

# CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 8



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

## What's Happening at CCCC?

### Our Support of Youth & Families Continues

Capitol County Children's Collaborative remains committed to our youth and families and is working hard to provide needed support during these most uncertain and extraordinary times. Our team at CCCC have worked hard to transition our services to a virtual setting while maintaining the integrity and standards we are most known for. Although our physical offices have been temporarily closed, our care management team continues to conduct wrap around services to our families through several different virtual means and will continue to support those in need. 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. 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).

### Spotlight of the Month

**March 2020**

**\*Cynthia Sepulveda\***

Recognized for her willingness to go above & beyond for her youth and families.

### UPCOMING EVENTS

- In person events have been postponed at this time due to the current public health 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

# 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
  - <https://www.nj211.org/>
- **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 Information 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 and Tips to Stay Active & Eat Healthy Meals 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-yi02vaOljJE2wGzLym5lsVh8Bns/edit#gid=1088502734>
- **Interactive Map - Mercer County Food Pantry, Meal Service & Pharmacy sites**
  - <http://tvs.maps.arcgis.com/apps/webappviewer/index.html?id=ad7f7ef0a53a4ad2aff2c04c60eda30>

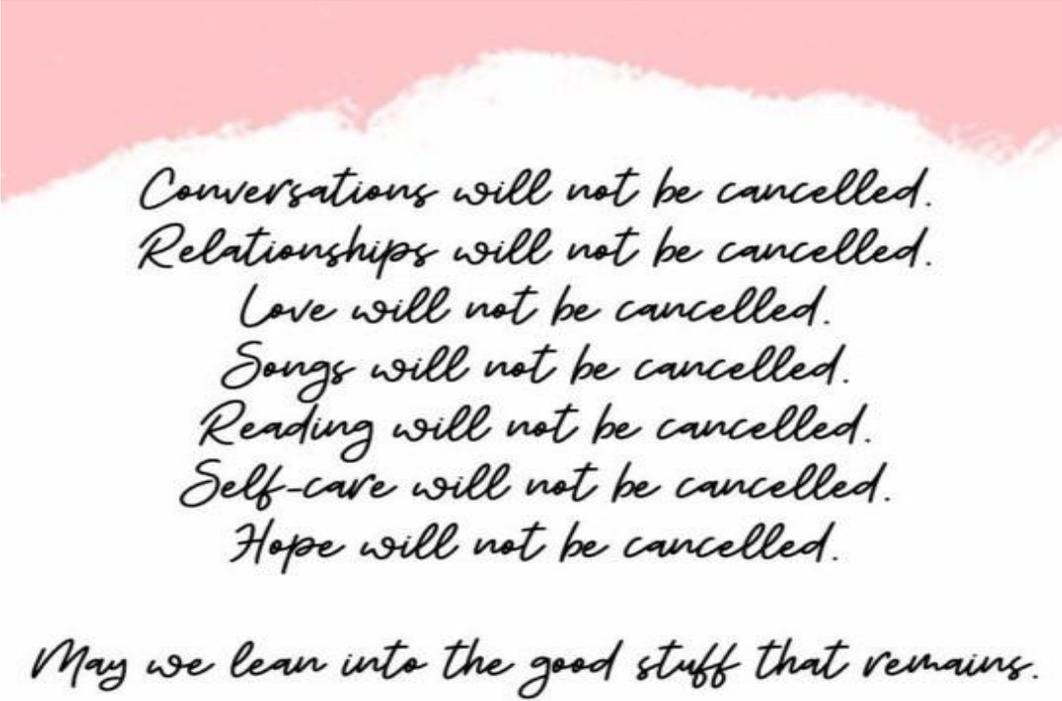
# Health, Wellness & Safety

## Hope is Not Cancelled

April is the [National Month of Hope](#). Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering and non-essential businesses are closed, and parents/caregivers are faced with helping their families adjust to the new normal. Now, more than ever, having a sense of hope is important. Maintaining our mental wellness is just as vital as maintaining our physical health.

Bringing hope to someone can take many forms. In our current need for maintaining social distancing, we need to find new ways to work together and bring each other hope! Being a positive role model to those in your home, fostering and maintaining connections through electronic means and lifting the spirits of others can bring a ray of hope in these most uncertain times. CCCC invites you to share a message of hope and be a ray of sunshine on your social media accounts and use the hashtag [#CCCChashope](#) and [#NationalHopeMonth](#). Some examples include sharing an inspiring quote or words of hope and kindness, sharing your personal experiences to let others know they are not alone or sharing pictures of how you are maintaining your hope while at home.

CCCC strives to engage, educate and empower all of our youth and families through our services each day. It is our expectation that sharing these messages of hope will be another way of empowering those around us! Check back often to our Facebook page for our own messages of hope!



*Conversations will not be cancelled.  
Relationships will not be cancelled.  
Love will not be cancelled.  
Songs will not be cancelled.  
Reading will not be cancelled.  
Self-care will not be cancelled.  
Hope will not be cancelled.*

*May we lean into the good stuff that remains.*

## 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.



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

Call 1-877-652-7624  
PerformCARE®