



NJ4S COMPASS Monmouth County

2024 - 2025

Menu of Services:

Full Edition: Tier 1 - 2 - 3

For more information, please call or visit

732.961.4354 x2



 preferredbehavioral.org

Or scan the barcode

YOUR JOURNEY TO HOPE AND HEALING *Starts Here*



Hope. Heal. Thrive.

- **Our Mission** - To change lives and save lives across the state of New Jersey.
- **Our Vision** - To be the first choice for individuals, families, communities, and organizations in need of care.
- **Our Values** - Compassion, quality, and belonging through innovative, integrated care.
- **Our Promise** - To remain rooted in our mission through a trauma-informed culture.

We offer a full spectrum of mental health and substance use programs through every age and stage of life.

- **Children & Family Services**
- **Adult Mental Health Services**
- **Senior Services**
- **Teen & Young Adult Services**
- **Adult Substance Use Services**

For more information, please visit

 **732.367.4700**

 [preferredbehavioral.org](https://www.preferredbehavioral.org)

Or scan the barcode





YOUR JOURNEY TO WELLNESS AND PREVENTION

Starts Here



About NJ4S COMPASS

New Jersey Statewide Student Support Services is a statewide initiative from the Department of Children and Families (DCF). NJ4S is designed to enhance access for schools to provide **FREE** prevention and mental wellness services for students, staff, parents and caregivers.

NJ4S COMPASS, a program of Preferred Behavioral Health Group, serves public and charter school students and families of Monmouth and Ocean counties.

OUR SERVICES

- Tier 1:** Serves Pre-K through Grade 12, caregivers and school staff. This includes activities such as curriculum efforts, workshops, webinars, assemblies and training.
- Tier 2:** Serves Grades 6 through 12, caregivers and school staff. This includes evidence-based, targeted prevention intervention, typically delivered in small groups.
- Tier 3:** Serves Grades 6 through 12. This includes in-person or telehealth mental wellness assessments and brief individualized clinical interventions. Can also include small groups.

HOW CAN MY SCHOOL ACCESS NJ4S SERVICES?

For Tier 1 services, schools and organizations can contact NJ4S COMPASS directly to schedule an event. For Tier 2 and 3 services, a school representative must submit an application through the Connex (Salesforce) portal. To sign up for Salesforce, contact NJ4S COMPASS today!



- Bullying & Violence Prevention
- Mental Wellness & Suicide Prevention
- Substance Use Prevention
- Sexual Health & Pregnancy Prevention

NJ4S is a **hub and spoke model** network of social, emotional, and mental wellbeing supports for students and their families.

For more information, please call or visit **732.961.4354 x2**

 preferredbehavioral.org

Or scan the barcode





Table of Contents

Tier 1 Services for Youth

Presentations available for Grades Pre-K - 12 unless otherwise specified.

Mental Wellness

- Academic Adventures: A Roadmap to Discover Your Best Work Habits 9
- Empowering Education 9
- Feeling Good - Inside and Out 9
- Gizmo for Mental Health (Pre-K - 2) 10
- Heads Up: Building a Happier, Healthier You! (MS/HS) 10
- Level Up Your Online Safety 11
- The Screenagers Project (4 - 12) 11
- Turn Conflict Around: It's Not the End, It's an Opportunity 11
- Suicide Prevention 12
 - It's Real: Teens and Mental Health 12
 - QPR (Question, Persuade, Refer) 12

Bullying & Violence Prevention

- Baffle Away Bullying! 13
- Be The Change: Promoting Respect and Inclusion to Prevent Bullying 13
- Step Up: No Place for Bullying 14
- The Kindness Quest: Journey to a Friendlier School (K - 5) 14

Sexual Health & Pregnancy Prevention

- Love That Lifts: Navigating Healthy Teen Relationships (MS/HS) 15
- You've Got This: Building Healthy Relationships and Staying Safe 15

Substance Use Prevention

- Beyond the Hype: The Real Dangers of Vaping (MS/HS) 16
- Building a Strong Foundation: A Guide to Healthy Choices 16
- The First Day Film (8th/HS) 17
- Who's in Control: Taking Charge of Your Choices 17
- Your Brain, Your Health: The Impact of Marijuana 18



Table of Contents

Tier 1 Services for Staff, Caregivers or Community

Mental Wellness

- Adverse Childhood Experiences (ACEs) 19
- From Chaos to Calm: Skills for Building a Well-Managed Classroom 19
- Mind Matters: Navigating Your Youth's Wellness Journey 19
- Nurturing Hearts and Minds: The Power of Social-Emotional Learning 20
- Raising Resilient Youth 20
- The Role of the Trusted Adult 20
- The Screenagers Project 21
- Thriving Together: Nurturing Student Wellness Using Healthy Coping Skills 21
- Time Wizards: Mastering Time Management and Organization with Youth 21
- Suicide Prevention 22
 - QPR (Question, Persuade, Refer) 22
 - Talk Saves Lives: An Introduction to Suicide Prevention 22
 - Youth Mental Health First Aid (YMHFA) (For Adults assisting Youth) 23

Bullying & Violence Prevention

- Coaching Boys Into Men
- Step Up: A Parent's Guide to Ending Bullying 24
- Unlocking the Secrets of Online Safety: 24
 - A Guardian's Guide to Social Media for Youth 24

Substance Use Prevention

- Beyond the Hype: The Real Dangers of Vaping 25
- Building a Strong Foundation: An Adult's Guide to Healthy Choices 25
- The First Day Film 26
- Trends in Youth Substance Use 26
- Your Brain, Your Health: An Adults Guide to The Impact of Marijuana 26

Sexual Health

- You've Got This: Building Healthy Relationships and Staying Safe (An Adult's Guide) 27



Table of Contents

Tier 2 Services for Grades 6 through 12

Mental Wellness

- Girls Circle 29
- Rainbows 29
- Teen Mental Health First Aid (tMHFA) 29
- The Council for Boys and Young Men 30
- The POWER Program - Positive Outcomes With Emotional Regulation 30

Bullying & Violence Prevention

- Aggression Replacement Therapy (ART) 31
- Coaching Boys Into Men 31
- Safe Dates 31
- Too Good for Violence* 32

Sexual Health & Pregnancy Prevention

- Love Notes 33

Substance Use Prevention

- Botvin LifeSkills Training (LST) 34
- Project Towards No Drug Abuse - Project TND 34
- Too Good for Drugs* 35

Tier 2 presentations are available to caregivers and school staff upon request.

