

# CAPITOL COUNTY NEWS

The Official Newsletter of Capitol County Children's Collaborative, Volume 13

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

Grace M – February 2023

“Your Diligence & Hard Work are appreciated.”

Ammiah H & Aaron V – March 2023

“Our families are Lucky to have you both supporting them.”

Jessi P – April 2023

“Awesome Team Work Jessi!”

Anita L – May 2023

“The Love & Care Anita showed is incredible.”

Bret B – June 2023

“Your Help is greatly appreciated.”

### Fill A backback Drive 2023

Our annual Fill a Backpack Drive is underway! We are excited to announce that the following organization has volunteered to be a collection site:

- Hamilton Horizons Federal Credit Union-3535 Quakerbridge Road, Suite 600 Hamilton, NJ

Studies show that children having school supplies of their own can improve grade, attendance, creativity, attitudes towards learning, behaviors, peer relationships and self-image. Our goal is to ensure our youth each have the opportunity to start off the new school year on the right foot. Please consider donating backpacks and school supplies to us so that we may help our youth be successful this academic year! Donations can be dropped off to our office or at Hamilton Horizons Federal Credit Union. We are additionally accepting monetary donations that will be used to purchase needed supplies.

The following is a list of needed items:

Backpacks, notebooks, folders, pencils, pens, erasers, rulers, pencil cases, markers, crayons, colored pencils, scissors and loose-leaf paper. Your support is greatly appreciated!

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**Capitol County**  
Children's Collaborative



**COLLECTION DATES**  
June 1st-August 18th

**WHAT WE NEED:**

**BACKPACKS  
NOTEBOOKS  
FOLDERS  
PENS  
PENCILS**

**CRAYONS  
MARKERS  
ERASERS  
SCISSORS  
GLUE STICKS**

Also accepting monetary donations to purchase supplies

**FOR MORE INFO CONTACT  
DANIELLE EVELAND AT  
develand@capitolkids.org or  
609-649-8945**

## In Your Community

### Mercer County Library's Summer Reading Program & Passport to Fun

The year's theme is *All Together Now*. The program runs from June 26th to August 31st and is for all ages! We have three programs, separated by age group: Children, Teen, and Adult. This year, we also have the Passport of Fun! Stop at your Local Branch for "MCLS Passport of Fun" between June 26-August 25th.

To Get a Passport Stamp at the Branch

1. Locate the Branch's Scavenger Hunt Item
2. Pick Up a 'Local Attractions & Activities' Sheet
3. Complete a Feedback Slip
4. Get Your Passport Stamped!

<https://mcl.org/events/summer-reading-program/1.2.3.4.>

### Hamilton Public Library's Museum Pass Program is Back!

The Museum Pass Program is a service that allows Hamilton Free Public Library patrons to visit area museums for FREE!



**Museum Pass Program**  
Sponsored by the Friends of the Hamilton Public Library



 **ELMWOOD PARK ZOO**

 **THE BUCKS COUNTY Children's Museum**

 **BATTLESHIP New Jersey**

 **OLD BARRACKS MUSEUM**

 **NLM NATIONAL LIBERTY MUSEUM**

 **ROEBLING MUSEUM**

 **MORVEN MUSEUM & GARDEN**

 **The Academy of Natural Sciences of DREXEL UNIVERSITY**

 **EASTERN STATE PENITENTIARY**

 **Independence Seaport Museum**

For Museum Pass Booking Information Visit The Hamilton Free Public Library In Person Or Online At [HamiltonNJPL.org](http://HamiltonNJPL.org) or Call 609-581-4060, Extension 1  
*Museum Passes Are FREE With A Current Library Card*

# Health, Wellness & Safety

## June is PTSD Awareness Month

Post-traumatic stress disorder (PTSD) is a common mental health condition caused by traumatic events that can impact physical and mental health. June is National PTSD Awareness Month, an event dedicated to raising awareness and helping people find support for PTSD.

PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. PTSD may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation. Some people may recover a few months after the event, but for others it may take years. For some, PTSD may begin long after the events occur. However, PTSD can be treated.

