

# CAPITOL COUNTY NEWS

The Official Newsletter of Capitol County Children's Collaborative, Volume 10



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

## What's Happening at CCCC?

### Moving Forward in New Times

Capitol County Children's Collaborative is committed to providing quality services to our Mercer County youth and families. Throughout the last year we have provided services and made changes to our service platforms to accommodate the safety needs tied to the current public health crisis. We have begun to pivot back to in-person services for those youth and families most at need. We are excited to be back in the community and visiting with our youth and families. Due to the continued need to be socially distant and to be aware of everyone's needs and comfort levels, we continue to offer virtual services to any family that prefers to remain virtual at time.

### Black History is American History

In honor of February's Black History Month CCCC highlighted current and past prominent African American activists and leaders within local, national and/or global communities on our Facebook and Instagram pages. We focused on historical figures and their contributions as well as showcased more current community leaders that are making a difference in today's society.

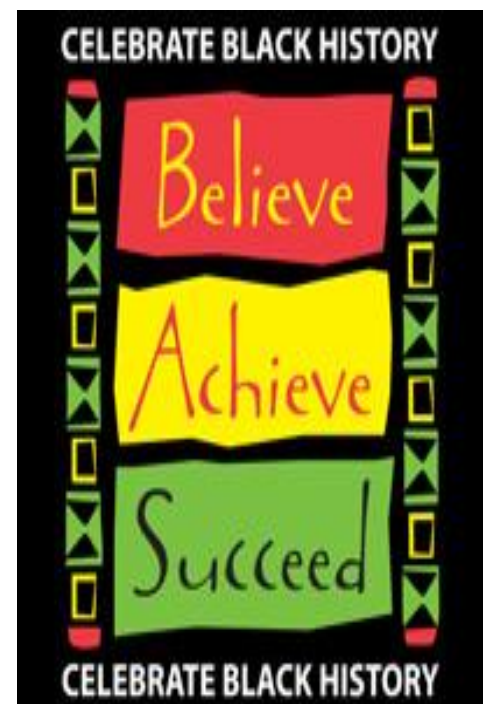
We showcased the following inspirational leaders:

- Harriet Tubman (known as "Moses," instrumental in the Underground Railroad and freeing slaves)
- CDR Kimberly Jones (US Navy Commander & Surface Warfare Officer)
- CDR Kathryn Wijnaldum (US Navy Commander & Surface Warfare Officer)
- CDR LaDonna Simpson (US Navy Commander & Surface Warfare Officer)
- Mae Jemison (1<sup>st</sup> African American woman who orbited into space, also a physician, teacher, peace Corp volunteer and president of a tech company)

### Spotlight of the Month

**\*Missy Padilla\***

Recognized for going above and beyond in support of the CCCC teams



- Amanda Gorman (Youngest Inaugural poet in US history and activist)
- Joseph McNeil, Franklin McCain, Billy Smith and Clarence Henderson (4 Black students who staged a sit in at a segregated lunch counter in Greensboro, NC in 1960)
- Shirley Chisholm (1<sup>st</sup> Black woman elected to Congress and 1<sup>st</sup> black woman to run for the Democratic Party's presidential nomination)
- Paul Williams (Black architect who learned to draw upside down as many of his white clients would not sit next to him)
- John Mercer Langston (one of the first African Americans to hold an elected office in the US (town clerk in Ohio), 1<sup>st</sup> Black man to represent Virginia in the US House of Representatives)
- George Washington Carver (agricultural scientist and inventor)
- Frederick Douglass (social reformer, abolitionist, orator, writer and statesman)
- Dr. Eliza Ann Grier (1<sup>st</sup> African American woman licensed to practice medicine in Georgia)
- Wilma Rudolph (world record Olympian, dubbed the "fastest woman in the world" in 1980)

Additionally, CCCC showcased several "Then and Now" comparisons:

- Madame CJ Walker (beauty industry legend and 1<sup>st</sup> female self-made millionaire in the US) & Rihanna (beauty industry legend who revolutionized the business with inclusivity for all skin tones)
- Katherine Johnson (NASA mathematician and "Hidden Figure") and Jeanette Epps (NASA astronaut and 1<sup>st</sup> black woman to join an International Space Station crew)
- Wilma Rudolph (world record Olympian) and Allyson Felix (holds more world championship and Olympic titles than any other female track athlete)
- Maya Angelou (Poet and activist) and Amanda Gorman (Youngest Inaugural poet in US history and activist)

CCCC recognizes that Black History is American History and will continue to celebrate and discuss prominent black leaders throughout the whole year. #cccstandswithyou #cccchashope

### Stigma Free Communities & Mental Health Awareness

The Mercer County Board of Chosen Freeholders, along with the Mercer County Department of Human Services, supports the designation of Stigma-Free Communities in every school, municipality, and organization. The Mercer County Board of Chosen Freeholders unanimously passed a resolution in May of 2018 supporting the designation of Mercer County as a Stigma-Free Community.



