

CAPITOL COUNTY NEWS



The Official Newsletter of Capitol County Children's Collaborative, Volume 3



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

In Your Community

Free Parent Forum & Opportunity Expo

The Planning for Adult Life Program hosts FREE Parent Forums & Opportunity Expos throughout the state. These events include workshops on a wide range of topics. The next Mercer County expo will start with an opening session on why planning is critical and how to start a plan for your child with I/DD. The second session will be explaining SSI and Medicaid and why you need to apply. After a break for attendees to visit with our service providers who will have information tables set up, the last session offers a choice of workshops on 3 topics. To register go to www.planningforadulthoodlife.org

Spring Into Wellness Parent Conference

Trenton Public Schools is holding a Spring Into Health Parent Conference on May 18, 2019 from 10am-2pm (registration begins 9am) at MLK Elementary School. Workshops on different areas of wellness will be offered as well as community resource information will be available to parents. Lunch and transportation will be available. Pre-register at <https://forms.gle/amdNndwPtRTst8hc6>.

Mercer County Cultural Festival

Mercer County is a richly diverse community and celebrates its heritage through the annual Cultural Festival in Mercer County Park. The FREE one-day festival, which is scheduled for June 15, 2019, features live performances of music and dance, as well as traditional art demonstrations showcasing many diverse cultures. More information can be found at www.mercercounty.org

UPCOMING EVENTS

MAY 2019

- Speak Your Truth Art Gallery May 6, 2019, 9am-12pm @ Mercer CMO Offices
- Yoga Festival May 11, 2019 @ Mercer County Park
- TPS Spring Into Health Parent Conference May 18, 2019 @ MLK Elementary School
- Parent Forum & Opportunity Expo May 18, 2019 @ Special Olympics NJ-Lawrenceville

JUNE 2019

- Cultural Festival June 15, 2019 @ Mercer County Park



Health, Wellness & Safety

VibeWell Honors Yoga Festival

There is a growing number of studies that prove yoga can benefit your mental health. Yoga increases body awareness, relieves stress, reduces muscle tension, strain and inflammation, sharpens attention & concentration and calms & centers the nervous system. Yoga's positive benefits on mental health have made it an important practice tool in psychotherapy per the American Psychological Association. On May 11, 2019 there will be a Yoga Festival at Mercer County Park. Visit www.mercercountyparks.org for more information.



May is National Celiac Disease Awareness Month

Celiac disease is a serious autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body. Learn more at www.celiac.org.

Summer Heat is Fast Approaching

Antipsychotic medications may impair the body's ability to regulate its own temperature. During hot and humid weather, individuals taking antipsychotic medications are at risk of developing excessive body temperature, or hyperthermia, which can be fatal. Individuals with chronic medical conditions are especially vulnerable, e.g. heart and pulmonary disease, diabetes and alcoholism, etc. Heat exhaustion is the most common heat-related condition, which is most likely to occur in people who are involved in physical activity outdoors during heat waves. Heat stroke is a more serious condition of dehydration and salt depletion which can be life threatening.



NJ SUICIDE
PREVENTION HOPELINE
1-855-NJ-HOPE

2ND FLOOR
YOUTH HELPLINE
888-222-2228

What's Happening at CCCC?

Children's Mental Health Awareness

In honor of National Children's Mental Health Awareness Week Capitol County Children's Collaborative and the Mercer County Division of Mental Health are joining together to raise awareness about the stigma surrounding mental illness that can often lead to suicide in children and teens. In conjunction with the [Stigma Free Mercer campaign](#) we seek to reinforce the message that youth can "speak their truth" without fear of criticism.

Speak Your Truth is a campaign seeking to battle stigma and misinformation that can prevent kids and families from seeking the mental health care they need. To help bring about awareness and highlight suicide prevention we will be displaying posters encouraging everyone to talk about their mental health without fear of criticism and showing what the world would look like without stigma and discrimination.

We invite you to visit our Speak Your Truth Art Gallery on May 6, 2019 from 9am-12pm at Capitol County Children's Collaborative offices (3535 Quakerbridge Rd, Suite 800, Hamilton, NJ 08619).

Help Us Raise Awareness & Break the Stigma

Break the silence & start a conversation by telling your story or what a stigma free world would look like to you! Use #speakyourtruth on your social media accounts and help raise awareness and break the stigma of mental health.

Like Us on Facebook!

Capitol County Children's Collaborative is on Facebook! 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.



Spotlight of the Month

February 2019

Vatonne Brooks

Recognized for her care, professionalism & passion

March 2019

Megan Brozena-Creech

Recognized for her willingness to "spring into action" and help when/where needed

April 2019

****Apryl Philips**

Recognized for her support, patience, guidance, diligence and commitment to her team.

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.



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