HHS, along with the Departments of Veterans Affairs (VA) and Defense (DOD), are supporting new research to reveal the underlying causes of PTSD and related conditions, develop better tools to identify those at highest risk of developing the disorder, and develop new and better treatments and preventive interventions.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Institute of Mental Health (NIMH) also offer a variety of resources designed to help people who suffer from PTSD, as well as aid their families and friends in better understanding and dealing with trauma's aftermath. These resources include:

- SAMHSA's [Mental Health Services Locator](#) that helps locate local treatment services and support for those with PTSD, and other mental health conditions.
- NIMH and National Institutes of Health [fact sheets](#) and information on clinical trials and scientific studies on PTSD at <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>
- Information about bullying and other traumatic crises at <http://www.StopBullying.gov>.
- [The National Child Traumatic Stress Network](#) provides tools and resources to assist health care providers, educators, and families.
- [The National Center for Trauma Informed Care](#) provides education and training for supporting recovery and identifying specific treatment practices to address trauma.

## July is Minority Mental Health Awareness Month

Minority Mental Health Awareness Month was created to highlight mental health resources and treatment in minority communities. While mental illnesses can affect individuals of any race, ethnicity, or background, unique external and internal barriers to accessing care and treatment exist for minorities. A few examples of these barriers include lack of access to health coverage, discrimination in treatment settings and cultural stigmas surrounding mental health.



June is  
**PTSD**  
**Awareness**  
Month  
Not all wounds are visible

According to the Office of Minority Health within the Anxiety and Depression Association of America, roughly two-thirds of people with a diagnosable mental illness do not seek treatment. Minority racial and ethnic groups in the U.S. are even less likely to get help when struggling with a mental illness.

Divisions within NCDHHS, particularly the Division of Mental Health, recognizes Minority Mental Health Awareness Month and is actively participating in initiatives to improve mental health services for minority communities this month and in the past.

The NCDHHS Division of Mental Health, Developmental Disabilities and Substance Abuse Services recently collaborated to host a [Suicide Prevention virtual town hall](#), where the featured panel touched on mental health disparities that exist among minority populations, particularly in terms of access to treatment.

Additionally, the NCDHHS Office of Minority Health and Health Disparities is working on an anti-stigma campaign for mental health services in minority and underserved communities. Research done for this initiative revealed that only about 20 percent of African Americans seek treatment for mental health issues, compared to 41 percent of Caucasians.

Income plays a role here because it influences one's ability to access the necessary resources for care and treatment. Not surprisingly, African Americans living below the poverty line are three times more likely to suffer from psychological distress than those above the poverty line. Bridging this gap is one of the primary goals of this campaign.

Initiatives and informed discussions like those mentioned above help combat the stigma surrounding the topic of mental health. It is important for everyone to participate in the discussion to overcome the mental health issues minorities face.



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®

# Summer

## COMMUNITY RESOURCES

June 2023

### COMING SOON...



Healthy Body Healthy Mind LLC provides character development and mental health services within the context of physical fitness.

Infinity Empowerment Services provides information focusing on improving one's management of life. Personal growth is an infinite process with various ways to achieve the ultimate goal of healthy emotional well-being



### FEEL FREE TO BE YOU

AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Wednesday evenings (mature audiences) of every month.

<https://www.amctheatres.com/programs/sensory-friendly-films>



### HOSPITALITY UNLOCKED

5 Weeks of Hands-On Front-of-the-House (FOH) Fine Dining Service Experience for Inner-City Youth Ages 17-24

**HURRY! Orientation begins June 7th**

St. Michael's Church 140 N.Warren Street  
Trenton

<https://stilh3r3.com/>



### FREE LIFE SKILLS GROUP

For aging out population to increase Life skills. Every Thursday & Saturday 5pm at Anchor House.  
Call Jay @ 609-396-8329

### BOYS FORUM SAT 6/17 9-2:30 PM



Free Workshops, Motivational Speakers, & Food! Boys 13-18

Learn about: Safe Relationships, Community & Computer Safety, Communication with Law Enforcement Offices of Eric Broadway  
1471 Prospect St Trenton  
RSVP Walter Williams at  
[WaltWilliams@mercercounty.org](mailto:WaltWilliams@mercercounty.org)





## SUMMER READING PROGRAM & PASSPORT TO FUN

The year's theme is *All Together Now*. The program runs from June 26th to August 5th and is for all ages! We have three programs, separated by age group: Children, Teen, and Adult. This year, we also have the Passport of Fun! Stop at Local Branch for "MCLS Passport of Fun" between June 26- August 25th.