Mercer County recognizes that one in four Americans has experienced mental illness, including substance use disorders, each year, according to the National Institute of Mental Health. Mental health problems are more common than cancer and heart disease combined, affecting children and adults, including more than half of our Iraq and Afghanistan Veterans treated at Veterans Affairs hospitals. Given the serious nature of this public health problem, we must continue to reach the millions who need help.



The stigma associated with the disease of mental illness is identified as the primary reason individuals fail to seek the help they need to recover from the disease. Stigma-Free Communities aim to inspire public interest and open dialogues about stigma, raise awareness of the disease of mental illness and create a culture wherein residents who have the disease of mental illness feel supported by their community and neighbors and feel free to seek treatment for the disease without fear of stigma.

Local resources are available to treat the disease of mental illness, so no one needs to suffer alone or feel hopeless. Establishing Stigma-Free Communities will raise awareness of resources and encourage residents to engage in care as soon as the need is identified so recovery can begin, hope is inspired, and tragedies are avoided.

To promote awareness that there can be no “health” without mental health and to break down barriers, as well as to encourage residents of all ages to be mindful of their mental health and ask for help when needed Capitol County Children’s Collaborative has identified as a Stigma-Free Community. CCCC pledges to be a Stigma Free Organization and commits to increasing awareness and greater understanding of mental illness and addiction while promising to work towards eliminating stigma and discrimination of all kinds within our organization and larger community. We are committed to helping our youth and families break the stigma of mental health, have open and judgment-free dialogue regarding stigma (including the stigma surrounding race, religion, sexual orientation, etc. and how it impacts/relates to mental health) within their homes & communities and to help identify ways to break the stigma and seek help freely.

Please join us in our fight against stigma by committing to be Stigma Free and standing with those impacted. Please sign the pledge [here!](#)



# In Your Community

## In Case You Missed It

New Jersey Department of Children and Families (NJDCF) hosted a webinar on March 16<sup>th</sup> to discuss and provide information on connecting youth and families to mental health and intellectual disabilities/developmental disabilities services in New Jersey. Click [here](#) to view the archived recording of the webinar and how to access all the services discussed.

## 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)
- 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>

## UPCOMING EVENTS

- An Overview of ABA Therapy for Children with Autism (virtual information session) on April 22<sup>nd</sup> at 7pm. [Registration required](#)
- Navigating Resources for Children & Adolescents with Autism Spectrum Disorder (virtual information session) on April 28<sup>th</sup> at 6:30pm. [Registration required](#)
- Ten Ways to Declutter Your Mind & Free Up Mental Space (virtual information session) on May 10<sup>th</sup> at 7pm. [Registration required](#)
- 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



- 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

### April is National Minority Health Month

April is National Minority Health Month (NMHM). It is a time to raise awareness about health disparities that continue to affect racial and ethnic minority populations and encourage action through health education, early detection, and control of disease complications.

Racism is a mental health issue because it causes trauma which leads to mental illness. As a part of CCC's pledge to be a Stigma Free organization we are dedicated to working against individual racism, interpersonal racism and institutional racism in all forms. Click this [link](#) for important information from Mental Health America regarding Racism and Mental Health.

Additionally, the 2021 NMHM theme is #VaccineReady. As recognized by the HHS Office of Minority Health, the COVID-19 pandemic has disproportionately impacted racial and ethnic minority communities and underscores the need for these vulnerable communities to get vaccinated as more vaccines become available. The COVID-19 vaccination is an important tool to help us get back together with our families, communities, schools, and workplaces by preventing the spread of COVID-19 and bringing an end to the pandemic.

The National Institute on Minority Health and Health Disparities (NIMHD) is one of the 27 Institutes and Centers at the National Institutes of Health (NIH). NIMHD leads scientific research to improve minority health and reduce health disparities. The following link has great COVID-19 Information and resources from the NIMHD:



#VaccineReady | April 2021

<https://nimhd.nih.gov/programs/covid-19/index.html>

## 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



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

Call 1-877-652-7624  
PerformCARE®