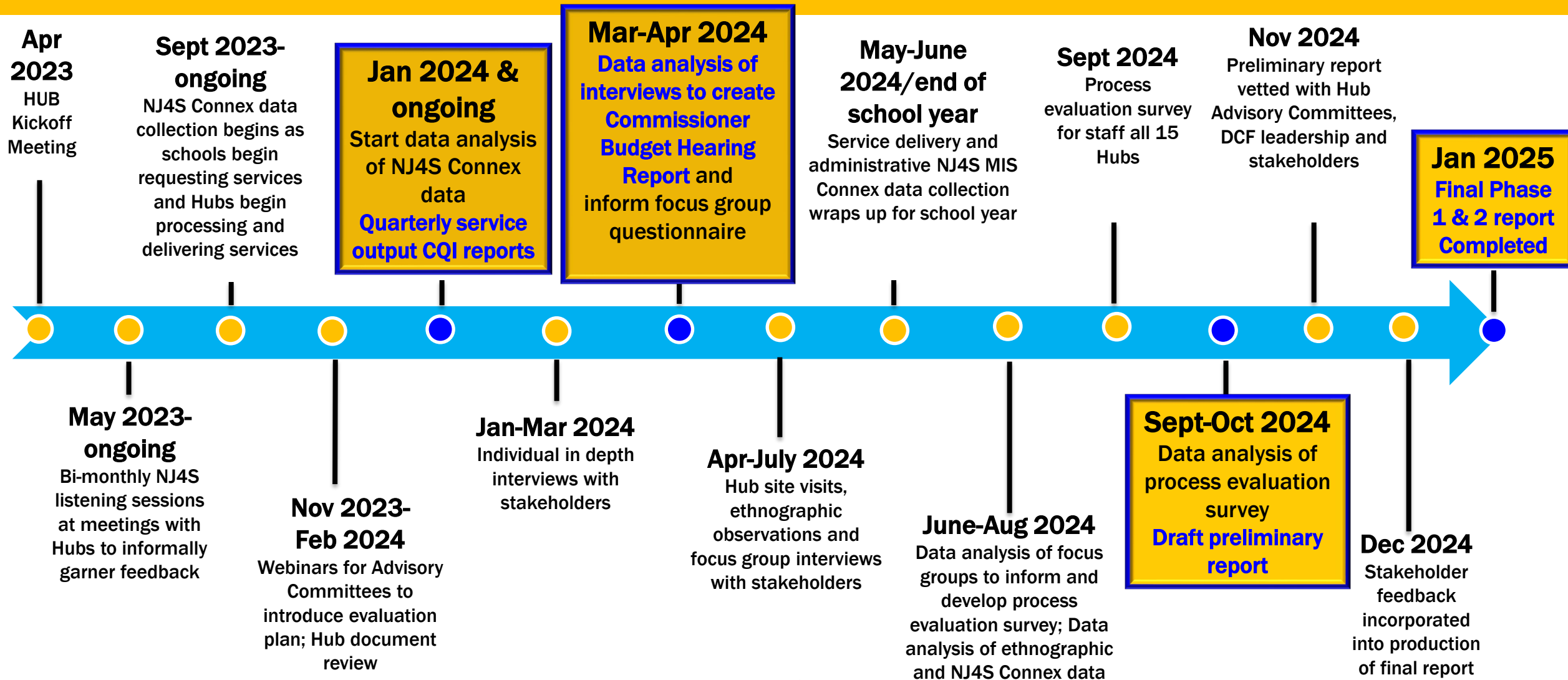
Focus Groups

During ARE's onsite ethnographic visits at the five (5) selected Hubs, the research team will conduct focus group interviews with students, parents/caregivers, and educators/school staff receiving NJ4S services as well as NJ4S Hub leadership, Hub staff, Advisory Committees and community member leaders/partners. ARE will also utilize the insight garnered to develop the implementation survey.

Implementation Survey

The implementation survey will be developed by incorporating findings from the document reviews, individual interviews, focus groups, as well as the ethnographic site visits. ARE will distribute the survey to all Hub staff to assess the program implementation process and program delivery fidelity.

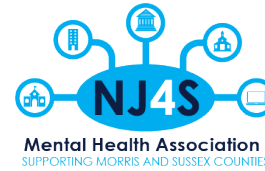
NJ4S Proposed Evaluation Timeline-Phase 1 and 2





Wrap-up: What's Next?

- RRC review on Dec 7th
- Reaching out for recruitment in January



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SUPPORT SERVICES**
www.MHAinspire.org

NJ4S MORRIS-SUSSEX

MENTAL HEALTH ASSOCIATION

SCHOOL & COMMUNITY OUTREACH EFFORTS

- ❑ **Public School Administration**
 - ❑ Ongoing
- ❑ **33 Community Events**
 - ❑ National Night Out, Health & Resource Fairs, Mental Health/Substance Use Awareness Events
- ❑ **Community Partners**
 - ❑ Center for Prevention and Counseling, Prevention is Key, Family Support Organizations, Family Success Centers, EDGE, American Foundation for Suicide Prevention, Zufall Health, YMCAs, Libraries, Various Townships including Mayors
- ❑ **Morris & Sussex County Superintendent Roundtables**
- ❑ **Morris & Sussex County School Counselors Meetings**
- ❑ **Morris & Sussex Youth & Human Services Advisory Committees**
- ❑ **Sussex County Mental Health Task Force**
- ❑ **Morris County SAC Meeting**
- ❑ **Established Connections**



