

NJ4S COMPASS Ocean County

Menu of Services: Full Edition: Tier 1-2-3



**FOR MORE INFORMATION,
PLEASE CONTACT US**

DAVE SEEGER, DIRECTOR

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WWW.PREFERREDBEHAVIORAL.ORG/NJ4SCOMPASS



Preferred Behavioral Health Group



Serving The Community For 45 Years....

Our Mission:

To change lives and save lives across the state of New Jersey.

Vision:

To be a center of excellence that focuses on innovative and integrated health through compassionate care.

Values:

Compassion, quality, and belonging through innovative, integrated care.

Promise:

To remain rooted in our mission through a trauma-informed culture.

NJ4S COMPASS:

The NJ4S concept was created and released by the Department of Children and Families (DCF) under the Office of Family Support services with the intention to give New Jersey students and their caregivers increased, and more efficient access to safe spaces and support to build connections through prevention and mental health resources, in order to meet their needs, contributing to a positive school climate and improved overall well-being. NJ4S is locally known as NJ4S COMPASS in Ocean and Monmouth Counties, and is overseen by Preferred Behavioral Health Group.

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INSTAGRAM: @NJ4S_PBHG_OCEAN

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NJ STATEWIDE STUDENT SUPPORT SERVICES (NJ4S)

COMPASS

SUPPORTING OCEAN COUNTY

ABOUT NJ4S COMPASS

NJ4S, a new statewide initiative from the New Jersey Department of Children and Families (DCF), was designed to enhance access for schools to provide prevention and mental health screening services for students. Programs will begin in September 2023 and will support public and charter school students and caregivers in Ocean County at no cost.

NJ4S COMPASS (Creating Ocean Monmouth Prevention And Supports for Students) is staffed by prevention consultants and licensed clinicians. Students will receive services from NJ4S directly in the school setting, upon referral made by school staff. Program delivery will utilize prevention science and evidence-based programming selected by a local Advisory Group consisting of community providers, school officials, parents, and youth. NJ4S staff will also serve as connectors and referral sources to other community programs and services for students in the county.

OUR SERVICES

- All services are free to schools
- Tiered levels of services available
- Virtual and In-Person Programs Available
- **Core Service Categories:**
 - **Bullying and Violence Prevention**
 - **Mental Health/Suicide Prevention**
 - **Teen Pregnancy Prevention**
 - **Substance Use Prevention**



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NJ STATEWIDE STUDENT SUPPORT SERVICES (NJ4S)

COMPASS

IS

1. Managed and employed by Preferred Behavioral Health, a non-profit organization contracted by the State to provide services
2. A referral source for students needing some additional clinical assistance
3. Looking to bridge the gaps in services for students, especially those in high needs districts
4. Supporting school staff, including administrators and counselors
5. Free to schools, students, and caregivers
6. Available to public and charter school students in Ocean County

IS NOT

1. Operated by State Employees
2. A referral source for students with an immediate crisis or imminent risk of suicide
3. A duplication of existing services already existing in the community
4. Replacing teachers
5. Charging for any services
6. Available to private schools, Pre-K programs, and alternative district placements



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Tier 1 Services

Provided by NJ4S COMPASS



ABOUT TIER 1

- For Ocean County students in grades Pre-K-12, caregivers, and school staff
- One time workshops, events, and assemblies
- NJ4S COMPASS Ocean County's calendar of upcoming events can be found on our website:
<https://www.preferredbehavioral.org/compass-events/>
- A statewide calendar of events can be found on DCF's website:
<https://nj4s.nj.gov/s/nj4s-public-events>

Programs are offered both in-person and virtually

All services are FREE to schools

To request Tier 1 services for your school community, please contact us directly to schedule a consultation.

FOR MORE INFORMATION,
PLEASE CONTACT US

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Tier 1 Services

Elementary School Services



The Happy Habits Club

- **Audience:** Grades K-2
- **Program Area of Focus:** Life Skills and Social Emotional Learning
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45 minutes
- **Description:** This program focuses on social and emotional learning by teaching students about random acts of kindness and emotional intelligence. The session integrates mental wellness principles through storytelling and interesting activities.

