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## ROUTES TO RESILIENCE



- **Available to:** Morris & Sussex Counties
- **Audience:** Students, Parents, Educators
- **Topics:** Empowers educators, parents, and students with grief-informed training, programs and resources to build community resilience. Program will focus on building adaptive skills, shared language, and sense of safety to seek help when facing adversity.

## THE POWER PROGRAM



### Positive Outcomes with Emotional Regulation

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Promoting emotion regulation skills for students with, or at risk of, developing mental and behavioral health needs. Students will learn effective techniques that can increase their ability to manage and regulate their emotions.

## IT'S REAL: TEENS AND MENTAL HEALTH



- **Available to:** Morris & Sussex counties |
- **Audience:** Middle & High Schoolers
- **Topics:** Students are guided on an exploration of important facts, statistics, and scenarios with an overarching message of normalization, fighting against stigma and making mental health and wellbeing a priority.

## SAFE DATES



### Prevention & Support for Abusive Relationships

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Causes of dating violence, supporting friends in an abusive relationship, gender stereotypes, and prevention skills.

## TEEN SPEAK FOR PARENTS



- **Available to:** Morris & Sussex Counties
- **Audience:** Parents/Caregivers
- **Topics:** Parents/caregivers are taught the skills necessary to open the line of communication between them and the young person in their life so they are more likely to avoid risk-taking behaviors.

## WHYTRY



- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Designed with inclusivity in mind, this program ensures that all students, regardless of their learning styles or needs, can benefit from its principles of Resilience, Relationships, and Responsibility. By utilizing interactive and visually stimulating materials, the curriculum offers accessible lessons that break down complex social and emotional concepts into manageable and relatable components.

## SOCIAL SKILLS GROUP INTERVENTION (S.S. GRIND)



### Small-Group Intervention Program

- **Available to:** Morris & Sussex Counties
- **Audience:** High School Students
- **Topics:** Discussing social-emotional competence, effective communication skills, cooperation, impulse control, conflict management, empathy, and issues of bullying & victimization.

## LION'S QUEST SKILLS FOR ACTION



### Character Development & Substance Use Prevention

- **Available to:** Sussex County
- **Audience:** 6-7th Grade
- **Topics:** Social-emotional learning, character development, and substance use prevention. Targeting needs for mental health, self-awareness, and disruptive behaviors.

## YOUTH MENTAL HEALTH FIRST AID



### Mental Health Training

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topics:** Teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders, while increasing knowledge of signs, symptoms, and risk factors of mental health and substance use disorders.

## MORE THAN SAD



### Parent Education

- **Available to:** Morris & Sussex Counties
- **Audience:** Parents
- **Topic:** Parent Education is an approximately 90-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth. This presentation is also available in Spanish.

## Suicide Prevention Education for Teachers and Other School Personnel

- **Audience:** Teachers
- **Topics:** Suicide Prevention Education for Teachers and Other School Personnel is an approximately 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This suicide prevention program complies with the requirements for teacher education training in many states. This program focuses on high school teachers and other school personnel.

## TEEN MENTAL HEALTH FIRST AID (TMHFA)



- **Available to:** Morris & Sussex Counties
- **Audience:** High School Students
- **Topics:** Teaches teens in grades 9-12, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

## TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION



### Talk Saves Lives

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to help save lives.

## An Introduction to Suicide Prevention for the Latinx and Hispanic Communities (available in English and Spanish)

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** A community education presentation that addresses mental health, suicide, and its impact in the Latinx and Hispanic communities in the United States.