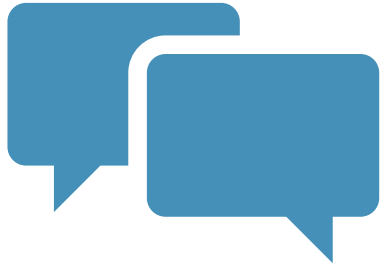
HUB ADVISORY BOARD

MHA
 MENTAL HEALTH ASSOCIATION
 INSPIRING HOPE AND HEALING
 NJ STATEWIDE STUDENT SUPPORT SERVICES
 www.MHAinspire.org



Spring Street Community Development Corporation





Agenda



Staffing

Bright Spots

Evidence Based Curriculum

Subcommittee Updates

Data/Surveys

Open Discussion

HUB ADVISORY BOARD



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HUB ADVISORY BOARD



Community Needs Assessment

- Which county do you live/work in?
- What is your role?
- What are the biggest concerns youth experience in the community where you reside?
- In September, what grade will your child be attending?
- How do you think the NJ4S Morris-Sussex can connect with parents/caregivers?
- What program schedule are you most likely to attend?
- What are the barriers youth and families face when accessing mental health and prevention services?

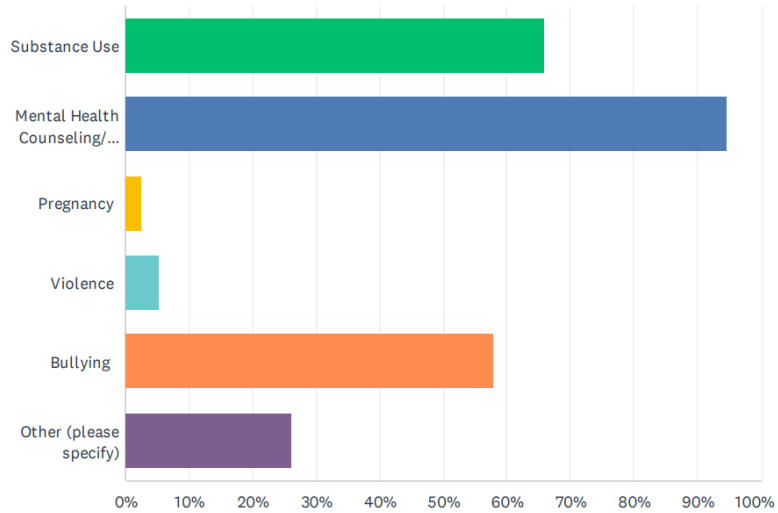
School Needs Assessment

- Which county is your school located?
- What is the name of your school?
- Provide the name, email and/or phone number of the point of contact at your school?
- What are the educational needs of the faculty/staff/administrators?
- Identify priority needs of youth in your school district
- Identify any barriers students and staff face when accessing mental health and prevention services

Needs Assessment Responses

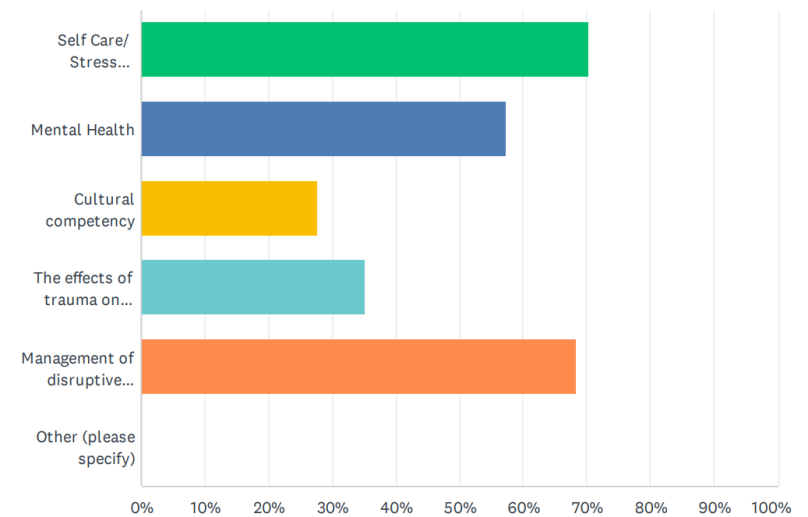
Q3 What are the biggest concerns youth experience in the community where you reside? ? (Choose up to 3)

Answered: 38 Skipped: 0



Q4 What are the educational needs of the faculty / staff/ administrators? (Choose up to 3)

