

CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 1



Exciting News...Capitol County Children's Collaborative has launched its first newsletter in an effort to keep you informed about our organization as well as community resources & events!

In Your Community

Join the Stigma Free Mercer campaign

In May, Mercer County Executive Brian M. Hughes launched a yearlong Stigma Free Mercer campaign to combat stigma associated with mental illness and addiction and to support those who are impacted. The County of Mercer invites you to sign an online pledge to help end stigma associated with mental illness and addiction and to increase awareness and a greater understanding of its impact. For more information about the Stigma Free Mercer campaign go to www.mercercounty.org. In addition, we encourage you to search social media for the hashtag #StigmaFree for more information or use the hashtag when sharing your own story.

“One person can change the way the world sees mental health.”

Everyday Matters Rainbow Drive

Capitol County Children's Collaborative has partnered with the Trenton Public Schools and is sponsoring an event referred to as the Rainbow Drive. The goal for this event is to help reduce absentee rates by providing rain gear & toiletry kits to Trenton students so that they can attend school regularly regardless of weather. Research shows that students who are chronically absent (missing just 2 days per month or 10% of the school year) lose opportunities to succeed throughout their lives. One recognized barrier to regular attendance is a lack of rain wear for those children who walk to school.

UPCOMING EVENTS

NOVEMBER 2018

- Fall Into Wellness Resource Fair- November 8th. 12pm-3pm @ Capitol County Children's Collaborative
- “A Meal on Every Table” Food Drive

DECEMBER 2018

- “A Gift for Every Child” Holiday Drive

JANUARY 2019

- Mental Health & I/DD Resource Fair presented by CIACC Education Partnership and I/DD Sub-Committee- January 31st, 9am-12pm @ WW-P BOE

FEBRUARY 2019

- Everyday Matters Rainbow Drive February 8th, 10am @ PJ Hill, 1010 East State Street, Trenton

Finding Resources in Your Area

Merger ResourceNet is a free web tool provided by Capitol County Children's Collaborative that provides a wide range of information about support, resources and services available to families in Mercer County. We invite youth and families to utilize **Merger ResourceNet** to find services designed to meet every major family need. Local service providers can extend their reach by becoming a part of the **Merger ResourceNet** community, come [join us](#) today!



Health, Wellness & Safety

Managing Your Mental Health During the Holidays

During the holiday season, many look forward to festivities with friends and family. But for others, this time can bring on or worsen stress, anxiety and depression. Managing mental illness is always challenging, but it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Seek help from professional mental health services, maintain your self-care routines and include mindfulness practices into your days as you approach 2019. For more information on mindfulness practices go to <https://msw.usc.edu/mindful-living-resources/>.

November is National Diabetes Awareness Month

Diabetes is a disease that affects the whole family, especially when a child is diagnosed. Whether you're a parent, sibling or other family member, your support and understanding can make all the difference. Are you worried about medical care and costs, or how to manage diabetes at school? The American Diabetes Association can provide information and resources to help every child and every family adjust to life with diabetes. Are you or your child at risk for being diagnosed with Type 2 Diabetes? [Find out today!](#)



NJ SUICIDE
PREVENTION HOPELINE
1-855-NJ-HOPE

2ND FLOOR
YOUTH HELPLINE
888-222-2228

What's Happening at CCCC?

Get to Know Capitol County

We are the Mercer County Care Management Organization serving youth & families that are experiencing emotional, behavioral, substance use disorders, intellectual and/or developmental disabilities and chronic medical challenges. We meet families in their homes, schools and communities and focus on strengths to improve their total well-being through

- ❖ An Individualized Service Plan
- ❖ Customized Supports
- ❖ Flexible Services
- ❖ Increased Choice & Family Independence
- ❖ Development of a Child Family Team

We provide Behavioral Health Home services for eligible youth with chronic medical conditions including but not limited to asthma, diabetes, obesity, intellectual & developmental disabilities, substance use challenges and sickle cell disease. Eligible youth receive additional care planning related to their specific medical needs.

We are a proud CARF Accredited Organization. This accreditation represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF Standards. We demonstrated to a team of surveyors during an on-site visit our commitment to offering programs and services that are measurable, accountable, and of the highest quality. Capitol County Children's Collaborative is the first Care Management Organization in the state of New Jersey to be awarded this prestigious honor.

Like Us on Our New Facebook Page!

Capitol County is happy to announce that we are now on Facebook! Like us on Facebook to keep up to date on events, news and other resources! We also invite you to connect with us on [LinkedIn](#).



Spotlight of the Month

September 2018

Moriah Ratigan

Recognized for her support, advocacy & dedication to the youth & families

October 2018

Lorna Bennett

Recognized for her professionalism, positive attitude, compassion & dedication

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.

Please note: This intake/assessment/referral process can take 3 to 5 weeks.



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