## An Introduction to Suicide Prevention in the LGBTQ Community

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** Gives participants essential and lifesaving understanding of topics including:
  - Suicide risk and its unique considerations in LGBTQ communities
  - Recognizing suicide risk factors and warning signs for LGBTQ people
  - Protective factors that can help lower the suicide rate
  - The latest research related to LGBTQ suicide prevention
  - How to seek and offer support for yourself or others
  - Crisis resources and services for the LGBTQ community
  - What communities can do to support LGBTQ people

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### QPR (Question, Persuade, and Refer)



#### Suicide Prevention Training

- **Available to:** Morris & Sussex Counties
- **Audience:** School Staff, Parents/Caregivers & Community Members working with Youth
- **Topics:** QPR assists adults in recognizing suicide warning signs and aiding those in a suicide crisis. Addresses mental health and wellness + suicide prevention.

### BE PROUD! BE RESPONSIBLE!



#### Sexual Health & Education

- **Available to:** Morris & Sussex Counties
- **Audience:** High School Students
- **Topics:** Aimed at reducing HIV & STI risks, the curriculum empowers youth with knowledge, motivation, and skills to lower their infection risks. While not solely focused on pregnancy prevention, the program teaches communication and condom skills that aid in avoiding unintended pregnancies and other STIs.

### SIGNS OF SUICIDE (SOS)



#### Suicide Prevention Program

- **Available to:** Morris & Sussex Counties
- **Audience:** School Staff, Parents/Caregivers & Community Members working with Middle & High School Students
- **Topics:** Enhances understanding of suicide risk and depression, teaches signs to recognize in themselves and peers. The program provides materials to support school professionals, parents, and communities in recognizing at-risk students and taking appropriate action.

### ONE CIRCLE GROUPS



#### Social Connection Groups

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** A strengths-based approach, motivational interviewing strategies and a focus on positive youth development are used in the One Circle Group to provide students a safe space to connect with peers. The group makeup can be the choice of the school: be gendered, gender neutral, students who have adverse childhood experiences (ACE's), and/or for students who identify as a part of the LGBTQIA+ community.

### TEEN OUTREACH PROGRAM



#### Empowering Teens

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Empowering teens to develop social-emotional skills, nurture relationships, and avoid risky behaviors, while also preparing youth to navigate challenges through their teenage years and beyond, empowering them to create positive impacts in their communities. Meets the diverse needs of all teens.

### TRAUMA-INFORMED PRACTICES FOR SCHOOL STAFF



- **Available to:** Morris & Sussex Counties
- **Audience:** Educators & Staff
- **Topics:** Teaches staff how to recognize and respond to the effects of trauma in students.

### WE'RE NOT BUYING IT 2.0 (WNBI 2.0)

#### Substance Use Prevention Program



- **Available to:** Morris & Sussex Counties
- **Audience:** Middle School Students
- **Topics:** Substance use prevention, and the effects of alcohol, marijuana, & prescribed medications.

### EDGE



#### Sexual Health & Safety Curriculum

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Healthy relationships & consent, identifying safe adults, review of reproductive anatomy & physiology, puberty & adolescent development, gender identity, love & affection, and personal sexual health plan.

### BOTVIN LIFE SKILLS



#### Substance Use Prevention Program

- **Available to:** Morris County
- **Audience:** Middle & High School Students
- **Topics:** Reducing risks of substance use, violence, and risky behaviors, targeting social and psychological factors that contribute to substance use initiation, equipping youth with essential skills and confidence to manage challenging situations.

## SMOOTH TRANSITIONS: HOW TO MANAGE BACK TO SCHOOL JITTERS



**Available to:** Morris & Sussex counties | **Audience:** Adults & Students

- Topics:** An interactive workshop that provides perspective and some tools to allow young students to better self-regulate their emotions when the back-to-school jitters set in.

## IDENTIFYING MENTAL HEALTH SYMPTOMS/RISK FACTORS IN YOUTH



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** School faculty will receive information on the signs and symptoms of common mental health struggles that youth face.

## MANAGING SOCIAL MEDIA WITH YOUTH & TEENS



**Available to:** Morris & Sussex counties | **Audience:** Parents/Caregivers

- Topics:** In this workshop, NJ4S covers the positive and negative impacts of social media usage on youth and provides tools to parents/caregivers on helping their children develop a healthy relationship with social media.