Answered: 54 Skipped: 0

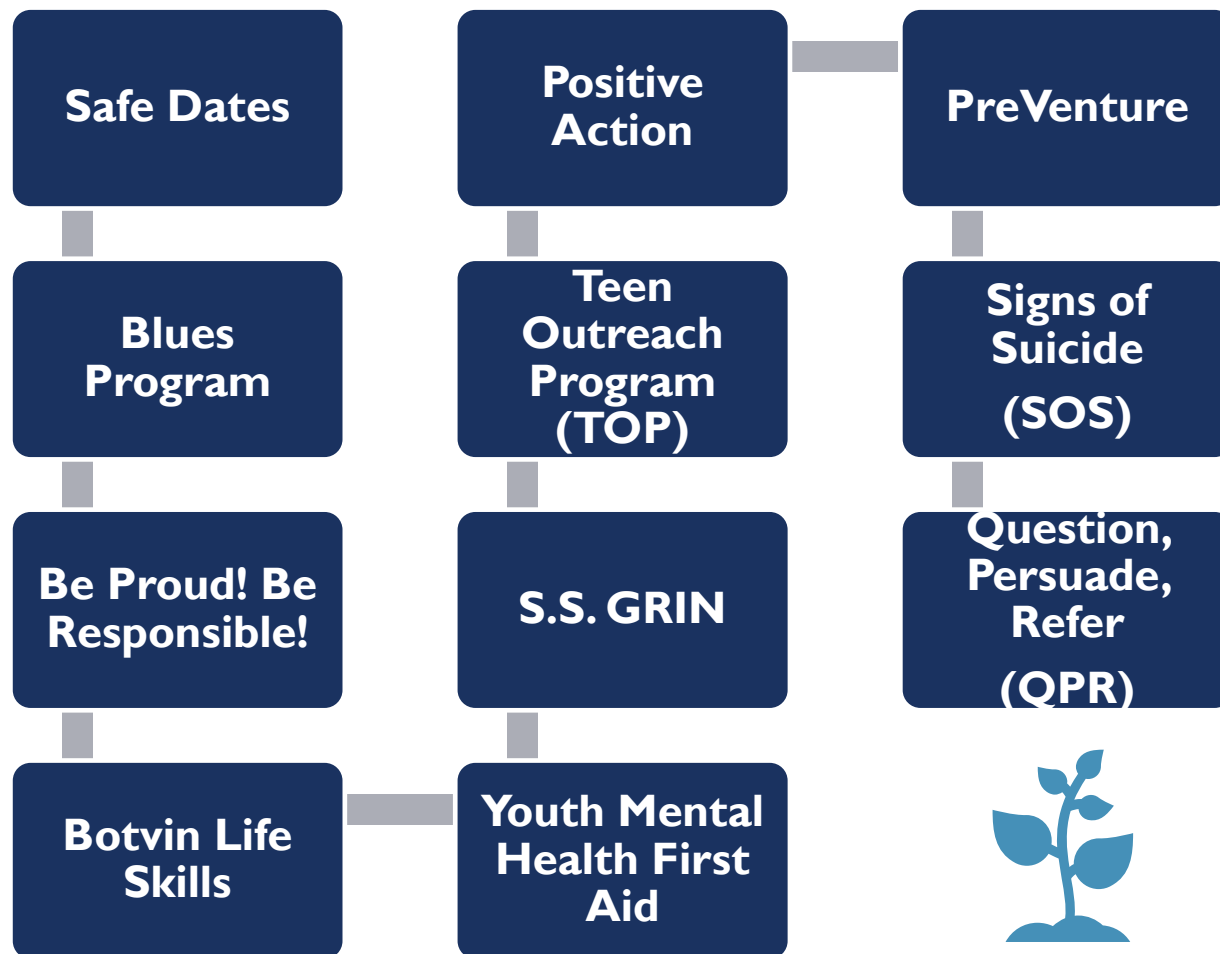


HUB ADVISORY BOARD

HUB ADVISORY BOARD



Evidence Based Programs





Tier I HUB PROGRAMMING



National Night Out



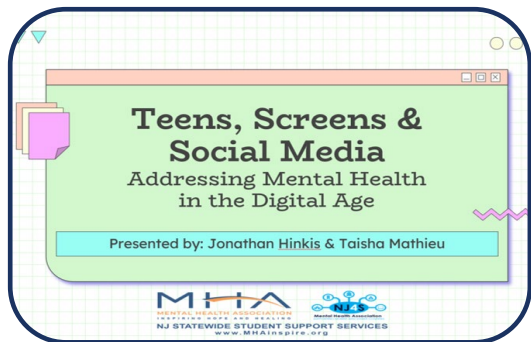
Webinar: Mental Health Awareness for Parents/Caregivers



Webinar: Managing Back to School Jitters



Gizmo's Guide to Mental Health



Webinar: Teens, Screens & Social Media



Zufall Health's National Rural Health Day & Resource Fair



Webinar: Self-Care During the Holidays



Out of Darkness Suicide Prevention Walk



Tier 2 HUB PROGRAMMING



MENTAL HEALTH ASSOCIATION
INSPIRING HOPE AND HEALING



Mental Health Association
SUPPORTING MORRIS AND SUSSEX COUNTIES

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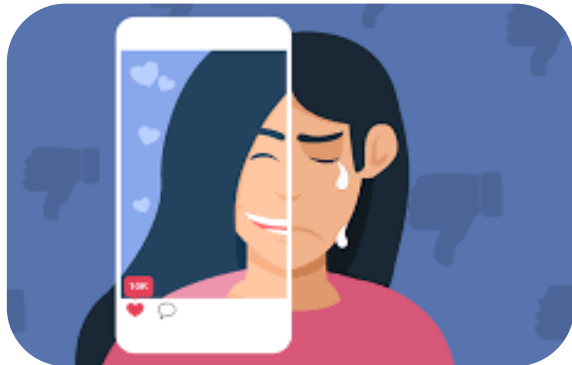
**Parsippany School District:
Bullying Prevention**