Your Mind is What You Eat

- **Audience:** Grades 3-5
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation promotes a culture of healthy eating among students and emphasizes its positive impact on mental health. Through dynamic visuals and interactive elements, this program explores the intricate connection between nutrition and mental health. Students will leave feeling empowered to make informed choices for long-term benefits.

Baffle Away Bullying! Interactive Workshop for K-3rd

- **Audience:** Grades K-3
- **Program Area of Focus:** Bullying Prevention, Life Skills, and Social Emotional Learning
- **Setting:** Delivered in a group setting via video
- **Session:** 1 session, 60 minutes
- **Description:** This interactive video program aims to teach students life skills they can use anytime someone mistreats them or anyone else. Fictional 3rd grade characters are played by teen actors who guide students in learning 3 steps to playing the game of Baffle Away Bullying: (1) "Stomach Breathe" to stay calm and manage your emotions so you don't react; (2) Distract yourself and smile by thinking about your "Happy Thoughts;" and (3) Say or do something harmless that changes the topic and encourages the other student to leave you alone: your "Completely Random and Harmless Actions." Six age-appropriate bullying scenarios (including name calling, taunting, exclusion, and mimicking), humor, and lots of audience participation are woven throughout the show, delivering a serious topic in a fun and engaging way. Watch the trailer at <https://www.actlikeyoumatter.org/baffle-away-bullying-brief-synopsis/>.



Tier 1 Services

Elementary School Services



Empowering Against Cyberbullying Workshop

- **Audience:** Grades 4-6
- **Program Area of Focus:** Bullying Prevention
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation aims to educate and empower students to protect themselves from online harassment and promotes a safe and respectful digital environment.

Stress Reduction Techniques

- **Audience:** Grades 3-5
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation seeks to equip students with techniques and strategies to manage stress effectively and enhance their overall well-being.

Conflict Resolution: Navigating Conflict for Growth and Resilient Relationships

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered as a workshop or assembly
- **Session:** 1 session, 45-60 minutes
- **Description:** Through this presentation, students will learn what conflict is, different ways individuals react to conflict, and how they can resolve conflict in healthy ways.

Elevate: Nurturing Positive Self-Esteem for a Resilient Tomorrow

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation is designed to inform students about self-esteem and empower them to create a more positive environment. The presentation's goal is to provide students with the knowledge to recognize the signs of negative self-esteem, the ability to change that course of thinking, and to provide the skills necessary to build a more positive self-esteem throughout their lives.



Tier 1 Services

Elementary School Services



Be The Change: Put An End to School Violence and Bullying

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered as a workshop or assembly
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation uses SEL and DBT (Dialectical Behavior Therapy) to teach students how to prevent, react, and reduce bullying/violence in schools. The presentation is based off Pacer.org National Bullying Prevention Center and highlights empowerment with examples from celebrities like Taylor Swift and Barack Obama. Students will be shown the facets of a bully and the tools they need to learn, react, and grow through this experience.

Celebrating Diversity: Embracing Acceptance and Respect

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered as a workshop or assembly
- **Session:** 1 session, 45-60 minutes
- **Description:** This engaging presentation is designed to ignite curiosity and promote understanding among young minds. Through interactive discussions, multimedia content, and inclusive activities, students will embark on a journey that highlights the beauty of our differences and the strength found in unity. Participants will explore diverse cultures and foster empathy through engaging exercises. By the end, students will not only grasp the importance of diversity, but will also be empowered to contribute to a more inclusive and respectful community.

After School Mindfulness Classes

- **Audience:** Students, ages 6-15
- **Program Area of Focus:** Mental Wellness
- **Setting:** Group for up to 15 students
- **Session:** 8 sessions, 60 minutes
- **Description:** During this program, students will explore inner peace and their relationships with others. Character development that advances social and emotional wellness will be fostered through: breathing exercises, mindful speaking, emotional balance, meditation, active listening, yoga, body awareness, team-work, goal setting, decision making, and more. Four different classes are available: Mindfulness With the Self, Mindfulness Within the Community, Grounding Emotions, and Self Confidence-Balancing Worries and Fears.



