NJ4S-Essex Overview

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Who We Are

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NJ4S-Essex at a Glance

53 staff in total-fully
31 Prevention Consultants
10 Clinicians
Staff speak Spanish, French Creole, Portuguese,
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

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Needs Assessment

64% of community members indicated mental health/wellness was the most important need for our youth in high needs' schools.

Top needs identified for our youth were mental health interventions, trauma informed treatment and suicide prevention.

Teachers and parents indicated they could benefit from education on the impact of trauma on youth, mental health awareness and mindfulness/stress reduction strategies for themselves.

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Tier 1

services include universal prevention education for students, parents, and school staff in **grades pre-K-12**.



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 heathy youth development
- Classroom management
- Grief around the holidays
- LGTBQIA+ 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

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Tier 2

services include more focused group prevention programs for students, parents, and educators in **grades 6-12**.

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Areas of Need EBPs Address

Anti-Bullying/Violence Prevention
Eating Disorders/Healthy Body Image
Sexual Health/Teen Pregnancy Prevention
Impact of Trauma on Students
Mental Health/Wellbeing/Suicide Prevention
Social and Emotional Wellbeing/Healthy Peer Relationships
Support for LGBTQIA+
Substance Use Prevention
Parenting Groups

All groups are available in Spanish, French Creole, Arabic and English
All clinical services available in Spanish, Portuguese and English

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Tier Two Evidence Based Practices

Active Parenting of Teens
Aggression Replacement Training
The Body Project
Botvin Life Skills
The Blues
The CAT Project
Coping and Support Training
The Council for Boys and Young Men
The Girls Circle
Lifelines
Making Proud Choices
PreVenture
Positive Outcomes With Emotional Regulation (POWER)
Project ALERT
Safe Dates
S.S. GRIN-A
Supports for Students Exposed to Trauma
Teen Outreach Program
Teens in Action
Youth Mental Health First Aid
Good Grief *
Unity Circle

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Tier 3

services include individualized assessments and both individual and group counseling for **6th-12th grade** students and families as well as linkage to ongoing treatment.



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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

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High Needs' School Districts Ranked



School District Need Index (SDNI)

School-level indicators include, but are not limited to:

- student enrollment and absenteeism
- student reading/language arts and math achievement
- academic growth
- student socioeconomic status
- violence, harassment, and substance use in the district

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Community Level Indicators

Community-level indicators include, but are not limited to,

- crime rate
- child maltreatment rate
- drug-related deaths
- youth suicide rates
- pre-term births
- domestic violence incidents

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Essex County High Needs' Districts

Newark Public School District

Irvington Public School District

East Orange Public School District

Orange Public School District

Essex Regional Educational Services Commission

Great Oaks Legacy Charter School

LEAD Charter School

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TEAM Charter School

Belleville Public School District

West Essex Regional School District (Fairfield)

Essex County Schools of Technology

Millburn Public School District

Achieve Charter School

Livingston Public School District

North Star Academy Charter School

Peoples Preparatory Charter School

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Program Updates:

Total Program Staff: 56

Director *and* Associate Director

32 Prevention Consultants (Tier Two services)

5 Supervising Prevention Consultants

10 Clinicians (Tier Three services)

5 Scheduling Coordinators

Marketing Coordinator

Data Analyst

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Next Steps:

*Services are fully available to our Districts

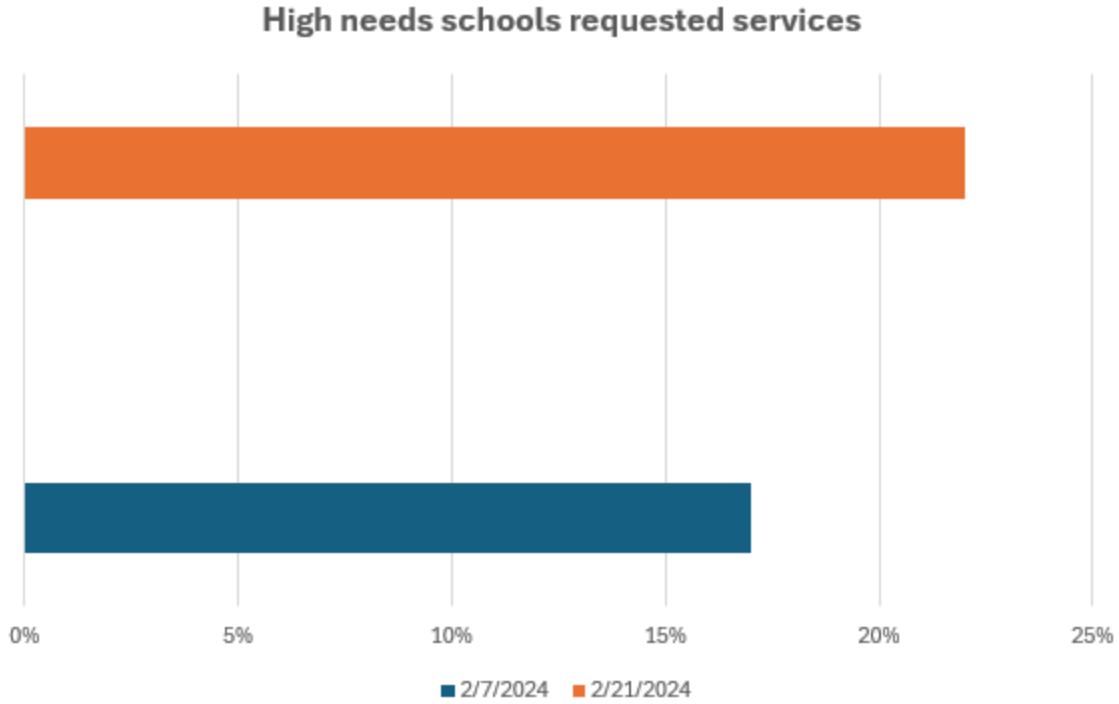
*We are working with school liaisons to help the registration process in Salesforce-NJ Connex

*We continue to market our services to schools

*Tier One and Tier Two presentations are being requested

*Tier Three (clinical requests) are highest demand

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High needs schools requested services
0%
5%
10%
15%
20%
25%
2/7/2024
2/21/2024



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PARAMECIUM
Q & A

Thank you!

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Visit our website at: **nj4s-essex.org**

CONTACT US

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