

# CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 12



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

## What's Happening at CCCC?

### Spotlight of the Month

CCCC congratulates Emanni Riddick on being Spotlight of the Month in October 2022! Emanni was recognized for going above and beyond in a challenging and urgent situation, all while maintaining a focus on supporting the youth. Congrats Emanni!

CCCC congratulates Don Edwards on being the Spotlight of the Month in November 2022! Don demonstrated a level of professionalism and character throughout one of the most challenging situations we, as helping professionals, could possibly experience! Our families are lucky to have you supporting them Don!

CCCC congratulates Erica Sost on being the Spotlight of the Month in December 2022! Erica worked diligently with a youth and was recognized by a Mercer House Social Worker for "going above and beyond for the family and working collaboratively with the team! Awesome work Erica!

CCCC congratulates Rene Marrero on being the Spotlight of the Month in January 2023! While covering for another CM, Rene went above and beyond (including working on his day off) to help a family that was suddenly displaced and needed assistance and resources quickly! Great job Rene!

### CCCC Celebrates Black History

In celebration of Black History Month, CCCC will be completing a weekly newsletter that will include the following:

1. Highlighting a Black CCCC employee.
2. Highlighting a Black provider that has provided great services to our families over the years.
3. Recommending a book by a Black author.
4. Fun/Historical fact
5. Highlighting a Black owned business in the area.
6. Upcoming celebratory Black History Month events in the area.



## Zero Suicide Initiative

Capitol County Children's Collaborative has made a commitment to improving the care we provide to our youth and families who are struggling with suicide. The most vital difference we can make through our work is to save lives. We hope to make suicide a "never event." To some this may sound audacious, but simply put, one life lost to suicide is too many.

As we all know, the work of caring for individuals at risk of suicide is challenging. I want to assure you that CCCC is committed to making sure our staff have the skills and confidence to treat these youth and families. In the coming year, we will be adopting the Zero Suicide framework, a comprehensive approach to suicide care developed by the Suicide Prevention Resource Center and the National Action Alliance for Suicide Prevention, projects of Education Development Center. We believe this approach will improve the care and safety of our youth and families, thereby making our organization a safer, and hopefully, more fulfilling place to work. We have established an implementation team for our Zero Suicide framework and strategy. This team is led by Jeannine Fenlon and we are looking forward to the future of this initiative.

## In Your Community

### Mercer County Community College Celebrates Black History Month

"Black History Month is a time to honor and recognize the contributions of African-Americans in our local communities and in our country. Without it, we run the risk of silencing stories that add complexity, character and most of all, accountability to our nation's story," said Marvin Carter director of Diversity, Equity, and Inclusion at MCCC. "Yes, progress has been made, but more still needs to be done," said Carter. "In this moment, we say 'Thank You' to those on whose shoulders we stand today, and 'we are not done' to those who will follow in our footsteps," said Carter.

"Black Resistance" is this year's national theme. Mercer County Community College will host a number of special events emphasizing culture, relationships and education. The events are split between MCCC's James Kerney Campus (JKC) at 102 North Broad Street in Trenton and West Windsor campus at 1200 Old Trenton Road.

For more information click [here](#).



**Black History Month Events Schedule 2023**

Monday FEB 01	Opening Ceremony Via Zoom: <a href="https://mccc-edu.zoom.us/j/9903963907">https://mccc-edu.zoom.us/j/9903963907</a>	Kerney Hall, JKC	11am-1pm
Thursday FEB 02	Film and Chat – "Get Out"	CM 108, WWC	3-5pm
Saturday FEB 04	Melanin Market	JKC	9am-4pm
Wednesday FEB 08	Black History Month Trivia	Student Center, Cafeteria	11am-12pm
Thursday FEB 09	Film and Chat – "Fruitvale Station"	CM 108, WWC	3-5pm
Saturday FEB 11	Generational Wealth Summit	Kelsey Theatre	9am-4pm
Thursday FEB 16	Film and Chat – "The Hate U Give"	CM 108, WWC	3-5pm
Monday FEB 20	Before the Glory: Stories of Overcoming Adversity for the Win	Student Center, Cafeteria	12pm
Thursday FEB 23	Film and Chat – "Judas and the Black Messiah"	CM 108, WWC	3-5pm
Saturday FEB 25	TRIO Week / Task Volunteering Day	JKC	9-5pm
Tuesday FEB 28	Closing Ceremony Via Zoom: <a href="https://mccc-edu.zoom.us/j/7303181386">https://mccc-edu.zoom.us/j/7303181386</a>	CM 107, WWC	11am-1pm