Tier 1 Services

Elementary School Services



Mindfulness Classes During School Hours: Mindful Moments

- **Audience:** Students, ages 6-16
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in the classroom setting
- **Session:** 20 minute sessions
- **Description:** A Mindfulness Coach will spend 20 minutes weekly in each class to help students use emotional well-being tools through various breathing exercises, meditation, yoga, and more. Three sessions can be scheduled within the one-hour timeframe.

Hocus Focus: The M.A.G.I.C. of Mindfulness

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This seminar has been designed to teach students how to relieve stress. Topics covered in this seminar include creating affirmations, focusing and controlling thoughts and emotions, the power of gratitude, understanding the difference between perceptions and emotions, how to create your best life, and techniques for intentional living.

Can Too Much Screen Time Harm You

- **Audience:** Grades 5-6
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45 minutes
- **Description:** This presentation teaches students how screen time may impact their physical and emotional well-being. It also encourages students to think critically about the short- and long-term health effects of screen time and how they can reduce their screen time.



Tier 1 Services

Elementary School Services



Gizmo for Mental Health

- **Audience:** Grades K-3
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45 minutes
- **Description:** Gizmo, the invaluable therapy dog, plays a pivotal role in providing emotional support and comfort to students within the school environment, particularly those navigating through complex emotions like sadness, anger or anxiety. Gizmo serves as a non-judgmental and empathetic listener, creating a safe space for students to express their feelings openly.

Cannabis: The Facts You Need to Know

- **Audience:** Grades 5-6
- **Program Area of Focus:** Substance Use Prevention
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation aims to support students in making wise choices regarding cannabis use and cannabis-related health risks. By providing evidence-based information and fostering open discussions, the presentation encourages informed decision-making. Students will leave empowered to navigate the complexities surrounding cannabis use with knowledge and mindfulness.

Empowering Education

- **Audience:** Grades K-12
- **Program Area of Focus:** Mental Wellness & Social Emotional Learning
- **Setting:** Delivered in the classroom setting for up to 30 students
- **Session:** 1 session, 30-45 minutes
- **Description:** Consider this a way to “customize” your school needs by requesting a presentation on a variety of topics to meet your SEL mandates, including: mindfulness, conflict resolution gratitude, brain development, growth mindset, decision making, apologizing, goal-setting, diversity, mindful eating habits, time-management, and bullying. Each topic is 1 session.



Tier 1 Services

Elementary School Services



Lead U

- **Audience:** Grades K-12 and educators
- **Program Area of Focus:** Mental Wellness & Violence Prevention
- **Setting:** Delivered in assembly format for up to 200 students or as a workshop for up to 75 students
- **Session:** 1 session, 45-60 minutes
- **Description:** Lead U customizes empowerment experiences for learners of all ages. The Lead U Crew is a team of passionate teaching artists who deliver high energy, impactful programs. Lead U was acquired by the Society for the Prevention of Teen Suicide (SPTS) on September 1, 2021, strengthening their program messaging and mission at large. Their program offerings include School Assemblies (K-5), Leadership Workshops (K-12), College Orientation or Club Team Building, and Professional Development Sessions for school staff, non-profit or for-profit entities. At Lead U, they believe in the power of both small group facilitation and spirited "competition." Therefore, upon entering the program space, students will be guided to their colored team flag to safely sit and be ready to learn. Their "teams" are their classes and Lead U facilitators will interact with the teams throughout the assembly. Each interactive activity is created around a specific teaching point and students are encouraged to play and then reflect. *All Lead U programs will be delivered in partnership between PBHG and SPTS.*

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/ocean-county-programs/>.

To request Tier 1 services for your school, please contact our Scheduling Coordinator at 732-961-4354 x 2800 and/or cgillies@preferredbehavioral.org.



Tier 1 Services

Middle & High School Services



Can Too Much Screen Time Harm You

- **Audience:** Grades 5-6
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45 minutes
- **Description:** This presentation teaches students how screen time may impact their physical and emotional well-being. It also encourages students to think critically about the short- and long-term health effects of screen time and how they can reduce their screen time.