***Too Good for Drugs and Violence can be offered as a combination 15 lesson program.**



Table of Contents

Tier 3 Services for Grades 6 through 12

Clinical Services (Not to exceed 90 days)

• Cognitive Behavioral Therapy (CBT)	37
• Individual and Small-Group Therapy	37
• Motivational Interviewing	37
• New Jersey Pediatric Psychiatric Collaboration	38
• Solution Focused Therapy Based on a Client Centered Approach	38
• Teen Intervene	39



Tier 1 Services

Tier 1 services are available to public and charter school students and their families in Pre-K through Grade 12, caregivers and school staff, as well as the community. This includes activities such as workshops, webinars, assemblies and trainings.

These services can include linkages/partnerships with existing community resources, such as Family Success Centers. Services can be scheduled by [submitting a Tier 1 service request form](#) or by contacting NJ4S COMPASS directly at 732.961.4354 x2.



Tier 1 Services

For Students

Mental Wellness

Academic Adventures: A Roadmap to Discover Your Best Work Habits

- **Audience:** Grades K-12
- **Sub-Categories:** Stress Reduction/Anxiety Management & School Climate
- **Presentation:** 30-45 minutes
- **Description:** *Academic Adventures: A Roadmap to Discover Your Best Work Habits* focuses on supplying students with information on work habits, study habits, and organization skills. Through a social emotional learning lens, students will learn different ways to stay organized and on top of their work, and how to create a better study environment. This presentation also provides take home materials so students can continue to practice these methods at home.

Empowering Education

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Consider *Empowering Education* as a way to “customize” a school’s needs by requesting a presentation on a variety of topics to meet your social-emotional learning (SEL) mandates, including mindfulness, conflict resolution gratitude, brain development, growth mindset, decision making, apologizing, goal setting, diversity, mindful eating habits, time-management, and bullying. Each topic is 1 session.

Feeling Good - Inside and Out

- **Audience:** Grades K-12
- **Sub-Category:** Stress Reduction/Anxiety Management, School Climate, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** *Feeling Good Inside and Out* is a dynamic presentation designed to uplift and support the mental wellness of youth. Focused on self confidence, balancing emotions, promoting a positive school climate, and enhancing overall mental health, this presentation equips young individuals with valuable tools to navigate life's challenges with resilience and confidence. Through engaging activities and insightful discussions, participants will learn effective strategies to nurture their emotional well-being and cultivate a healthy mindset. Join us on a journey towards feeling good inside and out!





Tier 1 Services

For Students

Mental Wellness Continued

Gizmo for Mental Health

- **Audience:** Grades Pre-K - 2
- **Sub-Categories:** Stress Reduction/Anxiety Management, School Climate, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Gizmo, the invaluable therapy dog, plays a pivotal role in providing emotional support and comfort to students within the school environment, particularly those navigating through complex emotions like sadness, anger or anxiety. Gizmo serves as a non-judgmental and empathetic listener, creating a safe space for students to express their feelings openly.

Heads Up: Building a Happier, Healthier You!

- **Audience:** Grades 6-12
- **Sub-Categories:** Mental Health/Mental Wellness
- **Presentation:** 30-45 minutes
- **Description:** *Heads Up: Building a Happier, Healthier You!* is a youth's guide from the signs and symptoms of mental health issues to the ways we can talk about them without fear. Students will learn how to spot when someone might need a helping hand, and how to start those super important conversations. Plus, the presenters will talk about when and how to seek professional help, and even explore some DIY strategies for maintaining mental wellness. This presentation is interactive, supportive, and packed with real-life skills a youth can use every day.





Tier 1 Services

For Students

Mental Wellness Continued

Level Up Your Online Safety

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & School Climate
- **Presentation:** 30-45 Minutes
- **Description:** *Unlocking the Secrets of Online Safety* takes youth on a journey into the digital world where students will explore the ins and outs of social media and the hottest gaming platforms. The presenters will dive into essential privacy settings to safeguard personal information and discuss the critical role of open communication regarding online activities. Plus, youth will get equipped with practical tips to recognize and address cyberbullying.

The Screenagers Project

- **Audience:** Grades 4-12
- **Sub-Categories:** Social Media & Family Well-being
- **Presentation:** 60-90 minutes
- **Description:** This is a multi-media workshop centered around the award-winning film, *The Screenagers Project*. The film probes into the vulnerable corners of family life and depicts struggles over social media, video games and academics. Participants will have the opportunity to discuss solutions that can help support young people to navigate the digital world.

Turn Conflict Around: It's Not an End, It's An Opportunity

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Turn Conflict Around* empowers K-12 students with tools to understand communication styles, de-escalate conflict, and become upstanders in their communities. This innovative workshop helps build trust and implement restorative principles, transforming conflict into positive learning opportunities.





Tier 1 Services

For Students

Suicide Prevention

It's Real: Teens and Mental Health

- **Audience:** Grades 6-8 for up to 35 students, and Grades 9-12 for up to 50 students
- **Sub-Categories:** Suicide Prevention, Stress Reduction/Anxiety Management, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** *It's Real: Teens and Mental Health* for High School Students **OR** Middle School Students is the American Foundation for Suicide Prevention's (AFSP) standardized student presentation that raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help. AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health.

Question Persuade Refer (QPR)

- **Audience:** Grades 6-12
- **Sub-Categories:** Suicide Prevention & Positive Relationships
- **Presentation:** 45-60 minutes
- **Description:** *Question, Persuade, Refer* (QPR) training is relevant and important to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. This quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know through compassionate conversations.





Tier 1 Services

For Students

Bullying & Violence Prevention

Baffle Away Bullying!