## BECOMING A STRONG ROLE MODEL (BULLYING PREVENTION)

**Available to:** Morris & Sussex counties | **Audience:** Middle & High Schoolers

- Topics:** Students will explore ways they can increase empathy and acceptance for others and for themselves.



## SUPPORTING OUR STUDENTS: MENTAL HEALTH & SOCIAL MEDIA



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** The positive and negative impacts of social media usage for youth are covered. Tools and tips for helping youth develop a healthy relationship with social media are discussed.

## HELPING YOUR TEEN MANAGE STRESS



**Available to:** Morris & Sussex counties | **Audience:** Parents/Caregivers

- Topics:** In this workshop the impact of stress on youth's mental health is discussed. NJ4S will provide parents/caregivers with stress management techniques they can share with their children.

## TEENS, SCREENS & SOCIAL MEDIA



**Available to:** Morris & Sussex counties | **Audience:** Adults & Students

- Topics:** Participants will learn the pros and cons of social media use on their mental health. In addition, tools and resources are shared with attendees to help manage social media misuse.

## SUICIDE PREVENTION FOR STUDENTS



**Available to:** Morris & Sussex counties | **Audience:** Middle & High-Schoolers

- Topics:** In this workshop the prevalence of youth suicide is discussed. NJ4S discusses signs and symptoms, risk and protective factors, how to's on navigating the suicide conversation, and more.

## SELF-CARE FOR FACULTY & STAFF



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** Participants will be provided with information on the important role self-care plays in their overall mental health and will be given tools to practice their own self-care.

## BULLYING & VIOLENCE PREVENTION WORKSHOP



**Available to:** Morris & Sussex counties | **Audience:** Middle & High-Schoolers

- Topics:** The goal of this workshop is to raise awareness and prevent bullying by defining bullying, the different types, and providing guidance on how to address it.

## A PARENT/CAREGIVER GUIDE TO MENTAL HEALTH



**Available to:** Morris & Sussex counties | **Audience:** Parents/Caregivers

- Topics:** Providing parents/caregivers with information and tools to best support the mental health of the youth in their life.

## MENTAL HEALTH WELLBEING & ABSENTEEISM WORKSHOP



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** Participants will learn about mental health, depression, and anxiety and how it contributes to absenteeism. Tools will be provided to assist in addressing student absenteeism.

## SELF-CARE FOR PARENTS/CAREGIVERS



**Available to:** Morris & Sussex counties | **Audience:** Parents/Caregivers

- Topics:** Self-care is often overlooked by those who need it most, learn the importance of practicing daily self-care.

## MINDFULNESS AND EMOTIONAL REGULATION



**Available to:** Morris & Sussex counties | **Audience:** Middle & High Schoolers

- Topics:** This group focuses on fostering mindfulness and emotional awareness through physical activities and the practice of mindfulness techniques.

## VAPING: WHAT YOU NEED TO KNOW



**Available to:** Morris & Sussex counties | **Audience:** Adults & Students

- Topics:** Educating on the harmful implications of vaping. Addressing the mental, emotional, and social development of youth across the nation.

## CAREER EXPLORATION FOR STUDENTS



**Available to:** Morris & Sussex counties | **Audience:** Middle & High-Schoolers

- Topics:** Students are guided through the career exploration process. Self-awareness, identity, and tools for exploring possible career paths will be covered.

## A GLIMPSE OF GRIEF



**Available to:** Morris & Sussex counties | **Audience:** Adults & Students

- Topics:** Education surrounding grief and loss. Participants will learn strategies on how to navigate the grieving process.

## TEACHERS SUPPORTING STUDENTS



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** Participants will learn strategies to help manage challenging classroom behaviors and best practice in supporting their students.

## SUICIDE PREVENTION FOR FACULTY & STAFF



**Available to:** Morris & Sussex counties | **Audience:** School Staff/Faculty

- Topics:** Participants will learn the risk factors and warning signs of suicide and how to start a conversation about suicide with a student.