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<https://mcl.org/events/summer-reading-program/>

## MERCER COUNTY LIBRARY SYSTEM EVENTS & PROGRAMS

Check out all of June's Calendar here:

<https://www.eventkeeper.com/mars/xpages/M/MCL/ekpmonth.cfm>

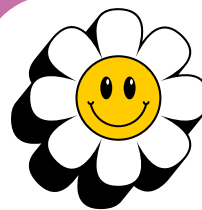


### FRIENDS & FAMILY CPR WORKSHOPS @ MERCER COUNTY LIBRARY SYSTEM

#### FOR INFANT OR CHILDREN/ADULT

The Family & Friends CPR program teaches you how to perform CPR and how to help someone who is choking. These classes are designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

<https://mcl.org/cpr-workshops/>



### HEALTH & HAPPINESS FAIR

SATURDAY JUNE 10TH  
11:00 - 3:00 PM

The Lawrence Headquarters Branch of the Mercer County Library System is partnering with more than twenty physical and mental health resource providers, as well as community agencies, organizations, and businesses to bring programs of support to the public free of charge. Agencies will address cancer screening and prevention, senior services, mental health services including sleep and wellness, suicide prevention, addiction and grief counseling. Participating health vendors will offer blood pressure checks, eye screening, body composition analysis and fall prevention tips. The Lawrence Health Department will provide COVID-19 vaccines for adults. There will be free giveaways, snacks and raffles.

<https://mcl.org/>

**DID YOU KNOW???**

## **\*\* MERCER RESOURCE NET \*\***

Families can find specific recreational activities, health providers, support groups, and events in your area. If you are a resident of Mercer County, NJ, please subscribe to our Monthly Events and News.

Health Providers and Community Organizations are able to list their community and health resources, hotlines, support groups, and events.

<https://www.mercerresourcenet.org/>

### **LOW COST TRANSPORTATION**



Mercer County's Route 130 Connection Bus is an affordable way to get around Mercer County and the Route 130 corridor.

<https://www.mercercounty.org/departments/one-stop-career-center/route-130-connection>

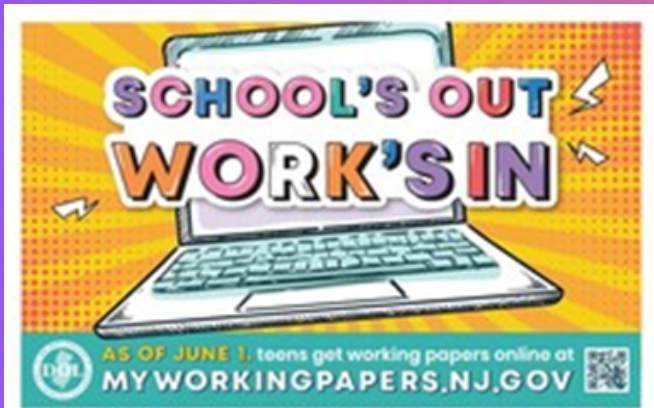


**KINDER GROWTH**

### **DIR FLOORTIME - GET STARTED TODAY!**

The Developmental, Individual Differences, Relationship-based model is a multi-faceted approach for children with autism. Accepting immediate referrals, directly from the family, for in home ABA & Parent coaching for youth with ASD diagnosis. Takes NJ FamilyCare & Medicaid.

<https://kindergrowththerapy.com/>



### **ABA THERAPY - CARE, COMMITMENT, CONVENIENCE**

Offers In-home ABA therapy, with weekly parent coaching. Accepts Medicaid & Private insurance. Youth need ASD diagnosis. Will complete FBA.

<https://interacttherapyservices.com/>



### **BUILDING OUR FUTURE WORKFORCE**

Program: 7/10-9/1 Camps: 7/3-8/26  
Serving Youth 16-24 Wages start \$15/hour  
Supportive Mentors Job Readiness Workshops  
Assignments virtual, on site, or combination.

For any questions, call or email Kassia Bukosky at [kbukosky@mercercounty.org](mailto:kbukosky@mercercounty.org) or 609-989-6066

### **INSITE HEALTH - BETTER HEALTH - BETTER INSIGHT**



Changing the face of outpatient psychiatry to improve access and affordability. Offers Telehealth or In-person outpatient counseling. Will do Med Monitoring only if IIC is in place. Accepts Medicaid & private insurance.

<https://insitehealth.net/>