

# CAPITOL COUNTY NEWS

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



## What's Happening at CCCC?

### Our Commitment to Our Youth & Families Continues

Capitol County Children's Collaborative remains committed to our youth and families. While maintaining the integrity and standards we are most known for, CCCC has continued to provide our services in a virtual setting. As of September 28<sup>th</sup>, our office has reopened to staff in a limited capacity. Our care management team continues to conduct wrap around services to our families through several different virtual means and will begin a slow transition back to in person services in the upcoming weeks. We are dedicated to providing services at the same level we always have, while keeping the health and safety of our youth and families, as well as our CCCC team members a top priority. Social distancing, sanitizing and mask protocols will be utilized to maintain everyone's health and safety. At this time our offices remain closed to visitors. We continue to accept referrals via PerformCare and encourage our system partners, schools and families to call if they or someone they know is in need of care management services. To request a referral for a Needs Assessment, CMO services, Mobile Response services or other outpatient services call Performcare at 1-877-652-7624. More information can be found on our website [www.capitolkids.org](http://www.capitolkids.org).

### Fill a Backpack Drive 2020

Although our Annual Fill A Backpack Drive looked very different this year we would like to thank Capacity Benefits and Hampton Behavioral Health for their generous donations. Through your kindness and commitment to CCCC's youth and families we were able to collect over 100 backpacks filled with school supplies. Even though the 2020-2021 school year looks very different for our youth supplies and backpacks are still needed. Your commitment and generosity is greatly appreciated.

### Spotlight of the Month

#### August 2020

**\*Diana Miranda\***

Recognized by her team for her amazing commitment & support as a CM Supervisor.

#### October 2020

**\*Merlina Rodriguez\***

Recognized for going above and beyond in support and guidance during the adoption process for a youth & family



## Staying Healthy

CCCC employees and other IBIS Plaza tenants would like to thank our friends at RiteAid for setting up a Flu Clinic outside our office. Keeping ourselves healthy is very important and getting the flu vaccination has a lot of benefits. To learn more of the benefits of the flu vaccine [CLICK HERE.](#)



## In Your Community

### Important Resources for Our Community

- Mercer County NJ Website's Coronavirus Information
  - [www.mercercounty.org/covid-19](http://www.mercercounty.org/covid-19)
- New Jersey 211: A Statewide, web-based tool to find and understand available resources and services.
  - Info via phone: Call 2-1-1 or 1-800-926-1253
  - Text NJCOVID to 898-211 for updates
  - Text Your Zip Code to 898-211 for live text assistance
- State of New Jersey COVID-19 Information Hub:
  - <https://covid19.nj.gov/>
- New Jersey Department of Health:
  - [www.nj.gov/health/cd/topics/ncov.shtml](http://www.nj.gov/health/cd/topics/ncov.shtml)
- 24- Hour Hotline: 1-800-222-1222
- Contact Info. for all New Jersey County Health Departments:
  - <https://www.state.nj.us/health/lh/documents/LocalHealthDirectory.pdf>
- U.S. Centers for Disease Control & Prevention:
  - [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

## UPCOMING EVENTS

- Webinar: COVID-19, Youth of Color, and Suicide Risk Indicators October 28<sup>th</sup> @ 10am (registration required)
- Trenton Public School's Presents "Online Preschool Learning, Preschool Registration & Preschool Health" October 27<sup>th</sup> @ 6pm-Live on Facebook
- [Webinar: Parents, Kids & Mental Health During the COVID-19 Crisis](#)
- Please check individual school websites for virtual Board of Education meetings
- Many local groups and/or meetings have made it possible to continue services & support through virtual means-please check individual websites

- American Heart Association: COVID-19 Resources & Tips to Stay Active and Eat Healthy at Home
  - <https://www.heart.org/en/about-us/coronavirus-covid-19-resources>
- Mercer County Food Pantry/Meal Services
  - <https://docs.google.com/document/d/1ifcoRiFGVWLtstl4603myQPk6Guv4UO0cEp6Y8rSoZw/edit>
- Mercer County Pharmacy List
  - <https://docs.google.com/spreadsheets/d/1LF8uk7cEh1X9dhW-yj02vaOljJE2wGzLym5lsVh8Bns/edit#gid=1088502734>
- Interactive Map - Mercer County Food Pantry, Meal Service & Pharmacy sites
  - <http://tvs.maps.arcgis.com/apps/webappviewer/index.html?id=ad7f7ef0a53a4ad2aff2c04c60eda30>



## Health, Wellness & Safety

### October is Emotional Wellness Month

October focuses on Emotional Wellness. While taking stock of our stress levels, it's an excellent time to make some changes, too. Emotional Wellness Month provides information and resources to help us do just that.