- **Audience:** Grades K-3
- **Sub-Categories:** Anti-bullying and Violence Prevention & Positive Relationships
- **Presentation:** 60-minutes
- **Description:** This interactive video program aims to teach students life skills they can use anytime someone mistreats them or anyone else. Fictional 3rd grade characters are played by teen actors who guide students in learning 3 steps to playing the game of *Baffle Away Bullying*. This presentation provides age-appropriate bullying scenarios including name calling, taunting, exclusion, and mimicking. Humor and audience participation are woven throughout, delivering a serious topic in a fun and engaging way.

Watch the trailer: <https://www.actlikeyoumatter.org/baffle-away-bullying-brief-synopsis/>.

Be The Change: Promoting Respect and Inclusion to Prevent Bullying

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45 minute assembly
- **Description:** *Be The Change: Promoting Respect and Inclusion to Prevent Bullying* defines the various characteristics of bullying, explains how to identify HIB, and engages students with examples of this through role playing and skits. Students will learn how to ground themselves, problem-solve, and have fun with this highly interactive assembly.





Tier 1 Services

For Students

Bullying & Violence Prevention Continued

Step Up: No Place for Bullying

- **Audience:** Grades K-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Step Up: No Place for Bullying* will empower students to work through bullying and cyberbullying situations. Presenters will help tackle what these terms mean and how to recognize them. Students will also learn about the different types of bystanders and what might be going through their minds. By the end, students will have the power to not just understand, but to act and make a real difference in their school community.

The Kindness Quest: Journey to a Friendlier School

- **Audience:** Grades K-5
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *The Kindness Quest: Journey to a Friendlier School* dives into bullying awareness for students in grades K-5. Students will understand what bullying really is and how to spot it. The presenters will help students determine if a scenario is actually bullying or not. Youth will also be equipped with the knowledge of what to do if they witness or experience bullying firsthand. Together, students will be able to create a safe and supportive environment for everyone.





Tier 1 Services

For Students

Sexual Health & Pregnancy Prevention

Love That Lifts: Navigating Healthy Teen Relationships

- **Audience:** Grades 6-12
- **Sub-Categories:** Positive Relationships
- **Presentation:** 45-60 minutes
- **Description:** *Love That Lifts: Navigating Healthy Teen Relationships* is a presentation that talks about teen dating violence, power and control, consent, and healthy dating habits. Through interactive activities to hold engagement, students will be able to learn what is a healthy relationship, as well as potential warning signs to look out for in an unhealthy relationship. *Love That Lifts* explains that students are all responsible to treat their partners with respect.

You've Got This: Building Healthy Relationships and Staying Safe

- **Audience:** Grades 9-12
- **Sub-Categories:** Teen Pregnancy & Positive Relationships
- **Presentation:** 45-60 minutes
- **Description:** *You've Got This: Building Healthy Relationships and Staying Safe* is all about empowering students with the knowledge to navigate the complex world of intimacy and personal connections. The presenters will break down the walls of communication, consent, and respect, and talk about reducing risks that come with sexual activity. Students should expect a safe space for all their questions, interactive scenarios, and the latest info that's straight-up relevant to their lives.





Tier 1 Services

For Students

Substance Use Prevention

Beyond the Hype: The Real Dangers of Vaping

- **Audience:** Grades 6-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Beyond the Hype: The Real Dangers of Vaping* addresses the vaping epidemic among middle and high school students. This presentation is meant to educate students on the harmful effects of nicotine and marijuana use through vaping. There is emphasis on the high doses through concentrated oils and how they are being marketed to our youth. The purpose is to provide youth with information on big Tobacco companies and what addiction does to adolescent brain development, in order for them to make informed decisions about their health and wellbeing.

Building a Strong Foundation: A Guide to Healthy Choices

- **Audience:** Grades K-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Building a Strong Foundation* provides a comprehensive guide to making healthy choices and promoting a drug-free lifestyle. Through engaging discussions, impactful activities, and evidence-based strategies, this presentation equips young individuals with the knowledge and skills to resist peer pressure, make informed decisions, and prioritize their well-being. Let's work together to build a solid foundation for a brighter, healthier future for our youth.





Tier 1 Services

For Students

Substance Use Prevention Continued

The First Day Film

- **Audience:** Grades 8-12 (Can include school staff, caregivers and/or community members)
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 90 minutes
- **Description:** *The First Day* is a film based on former professional basketball player, Chris Herren, and his story of recovery. *The First Day* address issues that school systems, communities and people across the country are impacted by, directly or indirectly, each day including substance use, other harmful behaviors, and mental wellness. The film showing will be followed by a facilitated discussion that includes elements of social emotional learning and common core standards.

Who's In Control: Taking Charge of Your Choices

- **Audience:** Grades K-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** In this empowering presentation, presenters will delve into the importance of personal agency and decision-making when it comes to healthy choices, risk reduction, accountability, and substance use prevention. *Who's in Control* equips participants with the tools and knowledge they need to navigate life's challenges with determination and strength. Through discussions on accountability, proactive decision-making, and the impact of choices on overall well-being, attendees will learn to take ownership of their actions and make informed, positive choices.





Tier 1 Services

For Students

Substance Use Prevention Continued

Your Brain, Your Health: The Impact of Marijuana

- **Audience:** Grades 6-12
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Your Brain, Your Health: The Impact of Marijuana* will explore how marijuana can affect the developing brain and overall well-being of young individuals. Through evidence-based discussions, participants will learn about the risks of marijuana use, its potential impact on cognitive function, and the significance of making informed choices when it comes to substance use. Together, students will be able to examine the effects of marijuana on youth health and empower themselves with knowledge to make healthier decisions for a promising future.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Services can be scheduled by [submitting a Tier 1 service request form](#) or by contacting NJ4S COMPASS directly at 732.961.4354 x2.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness

Adverse Childhood Experiences (ACEs)

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Adverse Childhood Experiences & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** This presentation is based on one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being. Traumatic experiences in childhood and teenage years may put children at risk for violence, chronic health problems, mental illness, and substance abuse in adulthood. This presentation will cover how these experiences can affect children and impact their potential in life.