**Hanover Park Regional HS: It's Real,
Teens and Mental Health**



**Morris County School of Technology:
Youth Mental Health First Aid**



**Jefferson High School: Mental
Health & Social Media**



**Butler High School:
Game of Life**



**Roxbury School District Nurses:
Supporting Students' Mental Health**

Reasons for Referral

eatingdisorder behaviormanagement
homelessness
socialskills depression
familyconcerns anxiety
academics sexualabuse
familydynamics lgtbq
absenteeism
selfharm grief medicalproblems
substanceuse



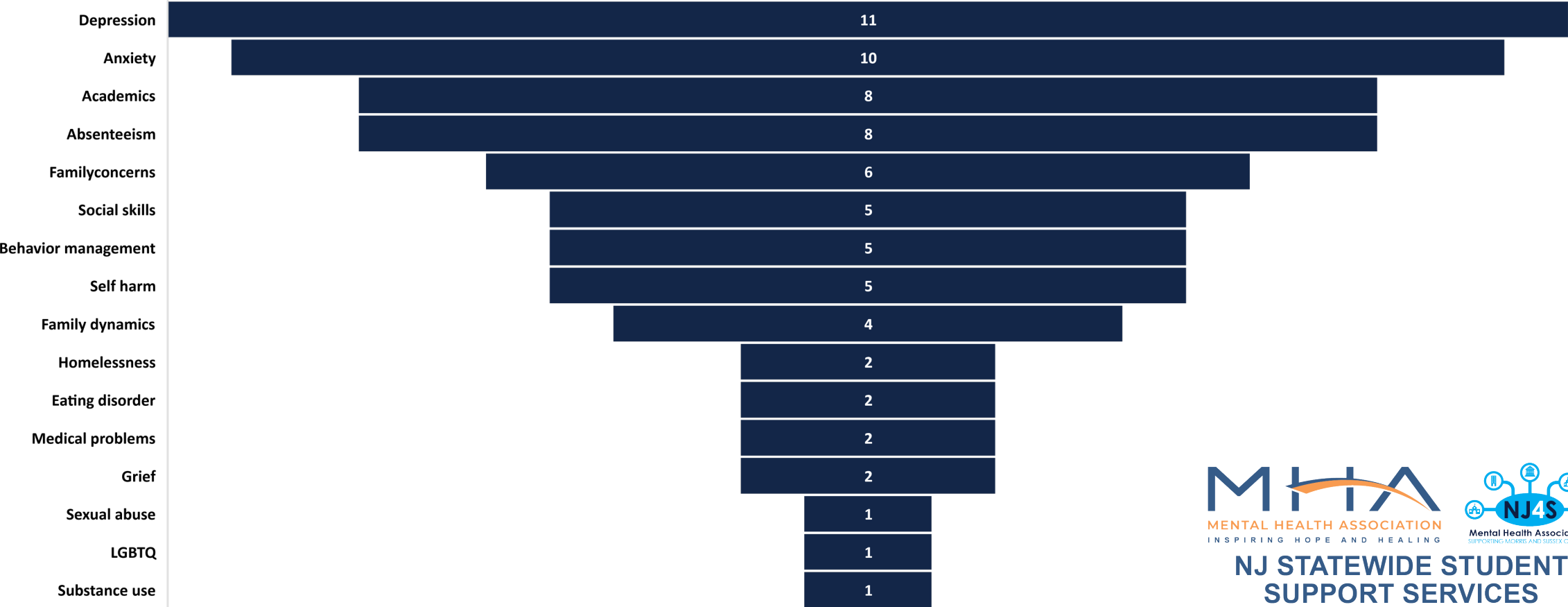
Tier 3 HUB PROGRAMMING

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Frequency of Referral Reasons



- High interest from schools
 - Assisting them in navigating the sign-up process
 - DCF has been very responsive
- Schools find submitting an application user friendly
- Written guide would be helpful to refer to
- Tier 3 process is efficient



Thanks for Listening!

Questions?



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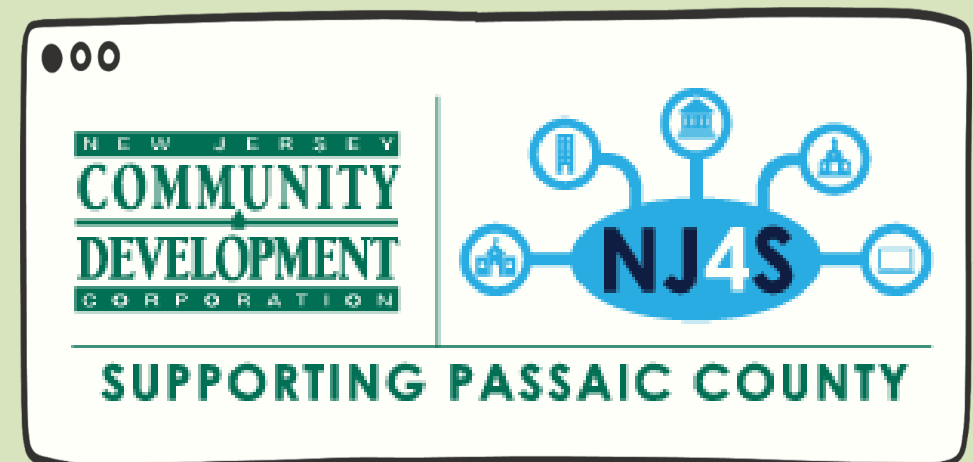
CONTACT US:

NJ4S MORRIS-SUSSEX

NJ4S@MHAINSPIRE.ORG

973-334-4052

DCF Statewide NJ4S Advisory Board Meeting





Agenda

Outreach Efforts

NJ4S Passaic Hub
Advisory Board Membership

Evidence-Based Practices

NJ4S Passaic Hub
Programming Outcomes



Outreach Efforts



Outreach Efforts: Social Media




Instagram
250 Followers

@NJ4S_Passaic



Facebook
63 Followers
32 Likes

NJ4S Passaic County



LinkedIn
102 Followers

NJ4S Passaic County

STRATEGIES

- Hashtags (#MentalHealth #Webinar)
- Virtual workshops scheduled every week
- Post event flyers & reminders beforehand
- Post event photos/videos soon after
 - Tag community partners & location
- Follow community partners & share posts
- Post in English & Spanish
- "Meet the Team" posts
- Awareness Day / Holiday posts
- Monthly calendar post
- Interactive stories (polls, questions, etc.)
- Gift card giveaway week
- Vision board contest (coming soon!)

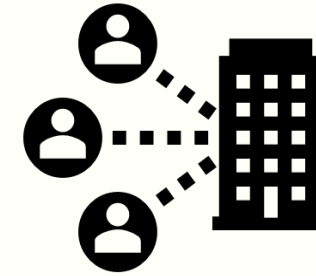
Outreach Efforts

Schools



- Up- and Down-County outreach teams
 - Back-to-School Nights
 - Guidance & CST Dept meetings
- Professional development opportunities
- Superintendents Round Table

Community Organizations



- Youth Rise
- NJ Re-Entry
- Boys & Girls Club
- City Green: Urban Farm
- Financial Empowerment Center
- Oasis: A Haven for Women & Children

Youth & Family Centers



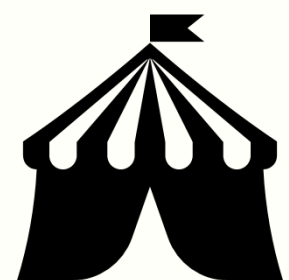
- Great Falls Youth Center
- NJCDC Teen Centers
 - PCTI, PVHS, GMA, CHS
- New Destiny Family Success Center
- Highlands Family Success Center

Faith Centers



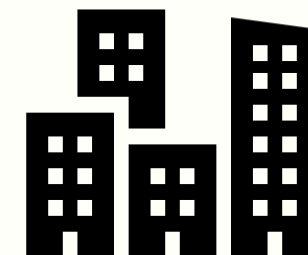
- Outreach to local mosques and synagogues offering education on trauma, self-care, and resilience
- New Hope Community Ministries

Local Events



- NJCDC Block Party
- Woodland Park Day
- City Green Harvest Festival
- Great Falls Labor Day Festival
- Circle of Care Trunk or Treat
- Road to Recovery Conference

Industry Partners



- Prevention Links
- Prevention is Key
- United for Prevention
- Family Support Org of Passaic
- Passaic Children's Mobile Response
- Circle of Care (CMO)

Outreach Efforts: Gift Card Giveaway



IT'S TIME FOR A



**GIFTCARD
GIVE AWAY!!!**

TO ENTER:

- ★ Like this post
- ★ Follow **@NJ4S_Passaic**

Tag a friend in the comments for an extra entry *(1 PER DAY THRU 11/10)*

Share this post to your story and tag **@NJ4S_Passaic** for an extra entry *(1 PER DAY THRU 11/10)*

