

CAPITOL COUNTY NEWS



CCCC would like to keep you informed about our organization as well as community resources & events!

What's Happening at CCCC?

2019 Fill A Backpack Drive

Our 5th Annual Fill a Backpack Drive is underway! We are excited to announce that the following organizations have volunteered to be collection sites:

- Hamilton Horizons Federal Credit Union-3535 Quakerbridge Road, Suite 600 Hamilton, NJ
- Growville Community Day School-449 Church St, Hamilton, NJ
- La Fresca Bowls-3257 Quakerbridge Rd, Hamilton, NJ
- Dr. Desiree Wilson Chiropractic Care-1140 Route 130 South, Suite 2, Robbinsville, NJ

Studies show that children having school supplies of their own can improve grade, attendance, creativity, attitudes towards learning, behaviors, peer relationships and self-image. Our goal is to ensure our youth each have the opportunity to start off the new school year on the right foot. Please consider donating backpacks (no red or blue please) and school supplies to us so that we may help our youth be successful this academic year! Donations can be dropped off to our office or any of the collection sites listed.

The following is a list of needed items:

Backpacks, notebooks, folders, pencils, pens, erasers, rulers, pencil cases, markers, crayons, colored pencils, scissors, loose leaf paper

Reaching Over 4,000 People

Our #Speakyourtruth video posted on our [Facebook page](#) successfully reached over 4000 people!!! We continue to work towards breaking the stigma of mental health. Help us break the silence & start a conversation by telling your story or sharing what a stigma free world would look like to you! Use #speakyourtruth on your social media accounts and help raise awareness and break the stigma of mental health. We additionally encourage you to share our video on [Facebook!!](#)

Spotlight of the Month

May 2019

Christine Francique

Recognized for her professionalism and social interaction

June 2019

Katiria Rios

Recognized for her willingness to go above & beyond & her dedication to youth/families



Keep Up to Date

Like and follow our [Facebook Page](#) to keep up to date on events, resources and information!

In Your Community

2019 Watershed Butterfly Festival-August 3rd

The 2019 Watershed Butterfly Festival will be held on August 3, 2019. This is the Watershed's largest annual educational event that focuses on the importance of maintaining a balance between humans and the natural world. This family-oriented day has grown to be a major regional event, attracting more than 3,000 visitors. Visitors are welcomed every summer to tour the Kate Gorrie Butterfly house, explore the insect zoo, meet butterfly still walkers, take farm tours and enjoy other fun activities.

The Watershed Institute is a member-supported non-profit dedicated to protecting and restoring clean water and healthy environments in central New Jersey. Cost is \$20.00 per Carload Ticket (maximum of 6 in a carload) or \$8.00 per Individual Ticket. Proceeds from this event sustain their work in environmental conservation, advocacy, science, and education.

National Night Out-August 6th

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. Many towns participate in this community event so check your town's websites for more information.

Trenton Public School's Back to School Extravaganza

Attention Trenton Residents: August 28th Trenton Public Schools will be holding their Back to School Extravaganza. Meet school staff, obtain information regarding school resources, complete lunch surveys and receive a backpack and school supplies.



UPCOMING EVENTS

July 2019

- Fill the Backpack Drive @ CCCC

AUGUST 2019

- Fill the Backpack Drive @ CCCC
- Watershed Butterfly Festival August 3rd (Pennington, NJ)
- National Night Out August 6th
- Trenton Public School's Back to School Extravaganza -August 28th @Trenton BOE

SEPTEMBER 2019

- West Windsor Food Truck Festival September 17th @ Princeton Junction Train Station, Princeton, NJ
- Mercer County Italian American Festival September 27-29th @ Mercer County Park

Health, Wellness & Safety

International Friendship Day-July 30th

We have a question for you—would you say your friendships enrich your life? The United Nations General Assembly loves their friends too—so much, in fact, that they proclaimed July 30 as International Day of Friendship. The resolution, launched in 2011, recognizes that friendship between individuals, countries, and cultures can inspire peace efforts and build bridges between communities. It's focused on promoting conversations between different communities and civilizations—so it's all about planning community activities that include different cultures and promote international understanding and respect for diversity. How are you going to celebrate friendship today?

Celebrate this day with your friends by sending a card, planning a dinner out and expressing your gratitude for their friendship. Foster that special connection and embrace the friendships around you.

August is National Wellness Month

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose, meditate, use essential oils or try a different spa treatment, make a small change and impact your health in positive ways.

Back to School Safety

As summer continues and we begin to draw closer to children heading back to school, family life can get pretty hectic. It's important to remember – and share with your children – some key tips that will help keep them safe and healthy throughout the school year. We encourage you to check out these great safety tips provided by the National Safety Council and to download the [Back to School Safety Checklist!](#)



NJ SUICIDE
PREVENTION HOPELINE
1-855-NJ-HOPE

2ND FLOOR
YOUTH HELPLINE
888-222-2228

For Referrals to:

- Local Mental Health Providers
- Care Management Services

Call 1-877-652-7624

PerformCARE[®]

Step 1: Call the Contracted System Administrator (CSA), PerformCare, at 1-877-652-1624

Step 2: Provide basic demographic information to the Customer Service Representative.

They will register your child in the confidential database. You will then be transferred to a Care Coordinator. The Care Coordinator can refer you to services in your local community. If you need additional supports, such as case management with supportive services for your child, the Care Coordinator will assist you in setting up a Needs Assessment with an approved clinician.

Step 3: Schedule and complete a Needs Assessment (a series of questions about your child's behavior and your family's situation) in your home. After completing the needs assessment, the clinician transmits the information to the CSA who then reviews it and determines the appropriate level of care your child will receive, i.e. connection to a local mental health provider OR referral to Intensive team-based Care Management services through Capitol County Children's Collaborative (Mercer County CMO). Capitol County Children's Collaborative will reach out to schedule initial visit upon receiving the referral.



Capitol County Children's Collaborative
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Hamilton, NJ 08619
(609) 584-0888
www.capitolkids.org