



Bergen Hub
SUPPORTING BERGEN COUNTY

New Jersey Statewide Support Services: Children's Aid and Family Services NJ4S Hub - Bergen County



Bergen County Snapshot

79

School Districts

133,228

Students

123

Qualified Schools

21

High Needs Districts



The Bergen Hub

SUPPORTING BERGEN COUNTY

COALITION OF PROVIDERS



Outreach Efforts

School District Outreach

- Met with **16 out of the 21 HIGH NEEDS districts**
- Met with **46 out of 79 districts** - more district meetings scheduled
- Conduct **ongoing outreach** to districts without school rep to **engage with Connex**
- Scheduling meetings with **heavily engaged districts** to discuss **Summer programming and back to school transition programs**
- Presentation for varying **Education and Professional Organizations** (BCASAP, Superintendent's Round Table, etc.)

Multi-faceted "How to Connex" campaign targeting schools and parents to drive awareness and school registrations. Campaign elements include:

- ## Social Media Examples



Community Outreach

- Presentations at local conferences, professional committees, and events
 - Prosecutor's SNAP Conference
 - Isolation Conference
 - Heart at Work
- CIACC World of Resources
- Community Based Health Fairs
- Individual meetings with libraries, Family Success Centers, etc.

ALUMNI IN RECOVERY PRESENTS
HEART AT WORK
BERGEN COUNTY'S
OVERDOSE AWARENESS & RESOURCES!

THURSDAY - JANUARY 18TH
7 PM - ZOOM

an ongoing series
of what they do
& how they help us through
the opioid epidemic.

change. community. hope. resource.

**HEAR FROM OUR
LOCAL POLICE!**
*They are our first
responders!*



Community Outreach

Social Media Presence



162
Followers
@NJ4SBergen



181
Followers
@nj4s_bergen



115
Followers
@nj4s-bergen



221
Views
@NJ4SBergenHub

News Features



Bergen Hub Advisory Board

How many members?

- Voting – 15 members (46% youth/parents)
- Community Based Resource Subcommittee (Non-voting)- 7 members

Sectors includes:

- Family Success Center, Student Assistance Counselors, Local Health Department, Community Based Organizations, youth, parents, Faith Based, Mental Health Providers, Fairleigh Dickenson University, CMO, Youth Services Commission, American Foundation for Suicide Prevention, SPAN, GLSEN (Gay, Lesbian, Straight, Education Network), County departments

Sample Agenda Items

- Service/Curriculum approval
- Summer planning
- Identification of service locations
- Post-program Feedback

Needs Assessment

290 Respondents
representing 52/79 districts

49% of Respondents
were students & parents

Identified Areas Needing Support for Students

Top Student Responses

- Positive Friendships
- Relationship with Parents
- **Mental Wellness**
- Vaping
- **Self-Esteem**
- **Anxiety**
- Job Readiness
- Pregnancy Prevention
- **Depression**
- Sexual Health

Top Adult Responses

- Self-control/ Impulsivity
- Emotion Management
- Life Skills
- Problem Solving/Decision Making
- **Mental Wellness**
- **Self-Esteem/ Self Concept**
- **Anxiety**
- Conflict Resolution Skills
- Communication
- **Depression**

Evidence Based Programs/Practices



PROGRAMS

- Footprints for Life
- Steps to Respect
- Question, Persuade, Refer
- Hip Hop to Prevent Substance Use and HIV
- Botvin's LifeSkills Training (Middle School, Transitions, E-LST)
- Mental Health First Aid (Adult, youth, and teen)



PROGRAMS

- Steps to Respect
- Question, Persuade, Refer
- Hip Hop to Prevent Substance Use and HIV
- Botvin's LifeSkills Training (Middle School, Transitions, E-LST)
- Preventure
- Keys to Innervation
- Moral Reconation Therapy (Anger Management Group)
- The C.A.T Project (Antianxiety group)
- Adolescent Coping with Depression Group
- Body Project
- Mental Health First Aid (Adult, youth, and teen)



PROGRAMS

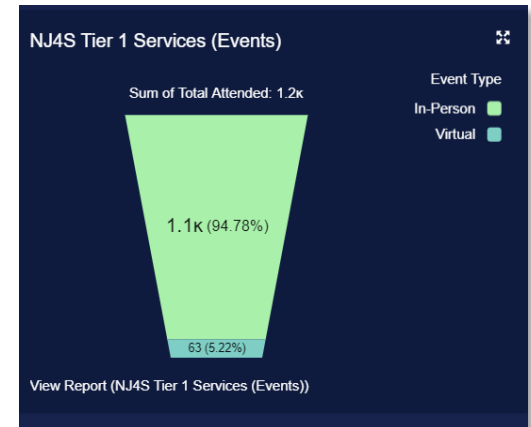
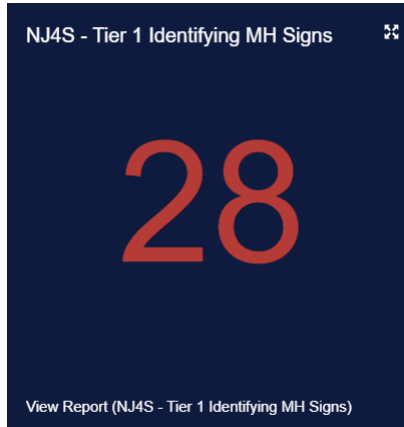
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- CRAFFT
- Cognitive Behavioral Therapy
- Trauma Focused CBT
- Rational Emotive Behavioral Therapy
- Acceptance Commitment Therapy
- Prolonged Exposure Therapy for Adolescents (PE-A)
- Motivational Interviewing
- Solution Focused Brief Therapy
- Multisystemic Therapy
- Brief Strategic Family Therapy
- Alternatives for Family – A Cognitive Behavioral Therapy