Participants must be 18 or older to enter

Winners will be notified 11/10/2023

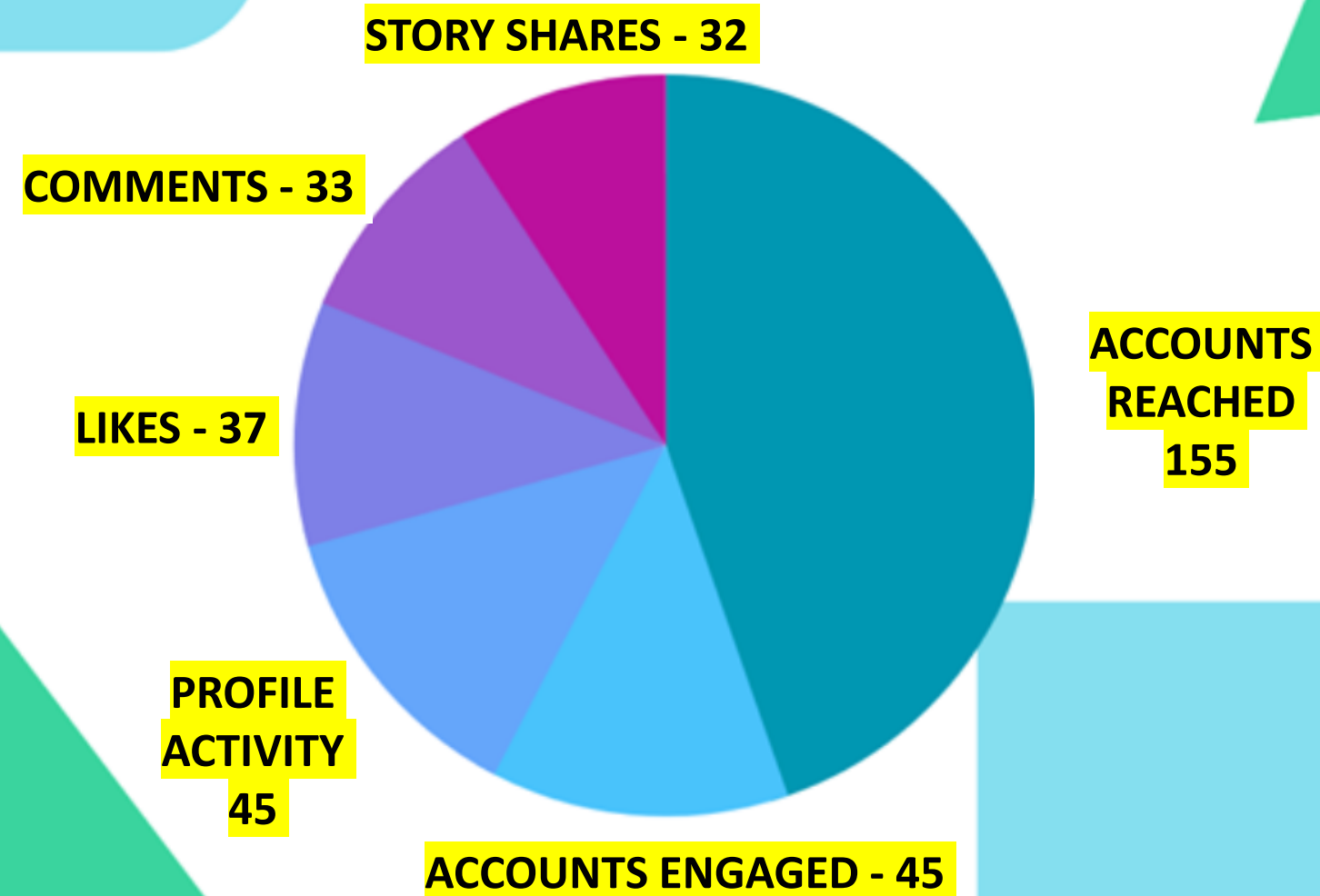


To enter, participants were required to like the giveaway announcement post and follow @NJ4S_Passaic on Instagram.

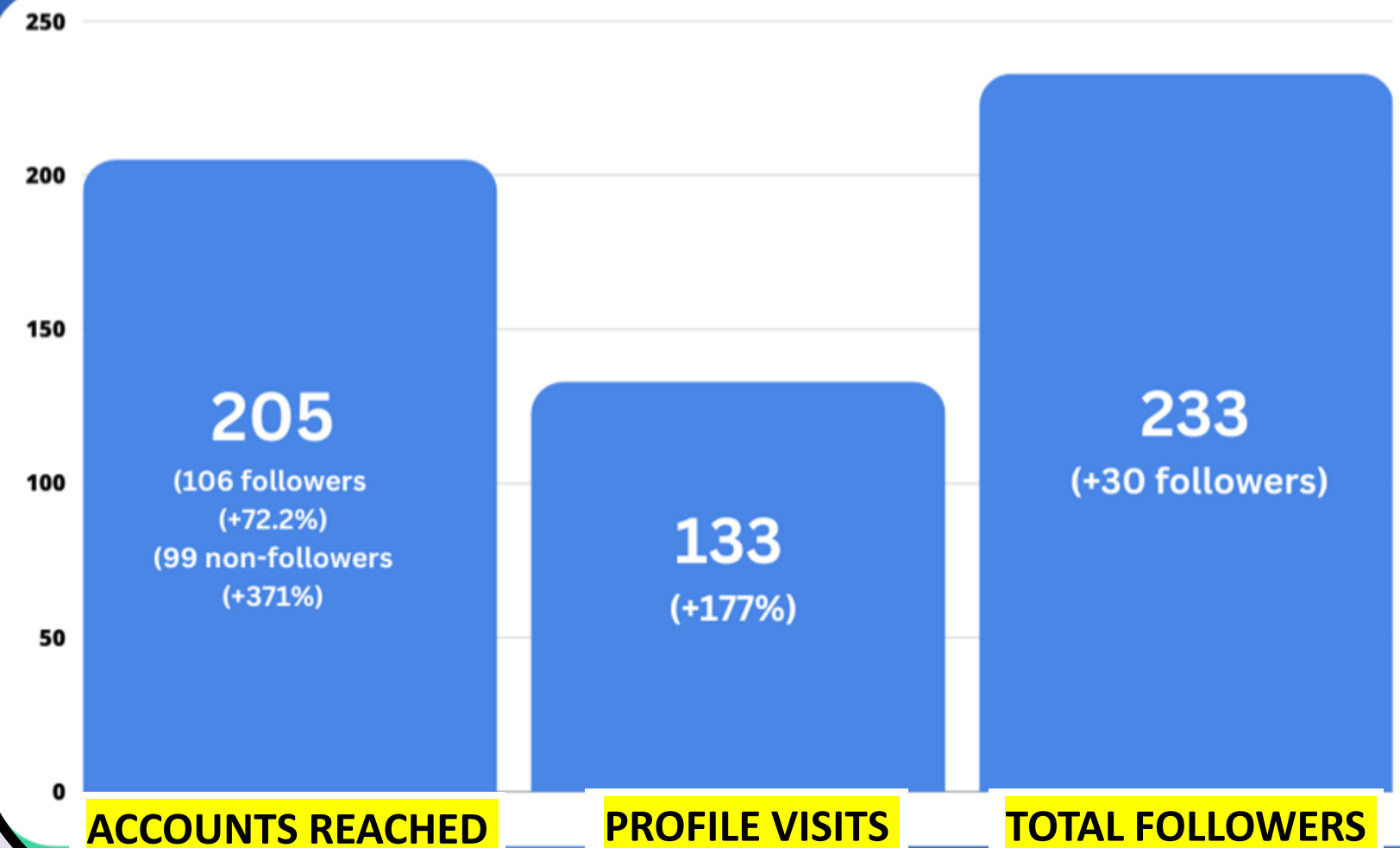
Participants received extra entries for tagging a friend in the comments or sharing the post to their story.