From Chaos to Calm: Skills for Building a Well-Managed Classroom

- **Audience:** School Staff
- **Sub-Categories:** Classroom Management/Disruptive Behavior
- **Presentation:** 45-60 minutes
- **Description:** *From Chaos to Calm: Skills for Building a Well-Managed Classroom* steps into a conversation where understanding meets action with an enlightening presentation on trauma-impacted youth. Staff will delve into the psychology of the 'survival brain' vs. the 'learning brain,' and gain insight into a teacher's experience of managing a dynamic classroom. Staff will navigate through the phases of acting-out behavior, supply them with effective de-escalation strategies, and introduce practical classroom interventions.

Mind Matters: Navigating Your Youth's Wellness Journey

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Mental Health/Mental Wellness
- **Presentation:** 30-45 minutes
- **Description:** *Mind Matters: Navigating Your Youth's Wellness Journey* is a presentation designed to equip adults with the tools to recognize the signs and symptoms of mental health issues in youth. Adults will delve into effective ways to talk about mental health with their children, creating an open and supportive dialogue. Understanding the when, why, and how of seeking professional help will be a key focus, as well as sharing practical DIY strategies for fostering mental well-being at home. This interactive presentation aims to empower adults with knowledge and confidence to guide and support their children through their wellness journey.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness Continued

Nurturing Hearts and Minds: The Power of Social-Emotional Learning

- **Audience:** School Staff
- **Sub-Categories:** Positive Relationships & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** *Nurturing Hearts and Minds: The Power of Social Emotional Learning* takes staff on a journey through the heart of education with a presentation on Social-Emotional Learning (SEL). Discover why SEL is more crucial than ever in today's world, and take a spin around the SEL to explore its core competencies. We'll share innovative strategies for weaving SEL into a classroom fabric, highlight the power of nurturing positive student-teacher relationships, and discuss how to amplify student voices. Plus, we'll reflect on the personal meaning of self-care and its impact on educators.

Raising Resilient Youth

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Suicide Prevention, Substance Use Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Developed by the Society for the Prevention of Teen Suicide (SPTS), the *Raising Resilient Youth* presentation will help adults safely address topics such as mental illness, suicide and substance use with their children while dispelling common myths on mental health and suicide, addressing the importance of talking to a child about identifying "Trusted Adults" in their life and will provide information on warning signs and local resources.

The Role of the Trusted Adult

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Positive Relationships & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Developed by the Society for the Prevention of Teen Suicide (SPTS), *The Role of the Trusted Adult* presentation educates participants on how to respond to at-risk youth. The information included will empower "Trusted Adults" to take action when a youth comes to them about either a friend talking about suicide or themselves.





Tier 1 Services

For Staff, Caregivers or Community

Mental Wellness Continued

The Screenagers Project

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Social Media & Family Well-Being
- **Presentation:** 60-90 minutes
- **Description:** This is a multi-media workshop centered around the award-winning film, *The Screenagers Project*. The film probes into the vulnerable corners of family life and depicts struggles over social media, video games and academics. Participants will have the opportunity to discuss solutions that can help support young people to navigate the digital world.

Thriving Together: Nurturing Student Wellness Using Healthy Coping Skills

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Mental Health/Mental Wellness & Family Well-Being
- **Presentation:** 30-45 minutes
- **Description:** *Thriving Together: Nurturing Student Wellness Using Healthy Coping Skills* is a transformative presentation where we'll define and develop healthy coping skills crucial for student and family wellness. Understand the importance of effective coping strategies in maintaining a safe, stable, and nurturing environment. We'll also provide hands-on guidance to practically implement these skills for a healthier, happier family dynamic. This presentation empowers adults and their loved ones with the tools for emotional resilience.

Time Wizards: Mastering Time Management and Organization with Youth

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Stress Reduction/Anxiety Management & Mental Health/Mental Wellness
- **Presentation:** 30-45 minutes
- **Description:** *Time Wizards: Mastering Time Management and Organization with Youth* uncovers why teaching time management and organization to youth is a game-changer. Learn hands-on strategies to help the young ones build rock-solid time management habits. We'll also explore fun techniques to weave organization and planning into daily life. Plus, find out how to transform the home into a support hub that naturally fosters organizational skills. This presentation shares strategies to boost productivity and provide peace of mind for the whole family.





Tier 1 Services

For Staff, Caregivers or Community

Suicide Prevention

Question Persuade Refer (QPR)

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Suicide Prevention & Positive Relationships
- **Presentation:** 45-60 minutes
- **Description:** *Question, Persuade, Refer (QPR)* training is relevant and important to save lives and reduce suicidal behaviors by providing innovative, practical, and proven suicide prevention training. This quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know through compassionate conversations.

Talk Saves Lives: An Introduction to Suicide Prevention

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Suicide Prevention & Mental Health/Mental Wellness
- **Presentation:** 45-60 minutes
- **Description:** Talk Saves Lives: An Introduction to Suicide Prevention is the American Foundation for Suicide Prevention's (AFSP) standardized community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health.





Tier 1 Services

For Staff, Caregivers or Community

Suicide Prevention Continued

Youth Mental Health First Aid (YMHFA)

- **Audience:** School Staff, Caregivers, & Community Members
- **Sub-Categories:** Suicide Prevention & Mental Health/Mental Wellness
- **Presentation:** 8-hours, in-person course (Other options available)*
- **Description:** *Youth Mental Health First Aid (YMHFA)* is a Mental Health Awareness Training for School Personnel and Youth Serving Organizations. It is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, and health and human service workers on how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.

**This course can also be delivered in a hybrid format (2 hours of online pre-learning and 4.5 hours of in-person instructor led training) or virtually.*





Tier 1 Services

For Staff, Caregivers or Community

Bullying & Violence Prevention

Coaching Boys Into Men

- **Audience:** School and Community coaches of boys in middle and high school
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & Mentoring and Leadership Skills
- **Presentation:** 120 minutes
- **Description:** *Coaching Boys Into Men* (CBIM) is an evidence-based violence prevention program that trains and motivates high school coaches to teach their young male athletes in healthy relationship skills, mental health practices, and that violence never equals strength. Coaches and staff will use the power of sports, strong partnerships from prevention agencies, their leadership roles, and coaching as a leader to transform norms.