Regularly, stress comes into all our lives in varying amounts. Stress levels have increased throughout the COVID 19 Pandemic which has taken a toll on the emotional health of many. Identifying the causes of our stress helps us identify ways to cope appropriately and decrease these triggers.

- **Reduce screen time.** In this digital world, the amount of time we spend online impacts our emotional health. The COVID 19 Pandemic has forced many to increase their screen time. We are bombarded by data, news, and alerts constantly. We are participating in back to back virtual meetings or classes for many

I know things are hard being home right now, away from your friends.  
If it's getting so bad you need some help, here are some hotlines you can call or text.  
  
Go ahead.  
It's anonymous.

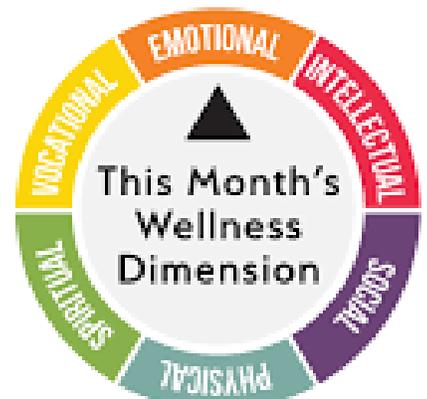
If you just need to vent text 2nd Floor  
1-888-222-2228

If you are being abused by an adult  
1-877-652-2873

If you feel like you're depressed or in crisis  
Text NJ to 741741

If you feel like you might want to kill yourself  
1-855-654-6735

If there is domestic violence in your home  
1-800-572-7233



hours at a time. One way to reduce online and screen time is to unplug at the end of your work or school day. Take a screen break for a minimum of 2 hours at the end of the work/school day. Take frequent screen breaks throughout the day. Use the time to get outside and enjoy the beautiful fall weather, read a book, play a board or card game, schedule a massage or start a craft project. Rate your emotional wellness before and after your unplugged time. For more Electronic Free Ideas [CLICK HERE](#).

- **Access resources available to you.** Many employers and communities offer tools and discounts for emotional wellness. Checking with your human resources department is an excellent place to start. From videos to free counseling sessions, these benefits provide substantial relief when life seems upside down.
- **Remember the relationships in your life.** This is a big one. Friends, family and even co-workers play a huge role in our emotional health. They improve our social and spiritual wellbeing by keeping us connected. Human beings thrive on social interactions. Without them, we feel isolated. Large or small, a well-balanced, healthy, social community provides a satisfying spiritual, emotional, recreational and educational benefits. As a result, our friends and family provide a strong support system we rely upon when a crisis strikes.
- **Create a daily self-care routine.** Maintain healthy eating habits and increase physical activity to reduce overall anxiety. Exercise, meditate and keep to a daily routine as much as possible.
- **Increase Positive Moods for the Entire Family.** This article from the American Academy of Pediatrics and provides tips to help boost positive moods: [Mood-Boosting Tips for Families During the COVID-19 Pandemic](#)

By identifying stressors and improving our emotional health, we are more likely to surf through the highs and lows in life more successfully. Set some goals for reducing stress in your life. Consider what your biggest stressors are and the best ways to remove them. How do you reduce stress? Do you have a stellar support system? Use #EmotionalWellnessMonth to post on social media.



NJ SUICIDE  
PREVENTION HOPELINE  
1-855-NJ-HOPE

2ND FLOOR  
YOUTH HELPLINE  
888-222-2228

## Keep Yourself Safe

For up to date information on the Coronavirus visit the CDC or WHO websites as well as your local and state Department of Health sites.

In addition, it is important to know how to take steps to protect yourself:

- **Follow social distancing practices: put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.**
- **Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.**
- **If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.**
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**
- **Stay home if you are sick, except to get medical care. Learn what to do if you are sick.**
- **Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.**

How to stay healthy and avoid the spread of COVID-19



Use tissues and dispose immediately after use



Wash your hands regularly for 20 seconds



Stay home when sick



Avoid touching your face



Wipe high-touch surfaces often



Avoid close contact with others



Cover your mouth when coughing or sneezing



Capitol County Children's Collaborative  
3535 Quakerbridge Rd Suite 800  
Hamilton, NJ 08619  
(609) 584-0888  
[www.capitolkids.org](http://www.capitolkids.org)

For Referrals to:  
-Local Mental Health Providers  
-Care Management Services

Call 1-877-652-7624  
PerformCARE®