Cannabis: The Facts You Need to Know

- **Audience:** Grades 5-6
- **Program Area of Focus:** Substance Use Prevention
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation aims to support students in making wise choices regarding cannabis use and cannabis-related health risks. By providing evidence-based information and fostering open discussions, the presentation encourages informed decision-making. Students will leave empowered to navigate the complexities surrounding cannabis use with knowledge and mindfulness.

Elevate: Nurturing Positive Self-Esteem for a Resilient Tomorrow

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation is designed to inform students about self-esteem and empower them to create a more positive environment. The presentation's goal is to provide students with the knowledge to recognize the signs of negative self-esteem, the ability to change that course of thinking, and to provide the skills necessary to build a more positive self-esteem throughout their lives.



Tier 1 Services

Middle & High School Services



Stress Reduction Techniques

- **Audience:** Grades 3-5
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation seeks to equip students with techniques and strategies to manage stress effectively and enhance their overall well-being.

Don't Get Vaped In

- **Audience:** Grades 6-12
- **Program Area of Focus:** Substance Use Prevention
- **Setting:** Delivered in the classroom setting
- **Session:** 1 session, 45 minutes
- **Description:** Don't Get Vaped In is a comprehensive, multi-strategy approach created by Tobacco Free for a Healthy NJ (TFHNJ). This presentation provides strategies to engage youth in tobacco prevention and assist schools and communities in responding effectively using educational and supportive approaches.

Transition into the Real World: A Guide for Graduating High School Seniors

- **Audience:** Grade 12
- **Program Area of Focus:** Effective Communication, Problem Solving, and Decision Making
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** Transitions can be challenging for students. This workshop is designed for 12th graders as they prepare to graduate high school and enter the real world. This workshop will equip them with information and the skills necessary to make decisions and succeed as they enter vocational education, higher education, or the workforce.

It's Real: Teens and Mental Health

- **Audience:** Grades 6-12
- **Program Area of Focus:** Suicide Prevention
- **Setting:** Delivered in a group setting for up to 50 students
- **Session:** 1 session, 45 minutes
- **Description:** This presentation is designed to raise awareness about mental health concerns commonly experienced by students. It is intended to be used as part of a school's educational program to encourage help-seeking.



Tier 1 Services

Middle & High School Services



On the Right Track

- **Audience:** Grades 6-12
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation equips students with the skills to maximize their success potential. Participants explore personal processes, discover the impact of self-beliefs on success, and learn to create a supportive belief system. Topics include intentional living, motivation styles, and future planning.

Be The Change: Put An End to School Violence and Bullying

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered as a workshop or assembly
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation uses SEL and DBT (Dialectical Behavior Therapy) to teach students how to prevent, react, and reduce bullying/violence in schools. The presentation is based off Pacer.org National Bullying Prevention Center and highlights empowerment with examples from celebrities like Taylor Swift and Barack Obama. Students will be shown the facets of a bully and the tools they need to learn, react, and grow through this experience.

Understanding Mindfulness

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 45-60 minutes
- **Description:** This presentation is designed to educate teens and adults on the life changing difference mindfulness can have. Participants will learn basic regulation tools to naturally navigate through daily stressors. *This program will be delivered in partnership between PBHG and Spread Your Wings.*



Tier 1 Services

Middle & High School Students



Empowering Education

- **Audience:** Grades K-12
- **Program Area of Focus:** Mental Wellness & Social Emotional Learning
- **Setting:** Delivered in the classroom setting for up to 30 students
- **Session:** 30-45 minutes
- **Description:** Consider this a way to “customize” your school needs by requesting a presentation on a variety of topics to meet your SEL mandates, including: mindfulness, conflict resolution gratitude, brain development, growth mindset, decision making, apologizing, goal-setting, diversity, mindful eating habits, time-management, and bullying. Each topic is 1 session.

Celebrating Diversity: Embracing Acceptance and Respect

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered in a classroom setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This engaging presentation is designed to ignite curiosity and promote understanding among young minds. Through interactive discussions, multimedia content, and inclusive activities, students will embark on a journey that highlights the beauty of our differences and the strength found in unity. Participants will explore diverse cultures and foster empathy through engaging exercises. By the end, students will not only grasp the importance of diversity, but will also be empowered to contribute to a more inclusive and respectful community.