Tier 1 Programming

- **82 Delivered** service to date
- **28 Services** delivered around topic on mental health

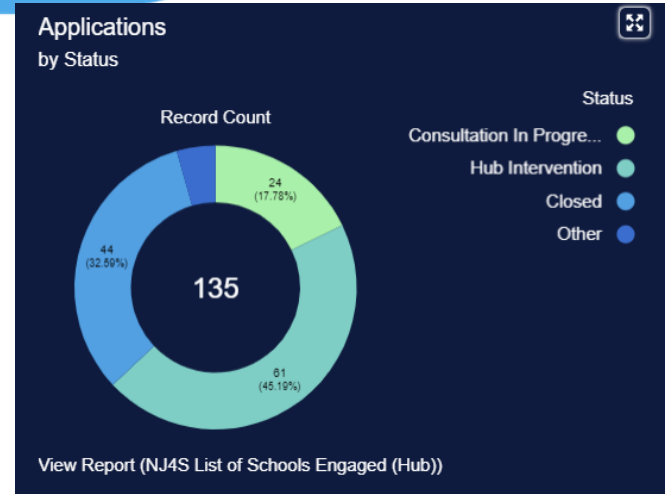
1206 Total Attendance

Events such as Pasta Dinners, Forest Friends with Family Success Centers and Library, LifeSkills Training – Virtually, Steps to Respect, Absenteeism

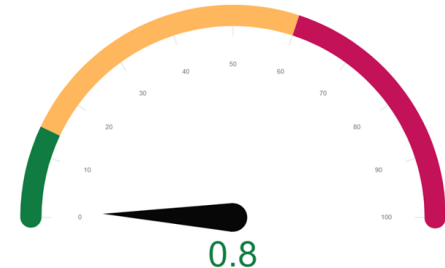


Tier 2 & Tier 3 Applications at a Glance

- **135 Current** applications to this date from **28 schools**.
- **Over 100 students** have received clinical mental health support through NJ4S Bergen Tier 3 services.
- **12 Tier 2 Services** have helped students, school staff, and parents experience NJ4S Bergen.
- **On March 12th, 2024 our first Tier 3 waitlist was started.** Schools have heard about us and are eager to connect.



Average Days Application Filed to Consultation
Tier 2 & 3 Services

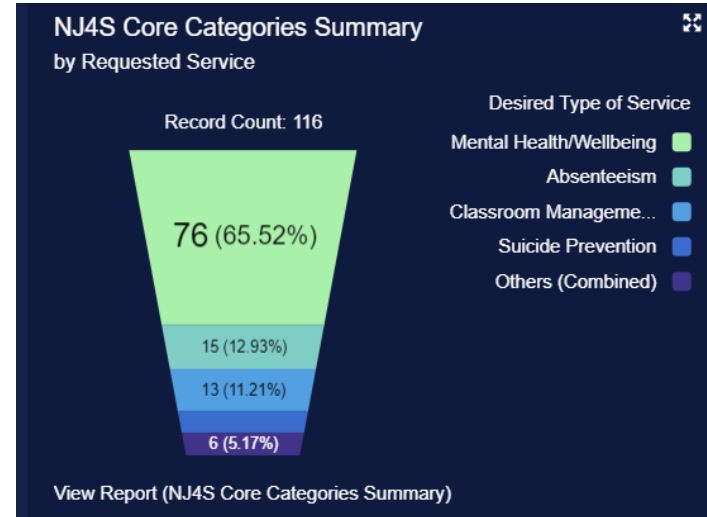


Mar 21, 2024 11:15 AM - Viewing as Jerry Calappa

Tier 2 & Tier 3 Services at a Glance

Core Categories Served

- Mental Health/Well Being
- Absenteeism
- Classroom Management/Disruptive Behaviors
- Suicide Prevention
- Other (combined)



Successes and Challenges

Successes

- Strong programing brings about referrals amongst the schools.
- Continued increases of new school applications and engagement.
- Schedulers have a less than 1 day assignment rate from application submission.

Challenges

- Onboarding - Our Schedulers have been assisting school on how navigate or get access on Connex.
- District staff may be reluctant to become point users and applications may have unclear need.
- Technical glitches

Contact Us

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