Step Up: A Parent's Guide to Ending Bullying

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & School Climate
- **Presentation:** 45-60 minutes
- **Description:** *Step Up: A Parent's Guide to Ending Bullying* empowers parents with practical strategies to combat bullying and create a safe environment for their children. In this workshop, adults will explore effective communication, conflict resolution, and fostering empathy. Adults will also take proactive steps to end bullying and promote kindness in our communities.

Unlocking the Secrets of Online Safety: A Guardian's Guide to Social Media for Youth

- **Audience:** Caregivers & Community Members
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, Social Media, & Family Well-Being
- **Presentation:** 30-45 minutes
- **Description:** *Unlocking the Secrets of Online Safety: A Guardian's Guide to Social Media for Youth* takes adults on a journey into the digital world where we'll explore the ins and outs of social media and the hottest gaming platforms. We'll dive into essential privacy settings to safeguard youths' personal information and discuss the critical role of open communication regarding their online activities. Plus, get equipped with practical tips to recognize and address cyberbullying.





Tier 1 Services

For Staff, Caregivers or Community

Substance Use Prevention

Beyond the Hype: The Real Dangers of Vaping

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention
- **Presentation:** 45-60 minutes
- **Description:** *Beyond the Hype: The Real Dangers of Vaping* is an informative presentation designed for parents, aimed at revealing the hidden risks associated with e-cigarettes. This session demystifies the widespread myths about vaping, providing a comprehensive overview of its health dangers, addiction potential, and the aggressive marketing tactics targeting youth. Through expert insights, scientific evidence, and real-life anecdotes, parents will gain a deeper understanding of how vaping affects their children's health. Additionally, the presentation offers practical advice on how to effectively communicate with teens about the risks and guide them toward making healthier choices.

Building a Strong Foundation: An Adult's Guide to Healthy Choices

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 45-60 Minutes
- **Description:** *Building a Strong Foundation: An Adult's Guide to Healthy Choices* is an essential presentation for parents of teenagers, focused on guiding their children towards a healthier lifestyle. This session provides insights into the critical areas of nutrition, physical activity, mental health, and avoiding harmful behaviors. Through evidence-based information, practical advice, and expert tips, parents will learn how to support and encourage their teens in making positive, health-conscious decisions. By understanding the challenges teens face and the strategies to address them, parents will be better equipped to foster a nurturing environment that promotes their children's long-term well-being and success.





Tier 1 Services

For Staff, Caregivers or Community

Substance Use Prevention Continued

The First Day Film

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 90 minutes
- **Description:** *The First Day* is a film based on former professional basketball player, Chris Herren, and his story of recovery. *The First Day* address issues that school systems, communities and people across the country are impacted by, directly or indirectly, each day including substance use, other harmful behaviors, and mental wellness. The film showing will be followed by a facilitated discussion that includes elements of social emotional learning and common core standards.

Trends in Youth Substance Use

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 60-90 minutes
- **Description:** *Trends in Youth Substance Use* equips parents with insights into current substance use trends among adolescents. This single-session workshop covers topics such as teen drug use patterns, party culture, addiction physiology, communication strategies, warning signs, and practical steps to address substance use concerns. It will empower parents to foster a safe and informed environment for their children

Your Brain, Your Health: An Adult's Guide to The Impact of Marijuana

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:** Substance Use Prevention, Mental Health/Mental Wellness, & Family Well-Being
- **Presentation:** 45-60 minutes
- **Description:** *Your Brain, Your Health* provides a comprehensive overview of the latest scientific research on how marijuana use can affect cognitive function, mental health, and physical well-being. Through expert insights, real-life stories, and practical guidance, parents will learn about the potential risks and long-term consequences of marijuana use during the teenage years. The presentation will also help adults to educate and guide youth towards making informed, healthy choices.





Tier 1 Services

For Staff, Caregivers or Community

Sexual Health

You've Got This: An Adult's Guide to Building Healthy Relationships and Staying Safe

- **Audience:** School Staff, Caregivers & Community Members
- **Sub-Categories:**
- **Presentation:** 45-60 Minutes
- **Description:** *You've Got This: Building Healthy Relationships and Staying Safe* is an empowering presentation for parents of teenagers, focused on fostering positive connections and ensuring their safety. This session covers essential topics such as recognizing healthy and unhealthy relationship dynamics, effective communication, and strategies for promoting emotional well-being. Through expert advice, real-life scenarios, and practical tips, parents will learn how to support their teens in developing respectful, meaningful relationships. Additionally, the presentation addresses safety concerns, including digital interactions and peer pressure, equipping parents with the tools to guide their children in navigating these challenges confidently and safely.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Services can be scheduled by submitting a Tier 1 service request form or by contacting NJ4S COMPASS directly at 732.961.4354 x2.





Tier 2 Services

Tier 2 services are available to Grades 6 through 12, school staff and caregivers in public and charter schools that do not have a school-based youth service program. This includes evidence-based, targeted prevention interventions, typically delivered in small groups.

Schools must be registered in the Connex (Salesforce) platform to request these services.

If you are not registered, [please sign up for Connex here.](#)

Registered users, [please submit an application here.](#)





Tier 2 Services

For Students in Grades 6-12

Mental Wellness

Girls Circle

- **Audience:** Grades 6-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Sessions:** 1-hour sessions
- **Description:** *Girls Circle* is a structured support group for girls and gender-expansive youth for grades 6 through 12 that is designed to increase positive connection, strengths, and competence in girls. The support group will integrate relational theory, resiliency practices, and skills training. It aims to counteract social and interpersonal forces that impede the growth and development of girls and young women by promoting and emotionally safe setting and structure that they can develop caring relationships and use authentic voices.

Rainbows

- **Audience:** Ages 3-18
- **Sub-Categories:** Grief & Loss
- **Sessions:** 12-14 Sessions
- **Description:** *Rainbows* is a grief-support program for children. It promotes emotional healing by giving participants the opportunity to share their feelings and grieve their loss within a safe, caring setting, and with peers who are experiencing a similar transition. *Rainbows'* programs help children grieving the loss of a parent or guardian due to death, divorce/separation, deployment, deportation, incarceration or any traumatic event.