After School Mindfulness Classes

- **Audience:** Students, ages 6-15
- **Program Area of Focus:** Mental Wellness
- **Setting:** Group for up to 15 students
- **Session:** 8 session, 60 minutes
- **Description:** During this program, students will explore inner peace and their relationships with others. Character development that advances social and emotional wellness will be fostered through: breathing exercises, mindful speaking, emotional balance, meditation, active listening, yoga, body awareness, team-work, goal setting, decision making, and more. Four different classes are available: Mindfulness With the Self, Mindfulness Within the Community, Grounding Emotions, and Self Confidence-Balancing Worries and Fears.



Tier 1 Services

Middle & High School Services



Mind Matters: The Body's Response to Different Drugs

- **Audience:** Grades 6-12
- **Program Area of Focus:** Substance Use Prevention
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 45 minutes
- **Description:** This program is designed to provide insights into how various drugs affect the body and mind, while promoting awareness and informed decision-making. The presentation encourages a comprehensive understanding of the consequences associated with substance use.

Mindfulness Classes During School Hours: Mindful Moments

- **Audience:** Students, ages 6-16
- **Program Area of Focus:** Mental Wellness
- **Setting:** Available in the classroom
- **Session:** 20 minutes
- **Description:** A Mindfulness Coach will spend 20 minutes weekly in each class to help students use emotional well-being tools through various breathing exercises, meditation, yoga, and more. Three sessions can be scheduled within the one-hour timeframe.

Mindful Relationships

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 45-60 minutes
- **Description:** During this presentation, attendees will learn how to deepen relationships with others. Topics to be discussed include cultivating deep listening and mindful speaking to enhance inclusivity, diversity, and validation of personal views. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

Self Worth

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Seminar for up to 40 participants
- **Session:** 1 session, 45-60 minutes
- **Description:** In this seminar, attendees will learn about self-empowerment through affirmations and the seven dimensions of wellness. *This program will be delivered in partnership between PBHG and Spread Your Wings.*



Tier 1 Services

Middle & High School Services



Navigating the Digital World: A Guide to Safe Social Media Use for Students

- **Audience:** Grades 6-12
- **Program Area of Focus:** Mental Wellness and Social Skills
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This comprehensive workshop aims to equip students with the essential skills required to safely navigate the internet and to empower students to utilize the benefits of social media while minimizing potential risks. The presentation covers topics such as online privacy, digital footprint management, cyberbullying prevention, and critical thinking. Participants will gain practical strategies to ensure safe and positive social media interactions.

Stress Reduction

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 45-60 minutes
- **Description:** During this presentation, attendees will learn about using a holistic approach to help naturally navigate through daily tensions. Through meditations and breathing exercises, participants will create a figurative holistic "tool box" to use to improve emotional well-being. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

Hocus Focus: The M.A.G.I.C. of Mindfulness

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 45-60 minutes
- **Description:** This seminar has been designed to teach students how to relieve stress. Topics covered in this seminar include creating affirmations, focusing and controlling thoughts and emotions, the power of gratitude, understanding the difference between perceptions and emotions, how to create your best life, and techniques for intentional living.



Tier 1 Services

Middle & High School Services



Lead U

- **Audience:** Grades K-12 and educators
- **Program Area of Focus:** Mental Wellness & Violence Prevention
- **Setting:** Delivered in assembly format for up to 200 students or as a workshop for up to 75 students
- **Session:** 1 session, 45-60 minutes
- **Description:** Lead U customizes empowerment experiences for learners of all ages. The Lead U Crew is a team of passionate teaching artists who deliver high energy, impactful programs. Lead U was acquired by the Society for the Prevention of Teen Suicide (SPTS) on September 1, 2021, strengthening their program messaging and mission at large. Their program offerings include School Assemblies (K-5), Leadership Workshops (K-12), College Orientation or Club Team Building, and Professional Development Sessions for school staff, non-profit or for-profit entities. At Lead U, they believe in the power of both small group facilitation and spirited "competition." Therefore, upon entering the program space, students will be guided to their colored team flag to safely sit and be ready to learn. Their "teams" are their classes and Lead U facilitators will interact with the teams throughout the assembly. Each interactive activity is created around a specific teaching point and students are encouraged to play and then reflect. *All Lead U programs will be delivered in partnership between PBHG and SPTS.*

Conflict Resolution: Navigating Conflict for Growth and Resilient Relationships

- **Audience:** Grades 5-8
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered as a workshop or assembly
- **Session:** 1 session, 45-60 minutes
- **Description:** Through this presentation, students will learn what conflict is, different ways individuals react to conflict, and how they can resolve conflict in healthy ways.