Outreach Efforts: Gift Card Giveaway

NJ4S SOCIAL MEDIA 11/6-11/9 (GIVEAWAY POST)



NJ4S SOCIAL MEDIA 11/6-11/9 (OVERALL PROFILE ACTIVITY)



NJ4S Passaic Hub Advisory Board Membership



- Youth Advisory Board is currently comprised of 5 high school students throughout Passaic County
- Committee meets every month
- Structured with one youth committee leader who turn-keys all youth related input to larger board
- Youth participation at larger board is always welcome and encouraged
- Outreach efforts are underway to bring more students on board

COMMUNITY DEVELOPMENT CORPORATION
SUPPORTING PASSAIC COUNTY

ARE YOU INTERESTED IN VOICING YOUR OPINION ABOUT YOUTH MENTAL HEALTH?
JOIN US TO LEARN ABOUT SERVICES THAT ARE OFFERED IN YOUR COMMUNITY.

NJ4S-PASSAIC HUB INVITES YOU TO JOIN OUR

YOUTH ADVISORY BOARD

OPEN TO ALL PASSAIC COUNTY STUDENTS IN GRADES 6TH - 12TH

TRANSPORTATION CAN BE PROVIDED.
FOR MORE INFORMATION, PLEASE CONTACT
GISELLIE CARRASQUILLO CCARRASQUILLO@NJCDC.ORG

YOUR VOICE MATTERS! FREE INCENTIVES EVERY MEETING!

ARE YOU INTERESTED IN VOICING YOUR OPINION
ON SERVICES OFFERED TO SUPPORT YOUR
CHILD'S MENTAL HEALTH?

NJ4S-PASSAIC HUB INVITES YOU TO JOIN OUR

PARENT ADVISORY BOARD

OPEN TO ALL
PASSAIC COUNTY RESIDENTS WHOSE
CHILD ATTEND PUBLIC/CHARTER SCHOOL



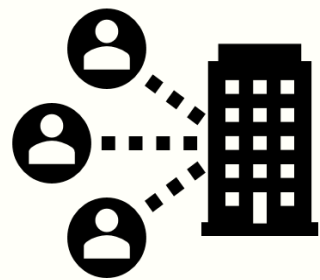
- Parent Advisory Board is currently comprised of 3 Passaic county parents
- Parents members are encouraged to participate in larger board meetings

NJ4S Passaic Hub Advisory Board Membership



Members include representatives from:

- St Joseph's Medical Center
- New Bridge Services
- Oasis A Haven for Women and Children
- Boys and Girls Clubs throughout Passaic County
- Family Success Center
- Passaic County CIACC
- Paterson Public Schools
- Clifton Public Schools
- Passaic County Technical and Vocational School
- Township of West Milford



- Members have met consistently with first meeting being held 6/27
- First meeting was November 15th
- Next meeting scheduled for January 17th
- Hub advisory members meet hybrid every other month
- Passaic Hub sends out programming updates on months hub does not meet.



- Our hub advisory board has helped guide our hub in selecting our EBP programming and program hours of operation
- Currently exploring special sub committees to help support our hubs programming efforts

Evidence-Based Practices

Opioid Overdose Prevention Program

Positive Action

Seeking Safety (PTSD & Substance Use)

SOS: Signs of Suicide

Youth Mental Health First Aid

Youth Substance Use:
Foundations of Family Engagement





NJ4S Passaic Hub Programming Outcomes

Tier 1 Services

"Kindness for All Minds" Assembly
Paradise Knoll Elementary School, Grades K-5

"Study Skills for Success" Presentations
Clifton School #2, Grade 5 Classes

"Girls Empowerment" Workshops
Oasis, Teen Girls

Professional Development Series
Brilla Charter School, Staff

"Parenting Now vs Then" Discussion
NJ Re-Entry, Caregivers



Total number of Tier 1 services
provided by NJ4S Passaic from
September to November:

84



Current number of unique T1
workshops offered on NJ4S
Passaic's Menu of Services:

40



Tier 1 Services

**We Are Family:
Supporting LGBTQ+ Youth**
Gender identity, pronouns, sexuality, LGBTQ+ issues, local resources, and active allyship

**Let's Be Blunt:
Cannabis 101**
Use & misuse, safety, harm reduction, legality, regulations, and resources

**What's Next?
Life After High School**
Guidance for young adults looking to explore career and education options after high school graduation

**Harmony at Home:
Healthy Co-Parenting**
Common challenges, proactive strategies, and helpful resources for co-parenting

**Resilient Youth:
Children of Incarcerated Caregivers**
Impacts on and coping strategies for families with an imprisoned caregiver/relative

**Kindness Corner:
How to be a Good Friend**
Teaches respect, compassion, and kindness to elementary age children

Self-Care Workshop
Wednesday, 10/18
5pm - 6pm

Understanding CSOC

An Introduction to the NJ Children's System of Care

Highlands Family Success Center **November 29th**
5pm-6pm

Join us for an informative workshop about New Jersey's community-based behavioral health services available at no cost to all youth under age 21, including children with emotional/mental health needs, substance use challenges, and intellectual/developmental disabilities.

