

CAPITOL COUNTY NEWS



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

In Your Community

State Agency Creates Office of Family Voice

The Department of Children and Families (DCF) today announced the creation of an Office of Family Voice, the first of its kind among public child welfare agencies nationwide. The office will serve as a liaison to program participants and facilitate opportunities for formal feedback that informs policy and guides system transformation.

"The Office of Family Voice will provide a resource and outlet for people to connect with the department, organizationally and operationally."

February is Black History Month

On February 20th at 7pm come to the Ewing Public Library and learn about the people and places associated with Trenton's African-American community from its founding to the mid-twentieth century. Presented by Jennifer B. Leynes, author of Three Centuries of African American History in Trenton: Significant People and Places, which was published by the Trenton Historical Society with support from the NJ Historical Commission. Ms. Leynes serves on the Trenton Landmarks Commission and is employed as a Historic Preservation Specialist by the NJ Historic preservation Office. Registration is required. For more information visit www.mcl.org or call 609 882 3148.



UPCOMING EVENTS

FEBRUARY 2019

- Managing Your Child's Behavior Workshop begins February 4th @ Children's Specialized Hospital, Hamilton, NJ
- Three Centuries of African American History in Trenton February 20th, 7pm @Ewing Public Library
- Trenton Public School's Everyday Matters Rainbow Drive February 23rd, 10am @ PJ Hill, 1010 East State Street, Trenton *Sponsored by CCCC*

March 2019

- Free Parent & Opportunity Forum March 30th, 9am-1pm @ Woodbridge High School

Youth Career Connection

If you or someone you know is between 18 and 24 years old and NOT enrolled in an academic program, then you should attend a YCC Services orientation. These orientation sessions are held at the Mercer County One-Stop Career Center (26 Yard Ave, Trenton, NJ) on the 1st and 3rd Monday of each month at 10am. Learn more about the services YCC provides including but not limited to Vocational Training Grants, paid Internship Placement, Job Search Assistance, Career Counseling, Career Exploratory Activities, Job Skills Workshops and GED/HSE Preparation. Call 609 989 6206 to register.

View the online flyer here:

<http://www.mercercounty.org/home/showdocument?id=2896>



Health, Wellness & Safety

February 25-March 3 is National Eating Disorder Awareness Week

Eating disorders are serious but treatable mental and physical illnesses that can affect people of every age, sex, gender, race, ethnicity, and socioeconomic group. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.

While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors. Unsure if you or someone you love needs to seek services? Visit [www.https://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) to complete the screening tool and find out.

March is National Nutrition Month

Your food choices each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Spotlight of the Month

November 2018

Olisa “Ray” Onyesoh

Recognized for consistently going above and beyond his duties to help youth & families

December 2018

Ashlee Barnett

Recognized for showing amazing organizational leadership skills that are visible in many situations.

January 2019

Brianna McGill

Recognized for her hard work & “behind the scenes” help within the agency

Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese.¹ Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems. Visit <https://www.hhs.gov/> for more information.



What's Happening at CCCC?

Website Updates

Be sure to visit our website (www.capitolkids.org) for daily updates, events and resources! You can find many exciting and informative articles as well as announcements for upcoming local events.

Like Us on Facebook!

Be sure to like us on Facebook to keep up-to-date on events, news and other resources! We also invite you to connect with us on LinkedIn.

Join the CCCC Family

Visit www.capitolkids.org for available employment opportunities and join our family!

We Help You Find Resources

MercerResourceNet.org is a free web tool provided by Capitol County Children's Collaborative that provides a wide range of information about support, resources and services available to families in Mercer County. We invite youth and families to utilize Mercer ResourceNet to find services designed to meet every major family need. Local service providers can extend their reach by becoming a part of the Mercer ResourceNet community, come join us today!



NJ SUICIDE
PREVENTION HOPELINE
1-855-NJ-HOPE

2ND FLOOR
YOUTH HELPLINE
888-222-2228

For Referrals to:

- Local Mental Health Providers
- Care Management Services

Call 1-877-652-7624

PerformCARE[®]

Step 1: Call the Contracted System Administrator (CSA), PerformCare, at 1-877-652-1624

Step 2: Provide basic demographic information to the Customer Service Representative.

They will register your child in the confidential database. You will then be transferred to a Care Coordinator. The Care Coordinator can refer you to services in your local community. If you need additional supports, such as case management with supportive services for your child, the Care Coordinator will assist you in setting up a Needs Assessment with an approved clinician.

Step 3: Schedule and complete a Needs Assessment (a series of questions about your child's behavior and your family's situation) in your home. After completing the needs assessment, the clinician transmits the information to the CSA who then reviews it and determines the appropriate level of care your child will receive, i.e. connection to a local mental health provider OR referral to Intensive team-based Care Management services through Capitol County Children's Collaborative (Mercer County CMO). Capitol County Children's Collaborative will reach out to schedule initial visit upon receiving the referral.

Please note: This intake/assessment/referral process can take 3 to 5 weeks.



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