Empowering Against Cyberbullying Workshop

- **Audience:** Grades 4-6
- **Program Area of Focus:** Bullying Prevention
- **Setting:** Delivered in group and classroom settings
- **Session:** 1 session, 45 minutes
- **Description:** This presentation aims to educate and empower students to protect themselves from online harassment and promotes a safe and respectful digital environment.



Tier 1 Services

High School Services



In addition to our in-person prevention services, the COMPASS program also offers a virtual, self-paced mental wellness online platform for all **high school students, caregivers, and educators** living or working in Ocean County. TAO Connect is a good classroom social-emotional learning tool and can be supplemented during in-school suspension, detention, or as extra credit opportunities.

The platform is available at no cost to Ocean County schools and can be accessed 24 hours per day, 7 days per week.

Register for a free TAO account at:

<https://www.preferredbehavioral.org/tao-connect>.

Dive into engaging content and interactive tools inside the TAO Mobile App or on your web browser. See next page for more details.

If your school would like a demonstration or training for staff/students/parents on how to use the TAO platform please reach out to us to schedule an in-person or virtual training information session.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/ocean-county-programs/>.

To request Tier 1 services for your school, please contact our Scheduling Coordinator at 732-961-4354 x 2800 and/or cgillies@preferredbehavioral.org.

Building Resilience, Empowering Minds

Optimizing Student Mental Health Through Digital Evidence-Based Education & Practice Tools

SELF-CARE

Easy anonymous ad-free access to evidence based modules to address many common presenting concerns. 24 hour access to mindfulness exercises and tools to address the moment.

PREVENTION

Enhance your curriculum with success & wellness modules assigned in the classroom to build essential life skills with completion certificates.

DEVELOPMENT

Incentivize your students to learn skills that prepare them with tools and strategies to handle today's challenging classroom, be better communicators and healthier humans.

CONDUCT

Provides an evidence-based meaningful online option in addition to suspension or detention to educate learners with a time intensive curriculum.

COMMUNITY

Bring success and wellness skills to your students utilizing the content for live or virtual presentations or promote custom content with easy online access or readymade social media.