ORGANIZATIONAL SKILLS

- Prioritizing/Procrastinating
- Time Management
- Set Goals
- Input tasks into a schedule
- Minimize Distraction
- Take Breaks



The NJ4S Passaic Tier 1 Menu of Services

is available NOW!

Workshops available in-person and virtually, in English and Spanish

Call or email NJ4S Passaic today to schedule!

Mindful Parenting

Communication, mindfulness, self-care, and coping skills for caregivers

Parenting Then vs Now

Interactive exploration of parenting approaches from ~1950 to today

Understanding CSOC

NJ Children's System of Care

Learn about NJ's community-based behavioral health system available to youth under age 21

Substance Abuse Prevention

Myths & facts, potential risks, coping skills, and available resources

Vaping Awareness & Prevention

Risks of e-cigarette usage and resources to prevent vaping-related health issues

Let's Be Blunt: Cannabis 101

Use & misuse, safety, harm reduction, legality, regulations, and resources

Digital Citizenship

Responsible internet use, digital literacy, social media safety, and online security

Dreams of Screens

A balanced perspective on the benefits and risks of technology, video games, and internet use

Mental Health Trivia Challenge

Tests participant knowledge of mental health conditions, coping skills, and local resources

Study Skills for Success

Learning styles, test-taking strategies, academic skills, and organizational tips for students of all ages

Navigating I&RS / IEP / 504

How to request accessible education for children with disabilities, learning disorders, behavioral health needs, and more

Get on Your Zoom

Strategies for addressing student truancy and chronic absenteeism

Parentification Trap

Preventing and addressing possible role reversals between caregivers and children

Supporting Children of Divorce/Separation

Education on the support needs of children of separated families

Resilient Youth:

Children of Incarcerated Caregivers

Impacts on and coping strategies for families with an imprisoned caregiver/relative

Specified Grief & Loss Management

Coping skills for specific forms of grief (break-ups, friendships, moving, immigration, etc.)

Professional Development Series

Topics for educators (classroom management, inclusive environments, mental health cues)

Screening for Suicide in Schools (C-SSRS)

Teaches school staff how to use the C-SSRS assessment in an education setting

Cultural Awareness

Promotes inclusivity by equipping participants with the knowledge needed to navigate cultural differences

Neurodiversity: A Spectrum of Potential

Information on the neurodiversity movement and neurodivergent identities

We Are Family: Supporting LGBTQ+ Youth

Gender identity, pronouns, sexuality, LGBTQ+ issues, local resources, and active allyship

Roll 4 Initiative: Passaic County Connect

6-week virtual D&D game with focus on social skills, teamwork, and problem solving

Seasonal Affective Disorder (S.A.D.)

Helpful tips, psychoeducation, and resources for navigating the winter blues

Self-Care & Stress Management

Explore and practice a variety of self-care activities for the mind, body, and soul

Effective Communication

Communication strategies, active listening skills, and healthy self-expression

Anger Management

Positive skills for handling frustration, conflict, and emotion dysregulation

Healthy Choices: Positive Lifestyle Habits

The importance of nutrition, exercise, hygiene, rest, socialization, health, and wellness

Girls Empowerment

Develops positive social-emotional skills among girls and young women

Your Body is a Work of Art

Confidence-building activities for improving body image and self-esteem

Let's Talk About It: Sexual Health & Wellness

Puberty, consent, bodily autonomy, contraception, STI testing, and more

Kindness Corner: How to be a Good Friend

Teaches respect, compassion, and kindness to elementary age children

Kindness for All Minds

Promotes empathy, understanding, and compassion toward neurodiverse children and adults

Bullying & Cyber-Bullying

Types of bullying, warning signs, coping strategies, and resources

Back-to-School Series

- 1) Summer Brain
- 2) Mental Health
- 3) Communication
- 4) Self-Care

Intro to NJ4S

Services available through the NJ4S Passaic County Hub and how to access them

Don't see a topic you're interested in?

Let us know!

NJ4S Passaic can tailor presentations to the specific needs of your community!

Tier 2 Services

→ Completed

- Grief support

Proposed

- Therapeutic D&D game
- LGBTQ+ youth support group
- Disability support group
- Conflict resolution
- Addressing substance use
- "Parent University" series
- Mindful Martial Arts
- Skill-building curriculum

Tier 3 Services

→ NJ4S Passaic has received 3 referrals for individual clinical services so far!

From Sept to Nov,
NJ4S Passaic services
(Tiers 1, 2, and 3)
have reached a total of
2,033 participants!



THANK YOU!

NJ4S PASSAIC



SUPPORTING PASSAIC COUNTY