Teen Mental Health First Aid (tMHFA)

- **Audience:** Grades 10-12
- **Sub-Categories:** Suicide Prevention, Substance Use Prevention, Positive Relationships, & Mental Health/Mental Wellness
- **Sessions:** Six, 45-minute sessions OR Three 90-minute sessions
- **Description:** Teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 15-18, how to identify, understand, and respond to signs of mental health and substance use challenges among their friends and peers. Through engaging in discussions and activities, students will gain a toolkit of valuable strategies that will help them to seek appropriate help.





Tier 2 Services

For Students in Grades 6-12

Mental Wellness Continued

The Council for Boys and Young Men

- **Audience:** Grades 6-12 (Delivered for up to 6-10 boys of similar age)
- **Sub-Categories:** Anti-bullying and Violence Prevention, Mentoring and Leadership Skills, & Mental Health/Mental Wellness
- **Sessions:** Ten, 60-90 minute sessions
- **Description:** *The Council for Boys and Young Men* is a strengths-based group approach to promote boys' safe and healthy development through their pre-teen and adolescent years. This group is working towards a future where boys and youth who identify with male development develop healthy and diverse masculine identities which allow them to grow as respectful leaders and connected allies in their communities.

The POWER Program (Positive Outcomes With Emotion Regulation)

- **Audience:** Grades 7-12
- **Sub-Categories:** Stress Reduction/Anxiety Management & Mental Health/Mental Wellness
- **Sessions:** Seven, 40-50 minute sessions
- **Description:** *The POWER Program (Positive Outcomes With Emotion Regulation)* incorporates techniques found to be effective across adolescents with different types of emotion-related mental and behavioral health needs. Students may participate in a group-based booster session or an individual check-in with the facilitator to support their skill group.





Tier 2 Services

For Students in Grades 6-12

Bullying & Violence Prevention

Aggression Replacement Therapy (ART)

- **Audience:** Grades 6-12
- **Sub-Categories:** Anti-bullying and Violence Prevention & Stress Reduction/Anxiety Management
- **Sessions:** Thirty, 40-50 minute sessions (Three sessions per week)
- **Description:** *Aggression Replacement Training (ART)* is an evidence-based, proven-effective approach for working with challenging youth. ART is a 10-week cognitive behavioral intervention program that helps adolescents improve social skills competence, moral reasoning, better manage anger and reduce aggressive behavior.

Coaching Boys Into Men

- **Audience:** Grades 6-12
- **Sub-Categories:** Anti-bullying and Violence Prevention, Positive Relationships, & Mentoring and Leadership Skills
- **Sessions:** Twelve, 10-15 minutes sessions (Sessions are per coach)
- **Description:** *Coaching Boys Into Men (CBIM)* is an evidence-based violence prevention program that trains and motivates high school coaches to teach their young male athletes in healthy relationship skills, mental health practices, and that violence never equals strength. Coaches and staff will use the power of sports, strong partnerships from prevention agencies, their leadership roles, and coaching as a leader to transform norms.

Safe Dates: Healthy Relationships

- **Audience:** Grades 8-12
- **Sub-Categories:** Positive Relationships, Anti-bullying and Violence Prevention
- **Sessions:** Seven, to Ten 40-50 minute sessions
- **Description:** *Safe Dates* is a dating abuse prevention program consisting of 4 components: family discussion guides, a play about dating abuse, a media message contest and an evaluation questionnaire. *Safe Dates* is aimed at challenging attitudes and behaviors shown through research to predict dating abuse.





Tier 2 Services

For Students in Grades 6-12

Bullying & Violence Prevention Continued

Too Good for Violence

- **Audience:** Grades 6-12
- **Sub-Categories:** Anti-bullying and Violence Prevention & Positive Relationships
- **Sessions:** Ten, 40-50 minute sessions
- **Description:** *Too Good for Violence* provides students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships. The readiness and ability to socialize, connect, and cooperate with others is essential for positive peer bonding, healthy relationship building, and advocacy for one's needs. Skills learned will guide students in appropriate behavior in social situations and to form relationships and meaningful connections, resolve problems, deescalate conflict, and manage bullying situations.





Tier 2 Services

For Students in Grades 6-12

Sexual Health & Pregnancy Prevention

Love Notes

- **Audience:** Ages 14 - 21
- **Sub-Categories:** Substance Use Prevention, Anti-bullying & Violence Prevention, Positive Relationships
- **Sessions:** Nine, 13 one-hour sessions
- **Description:** *Love Notes* is an evidence-based program that provides youth with relationship skills for love, life and work. It includes content for today's youth, such as sex trafficking prevention, technology in relationships, navigating relationships in the digital age, adult oriented online content and apps, sexual assault, consent - and their impact on relationships. For a growing number of adolescents and young adults, unplanned pregnancy, single parenting, and troubled relationships derail personal goals. *Love Notes* was created for this vulnerable audience, and within 13 lessons, they discover—often for the first time—how to make wise choices about relationships, sexuality, pregnancy, partnering, and more.





Tier 2 Services

For Students in Grades 6-12

Substance Use Prevention

Botvin LifeSkills Training (LST)

- **Audience:** Grades 6-12
- **Sub-Categories:** Substance Use Prevention, Positive Relationships & Mental Health/Mental Wellness
- **Sessions:** Eight to Eighteen, 40-50 minute sessions (Based on grade level)
- **Description:** Botvin LifeSkills Training (LST) is an evidence-based prevention program that uses a variety of teaching methods to prevent substance use and develop social and self-management skills. This comprehensive and exciting program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations.

Project Towards No Drug Abuse (TND)

- **Audience:** Grades 9-12
- **Sub-Categories:** Substance Use Prevention
- **Sessions:** Twelve, 40-50 minute sessions (Two to three sessions per week)
- **Description:** Project Towards No Drug Abuse (TND) is designed to stop or reduce substance use, violence, victimization and to promote behavioral and cognitive coping skills. Implementation is over a 4 to 6 week period. The program has proved successful when implemented in regular as well as alternative high schools, with students from diverse ethnic and socioeconomic backgrounds.