MERCER COUNTY COMMUNITY COLLEGE

Opening Ceremony sponsored by ASLAH

## Lawrence High School Celebrates Black History Month

Lawrence High School celebrates its 10th Annual Black History Celebration. Since 2013, LHS has convened school and surrounding communities for a night of cultural awareness and appreciation. A celebration of Black excellence, it's an unforgettable evening filled with music, art, dance, food, presentations, vendors, and honorees.

Beginning at 2PM, attendees can shop until they drop with a variety of Black business owners, while feasting on delectable cultural dishes. At 5PM, attendees will be wowed by local talent and student presentations, honoring four trailblazers and one rising star recipient. You don't want to miss this milestone event!



## Health, Wellness & Safety

### February is American Heart Month

February isn't just for finding our Valentine. February also reminds us to take care of our hearts and consider our risk factors.

Believe it or not, heart disease can happen at any age. However, some risk factors for heart disease and stroke are preventable. American Heart Month teaches us how we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol, or diabetes. Visit [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov) to learn more about the risks and how to prevent heart disease and stroke.

Review these signs for heart disease risk:

1. High blood pressure. Millions of people in the United States have high blood pressure, and millions of them are as young as 40 or 50. If you are one of them, talk to your doctor about ways to control it.
2. High cholesterol, diabetes, and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity a few times a week.
3. Smoking cigarettes. Over 35 million adults in America are smokers, and thousands of young people pick up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

So, if you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. First, don't smoke, and if you're already a smoker, do your best to quit. Click [here](#) for options for help. The next step you can take is managing any conditions you may have, such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Next, make heart-healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!



## Five Ways to Beat the Winter Blues

Many people struggle with the “Winter Blues.” The month of February is often cold, the skies are dull and grey, Winter no longer holds the same charm it brought with it in November, and we are all aching for some warmer temperatures and sunshine. While it's easy to blame it on the season, it's not always easy to overcome the funk. All these factors and many others can cause frustration, lack of motivation and unhappiness. If you find yourself feeling “blue,” here are 5 tips to breaking yourself out.

**1. EXERCISE REGULARLY:** We know exercise helps prevent and improve a number of health problems — high blood pressure, diabetes and arthritis, for example. But research on the link between depression, anxiety, and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety. The key is making it a habit. Once exercise becomes a part of your life, you notice that you have a lot more energy than you used to and are by far less easily fatigued.

**2. TRY NEW THINGS:** Day-to-day, routines are good. They give us a sense of discipline, which allows us to commit to lengthy projects and finish them by the deadline. They also give us a sense of calm and order. But routines can also make us feel stuck. That's why breaking up your schedule with something new can have a great impact on your happiness. When you try new things, you put your brain into new situations that force it to think in unique ways. This stimulates creativity, which eventually rubs off in other areas of your life.

**3. SET SMALL GOALS:** Setting goals when you're down can feel nearly impossible — a far cry from feeling ambitious. But setting small, attainable goals is critical to making sure you don't lose motivation. And make sure those goals have a timeline. Making a list of things you want to achieve is great, but if you

don't put a timeframe around them then they'll be put off until tomorrow and will never get started. Think about using the SMART Goals framework to break up tasks into manageable parts.

**4. EXPRESS GRATITUDE:** Researcher Robert Emmons has conducted a number of studies on the link between gratitude and wellbeing. His research has found that gratitude reduces toxic emotions such as envy, frustration and regret, and increases positive emotions such as happiness and contentment.

**5. LISTEN TO MUSIC:** You likely have a few tunes that you know lighten your spirits. Now's the time to crank them up. On their music and mental health page, the American Music Therapy Association lists over a dozen studies supporting the benefits of music therapy for persons with depression and anxiety. There's a science behind formal music therapy, but putting your headphones in and pressing play on your favorite Spotify playlist can help, too. The mix of melody, harmony, and rhythm stimulate the senses and promote calmness by slowing down breath, heart, rate and other bodily functions.



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

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