

CAPITOL COUNTY NEWS

The Official Newsletter of Capitol County Children's Collaborative, Volume 5



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

What's Happening at CCCC?

Our 5th Annual Backpack Drive was a great success!

Your donations allowed us to provide 227 filled backpacks to youth in need! We are so very grateful to the following companies/organizations/individuals were very generous in their donations:



- Hamilton Horizons Federal Credit Union
- Capacity Benefits
- Coleman Buick GMC
- Dr. Desiree Wilson Chiropractic Care
- Walmart Store #2171
- Walmart Store #3266
- Redeye, Inc.
- Hampton Behavioral Health Center
- Jersey Girl Café
- Prevention Coalition of Mercer County
- Geico of Hamilton
- Sylvan Learning Center of Hamilton
- CGI
- Margaret & Richard Eckstein
- Theresa Eckstein
- Callie Stewart
- Lisa Fletcher



As the school year begins, please know that because of you, our youth can be proud of their new backpacks, brimming with school supplies. On their first day, the quality of their backpacks & supplies or lack-there-of, will no longer be a barrier to their confidence and success in education.



We are astounded by the investment in our community that you all have shown and are ever grateful for the outpouring of support for CCCC and those we serve. We send our heartfelt thanks along with the thanks of the families we serve, who are the true beneficiaries of your important partnership in this work. Your continued support of our mission is deeply gratifying to us, and we hope it is the same for you.



Our Annual Fall Into Wellness Fair Is Coming Soon...

Capitol County Children's Collaborative will be hosting our Annual Fall Into Wellness Resource Fair in November. We will have providers in attendance covering a wide variety of services such as therapeutic services, mentoring services, health, wellness and more! There is no admission fee, so please come and learn about some amazing community providers! More details will be forthcoming.

In Your Community

Mental Wellness Resource Fair at MCCC

When a major obstacle presents itself or life just seems out of control, students may feel they have nowhere to turn. On Oct. 10th from 11:30am-1:30pm, Mercer County Community College's (MCCC's) Offices of Counseling and Community Networks and Student Life and Leadership will send a strong message of encouragement to those in need of support during their 5th Annual Mental Wellness Resource Fair.

The goal is to inform students and their families about the many mental wellness resources available at the college and in the community as well as to encourage them to seek help when they hit a roadblock that is interfering with their success.

The fair has drawn numerous social service organizations from around the region. These groups provide services for a range of issues – from help with parenting, to substance abuse, to vocational rehabilitation services, and more. For more information about the Mental Wellness Resource Fair, email Dorothy Gasparro at gasparrd@mccc.edu.

Resource Fair for Educators

The Mercer County Children's Interagency Coordinating Council (CIACC), the Education Partnership Initiative and the I/DD Sub-Committee are hosting a Resource Fair for Educators on October 25th at the Hamilton Public Library from 9am-12pm. School personnel including guidance counselors, CST members, administrators, teachers & nurses encouraged to attend and obtain information regarding the Children's System of Care (CSOC) partners, mental health resources, I/DD resources and Substance Use Resources. For more information please contact Danielle Eveland at 609 584 0888 x136.

Spotlight of the Month

August 2019

Cynthia Sepulveda

Recognized for going above & beyond for her youth including contacting resources in another country to assist a youth

UPCOMING EVENTS

September 2019

- West Windsor Food Truck Festival
September 17th @ Princeton Junction Train Station, Princeton, NJ
- Mercer County Italian American Festival
September 27-29th @ Mercer County Park
- JBF Mercer County Children, Teen & Maternity Consignment Sale @ Robbinsville Field House, September 27th-29th

October 2019

- Mental Wellness Resource Fair @ MCCC, October 10th
- Resource Fair for Educators @ Hamilton Public Library, October 25th

November 2019

- Fall Into Wellness Resource Fair @ CCCC

Health, Wellness & Safety

September is National Suicide Prevention Month

September is National Suicide Awareness Month. Also known as Suicide Prevention Month, the month brings awareness to a topic not often talked about.

Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

“We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.” –

National Alliance on Mental Illness Website

One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is. Talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often, people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support. There is no shame in seeking help.

Learning about suicide prevention during the month of September is a great way to educate yourself and others. If you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255 or the NJ Suicide prevention Hopeline at 1-855-NJ-HOPE. Find more help at www.nami.org/Find-Support.



NJ SUICIDE
PREVENTION HOPELINE
1-855-NJ-HOPE

2ND FLOOR
YOUTH HELPLINE
888-222-2228

October is Emotional Wellness Month

There is considerable focus today on wellness: preventing illness, keeping people healthy and improving the quality of life. However, our emotional well-being is often overlooked.

Emotional Wellness refers to an awareness, understanding and acceptance of our feelings, and our ability to manage effectively through challenges and change. The National Center for Emotional Wellness provides 10 ways to foster your emotional wellness:

- Become aware of your feelings and try to label them (e.g., “I’m feeling nervous.” “I’m feeling sad.” “I’m feeling frustrated.” etc.).
- Try to identify your thoughts and how they are precipitating, or being influenced by, a feeling (e.g., “I’ve been thinking about how I responded to her and I’m feeling angry.”).
- Learn to accept that feelings are not right or wrong ... they just are.
- Slow down and think before you act; make goal-directed choices.
- Realize that you have the ability to choose your focus—what you think about.
- If you find yourself thinking repetitively about something that is causing you emotional discomfort, identify the thought and try to dismiss it (e.g., “Stop it. This is not productive.”).
- Know that it’s OK not to be OK during considerable challenges and change. Allow yourself to experience normal reactions in the face of an abnormal event.
- If you are grappling with uncomfortable thoughts and feelings, distract yourself and change what you are doing (e.g., Take a walk. Exercise. Listen to music. Speak with a friend or loved one. etc.).
- Speak with people with whom you can share your thoughts and feelings—people who listen more than they speak. Rely on interpersonal face-to-face communication.
- Strive to become the person that you would ideally like to be. While this may be a hypothetical construct, something that can’t be directly observed and subject to influence by the world around you, choose your “bullseye.”

Be Safe on Halloween

Trick-or-treating is a Halloween tradition that can quickly turn disastrous, with new research showing a more than 40 percent spike in pedestrian deaths on the spooky holiday.

“Kids wearing dark costumes, zigzagging across streets and popping out between parked cars are potentially tragic targets for drivers rushing home after work. On Halloween, there is a 43 percent increased risk of a pedestrian death -- about four extra children are killed trick-or-treating.”-Dr. Donald Redelmeier (Researcher at the University of Toronto’s Institute for Clinical Evaluative Sciences).



EMOTIONAL WELLNESS



From trick-or-treating, to dressing up in elaborate costumes, to festive parties or get-togethers. It's fun to have a good time with your friends and family! But, in order to keep the good times rolling, everyone needs to make sure they stay safe. Here are some tips from the National Safety Council to remember this Halloween:

- Avoid masks, which can obstruct vision
- A responsible adult should accompany young children
- All pedestrians should keep heads up and avoid running across the street
- Keep trick-or-treaters visible with reflective tape or glow sticks on costumes and bags
- Watch for children, and enter and exit driveways and alleys carefully
- Always drive attentively and disconnect from your cell phone, even hands-free
- Designate an alcohol- and drug-free driver or arrange alternate transportation
- Discourage new, inexperienced drivers from driving on Halloween

Mainly, remember to stay alert, have a few rules for little ones, and have a fun, safe Halloween night!

STAY SAFE! Halloween Safety Tips



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

Call 1-877-652-7624

PerformCARE®