Tier 2 Services

For Students in Grades 6-12

Substance Use Prevention Continued

Too Good for Drugs

- **Audience:** Grades 6-12
- **Sub-Categories:** Substance Use Prevention & Positive Relationships
- **Session:** Ten, 40-50 minute sessions
- **Description:** *Too Good for Drugs* is a universal prevention education program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drugs (ATOD) use. The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Schools must be registered in the Connex (Salesforce) platform to request these services.

If you are not registered, [please sign up for Connex here.](#)

Registered users, [please submit an application here.](#)





Tier 3 Services

Tier 3 services are available to Grades 6 through 12 in public and charter schools that do not have a school-based youth service program. This includes non-crisis individual and small group mental wellness assessments and clinical interventions.

Schools must be registered in the Connex (Salesforce) platform to request these services.

If you are not registered, [please sign up for Connex here.](#)

Registered users, [please submit an application here.](#)





Tier 3 Services

For Students in Grades 6-12

Cognitive Behavioral Therapy (CBT)

- **Audience:** Grades 6-12
- **Program Area of Focus:** Cognitive Function
- **Setting:** School, Community, Virtual
- **Sessions:** Up to 90 days
- **Description:** *Cognitive behavioral therapy (CBT)* is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, relationship problems, eating disorders, and severe mental illness. CBT places an emphasis on helping individuals learn to be their own therapists. Through exercises in the session as well as “homework” exercises outside of sessions, youth are helped to develop coping skills, whereby they can learn to change their own thinking, problematic emotions, and behavior.

Individual & Small Group Counseling

- **Audience:** Grades 6-12
- **Program Area of Focus:** Varies
- **Setting:** School, Community, Virtual
- **Sessions:** Up to 90 days
- **Description:** Tier 3 services include individualized assessments for youth and both short term individual and group counseling, in hopes to provide linkage to community sources for further, long term treatment.

Motivational Interviewing

- **Audience:** Grades 6-12
- **Program Area of Focus:** Varies
- **Setting:** School, Community, Virtual
- **Sessions:** Up to 90 days
- **Description:** Motivational interviewing is a counseling method that helps people resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behavior. It is a practical, empathetic, and short-term process that takes into consideration how difficult it is to make life changes.





Tier 3 Services

For Students in Grades 6-12

New Jersey Pediatric Psychiatry Collaborative

- **Audience:** Grades 6-12
- **Program Area of Focus:** Varies
- **Setting:** Hospital Outpatient
- **Sessions:** Varies
- **Description:** In collaboration with NJPPC, NJ4S COMPASS provides direct linkage to caregivers for timely access to child/adolescent psychiatric consultation and facilitates referrals for accessing ongoing mental health care. *Limited availability.*

Solution Focused Therapy Based On Client Centered Focus

- **Audience:** Grades 6-12
- **Program Area of Focus:** Varies
- **Setting:** School, Community, Virtual
- **Sessions:** Up to 90 days
- **Description:** Drawing upon the youth's expertise in themselves, the clinician uses a variety of techniques and questions to demonstrate the youth's strengths, resources, and desires. With the focus shifted to what is already working in a youth's life, and how things will look when they are better, more room opens up for the solutions to arrive.





Tier 3 Services

For Students in Grades 6-12

Teen Intervene

- **Audience:** Students, ages 12-19, and caregivers
- **Program Area of Focus:** Mental Wellness and Substance Use Prevention
- **Setting:** Delivered individually in a school or community setting
- **Sessions:** 3-4 sessions, 60 minutes
- **Description:** For First Time Users Only. The Hazelden Betty Ford Foundation's Teen Intervene program provides education, support and guidance for teens and their parents. The program is based upon the Teen Intervene curriculum. Teen Intervene is designed as a comprehensive screening, brief intervention, and referral to treatment (SBIRT) model of care. Teenagers who have experienced mild to moderate problems associated with alcohol or drug use work one-to-one with a counselor to identify and change their choices and behaviors. The first two sessions occur one-on-one between the teen and the counselor. Parents are invited to join the third session to address issues as a family. The final session is optional to address tobacco and vaping. Teen Intervene can be used as an alternative to suspension program to help establish formative consequences for youth in violation of first time offense to the district substance use policy.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/monmouth-county-programs/>.

Schools must be registered in the Connex (Salesforce) platform to request these services.

If you are not registered, [please sign up for Connex here.](#)

Registered users, [please submit an application here.](#)





SUBMITTING APPLICATIONS VIA

Connex



Connex (Salesforce)

- Connex (Salesforce) enables schools to submit applications for individual and group services for students, caregivers, and school faculty.
- Used by NJ4S hubs to receive and process program applications, communicate with faculty, manage program sessions, share information on upcoming events, and create reports regarding program utilization.
- You can have up to 8 users per school to submit applications for Tier 2 and 3 services.
- To apply for Tier 1 services, please contact us at 732.961.4354 x2.
- Superintendents and principals can become district users to monitor their school progress.

Salesforce Access

Fill out DCF's NJ4S User Contact Survey by scanning the barcode or by visiting <https://www.surveymonkey.com/r/NJ4Susercontacts> to request Connex access.

For help with Connex registration, please email the Connex help desk for school users: njspirithelpdesk@dcf.nj.gov



Preferred Behavioral Health Group's COMPASS program serves Monmouth and Ocean Counties under the umbrella of DCF's New Jersey Statewide Student Support Services (NJ4S), and was designed to enhance access for students to free prevention and mental wellness services.

Stay Connected

Instagram: @NJ4S_PBHG_MC
Facebook: NJ4S COMPASS Monmouth County
Twitter/X: @NJ4S_PBHG_MC

For more information, please call or visit
732.961.4354 x2

 preferredbehavioral.org

Or scan the barcode



COMPASS

NJ4S SUPPORTING MONMOUTH & OCEAN COUNTIES

by



PREFERRED
BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate



TAO
by Uplift

Building Resilience, Empowering Minds



**24 Hour
Access**

To mindfulness
exercises and
tools to address
the moment



**Empower
Yourself**

With knowledge and
skills to navigate the
challenges of school
and life beyond



**Access
Anywhere**

FREE, mobile
friendly help for
students and
adults



**Virtual
Lessons**

Teachers can assign
evidence-based lessons
to enhance curriculum



**Making
Connections**

Create a strong and
supportive network
to help achieve goals

Take Control Today

Don't delay your journey to optimal health. Scan the QR code and sign up for free today. Ages 13 and up to register for TAO.

732.961.4354

preferredbehavioral.org/tao-connect/





MONMOUTH COUNTY *Advisory Group*



Are you passionate about making mental health services and prevention programs more readily available to Monmouth County students?

If so, we invite you to join the NJ4S COMPASS - Monmouth Advisory Board! The Advisory Board is a group of parents, educators, and community partners who contribute to the decision making and success of our program. Meetings occur bi-monthly in a hybrid format.

Get Involved

Interested in joining the NJ4S COMPASS - Monmouth Advisory Group? Please scan the QR code below or visit <https://tinyurl.com/NJ4SMCAdvise> to sign up and get added to our email list!



Preferred Behavioral Health Group's COMPASS program serves Monmouth and Ocean Counties under the umbrella of DCF's New Jersey Statewide Student Support Services (NJ4S), and was designed to enhance access for students to free prevention and mental wellness services.

Stay Connected

Instagram: @NJ4S_PBHG_MC
Facebook: NJ4S Compass Monmouth County
Twitter: @NJ4S_PBHG_MC

For more information, please call or visit

732.961.4354

preferredbehavioral.org

Or scan the barcode



Join Our *Youth Advisory Subcommittee*

OUR TIME TO TALK

NJ4S COMPASS, a program designed to help students access prevention and mental wellness support, is seeking youth ages 13-18 to join our Youth Advisory Subcommittee. Members will have the opportunity to speak up and share their experiences regarding a variety of topics.

Members will also receive a \$25 Giftogram GIFT CARD for attending!
Meetings will be held virtually or in-person on a monthly basis.



TOPICS DISCUSSED

- Bullying/Violence
- Substance Use
- Mental Wellness
- Healthy Relationships
- Suicide Prevention

WHY JOIN?

- Great resume builder
- Inspire change
- Connect with other youth
- Attendance incentive



To join, please scan the Qr code or contact
Randi Bell at rbell@preferredbehavioral.org
or (732) 961-4354 x2802



PREVENTION AND MENTAL HEALTH RESOURCES FOR MONMOUTH COUNTY FAMILIES



Perform Care (Mobile Response) - New Jersey's System of Care: Call 1-877-652-7624 or visit www.performcarenj.org

Perform Care can help a parent or guardian connect their child to behavioral health, substance abuse, and developmental disability services.

Suicide and Crisis Lifeline (Mental Health Emergency):

Text or call 988 or to chat with a crisis counselor, visit www.988lifeline.org

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

FCIU - Family Crisis Intervention Unit: Call 732-542-2444

The Family Crisis Intervention Unit stabilizes youth, ages 10-17, in crisis and encourages positive development through connection to community resources, interpersonal relationships, and academic success. The program is available 24/7 and may be provided in the family's home.

PESS - Psychiatric Emergency Screening Service in Monmouth County: Call 732-923-6999

Psychiatric emergency screening through an emergency department setting. Services can be accessed through the Emergency Department or by calling the crisis hotline. For a Child and Family clinician, they can help link to treatment providers but for children, they are seen on an appointment basis and assessed for the need for hospitalization

FSO - Family Support Organization: Call 732-542-4502 Family Support Organizations (FSO's) are Family-run, county-based organizations that provide direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral needs.

DCP&P - Division of Child Protection & Permanency: Call 1-877-NJ-ABUSE

If you have reasonable cause to believe a child has been abused or neglected, call the 24/7 child abuse hotline, Calls may be made anonymously.

In case of emergency, please call 911.

Scan the QR code below or visit <https://www.preferredbehavioral.org/compass-resources/> to view our Resources page.





PREVENTION AND MENTAL HEALTH RESOURCES FOR MONMOUTH COUNTY FAMILIES



The Trevor Project - Call 866-488-7386, Text 678-678 or visit www.thetrevorproject.org/

The Trevor Project offers several resources for members and allies of the LGBTQ community, including self-care guides, educational articles for parents and supportive adults, and other informational pieces regarding LGBTQ young people facing homelessness, creating safe spaces in schools, and developing healthy relationships.

Garden State Equality - Call 973-509-5428 or email hello@gardenstateequality.org

New Jersey's largest LGBTQ+ advocacy and education organization with over 150,000 members. Their mission is to provide quality, innovative community programs, educate and train service providers, and pass pro-equality policies to protect and meet the needs of LGBTQ+ New Jerseyans.

ARC of Monmouth - Visit arcofmonmouth.org or call 732-493-1919

General information, *regardless of age*, help with SSI, Medicaid, Guardianship, DDD, medical care and more.

Monmouth ACTS Navigation System Warm Line - Call 732-683-8959

For help finding resources. You will speak to a compassionate, trained social worker who will discuss your needs and connect you to potential resources including housing, mental health, childcare, domestic violence, food, substance use, employment and more. Available Monday - Friday 8:30am to 4:30pm.

Monmouth Resource Net - Visit www.monmouthresourcenet.org

Provides a wide range of information about support, resources, and services for the residents of Monmouth County, NJ. It is a collaboration between Monmouth ACTS and Monmouth Cares, Inc.

For a more comprehensive list of mental health resources, please contact NJ4S COMPASS - Monmouth at 732-961-4354 x2.

Scan the QR code below or visit <https://www.preferredbehavioral.org/compass-resources/> to view our Resources page.





Stay Connected

Menu of Services:

For the most up to date version of our Menu of Services, please visit <https://www.preferredbehavioral.org/monmouth-county-programs/> or scan the QR code below.



Join our mailing list:

Get news from NJ4S COMPASS in your inbox by signing up for our mailing list at <https://www.preferredbehavioral.org/compass-stay-connected/>.

Follow NJ4S COMPASS on social media:

Facebook: [NJ4S Compass Monmouth County](#)

Instagram: [@nj4s_pbhg_mc](#)

Twitter/X: [@nj4s_pbhg_mc](#)