UTILIZATION

Post to Google Classroom or share site with students to assign modules

<https://www.preferredbehavioral.org/tao-connect/>

POWERED BY

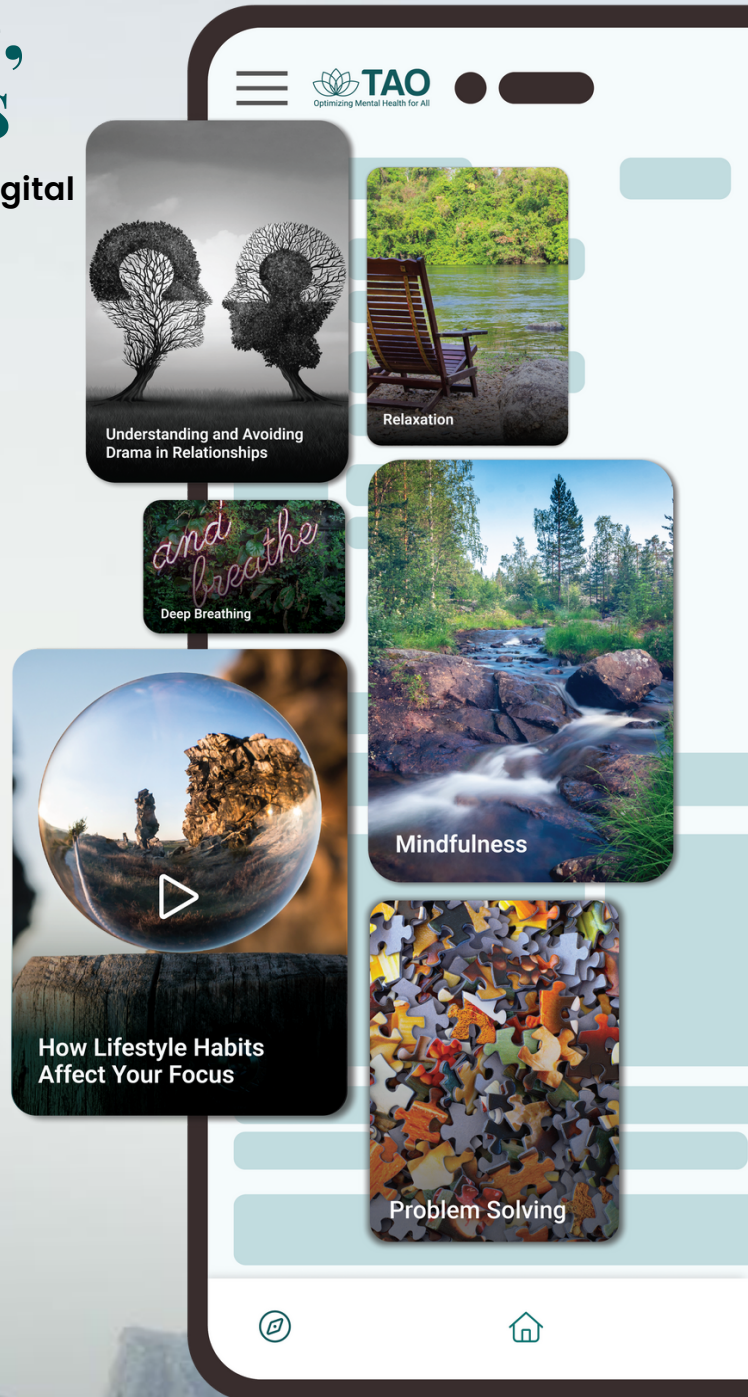


EXPLORE TAO NOW

Create your own free anonymous account today and browse the available content and tools.



Ocean County



IT'S FREE
BRING TAO TO YOUR SCHOOL
Contact your NJ4S Contact,
Nicole Riccio at 732-961-4354 or
nriccio@preferredbehavioral.org



Tier 2 Services

Provided by NJ4S COMPASS



ABOUT TIER 2

- For Ocean County public and charter school students in middle and high school, caregivers, and school staff
- Targeted, evidence-based prevention interventions
- Multi-session programs focused on substance use prevention, sexual health/teen pregnancy prevention, suicide prevention, and/or bullying and violence prevention
- Services can be delivered through small group interventions or individually
- Can also include linkages to existing programming and/or community resources

Programs are primarily offered in-person during or after school hours

All programs are FREE to schools, but require parental consent to participate

Tier 2 services require a referral from school faculty using the Salesforce (Connex) platform

FOR MORE INFORMATION,
PLEASE CONTACT US

DAVE SEEGER, DIRECTOR

732-961-4354

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Tier 2 Services

Program Descriptions



Safe Dates

- **Audience:** Grades 8-12
- **Program Area of Focus:** Sexual Health & Teen Pregnancy Prevention
- **Setting:** Delivered in the classroom setting
- **Session:** 10 sessions, 50 minutes
- **Description:** The Safe Dates curriculum is an evidence-based program designed to modify attitudes and behaviors associated with dating abuse predictors. This program also explores the impact of technology and social media on teen dating, highlighting their potential role in facilitating abusive behaviors. The curriculum places a strong emphasis on helping teenagers develop positive relationships and raising awareness of the need to stop dating abuse and family violence.

Botvin LifeSkills Training (LST)

- **Audience:** Grades 6-12
- **Program Area of Focus:** Mental Wellness, Substance Use Prevention, and Life Skills
- **Setting:** Delivered in the classroom setting
- **Session:** 10-15 sessions, 45 minutes
- **Description:** The Botvin LifeSkills Training program is a groundbreaking substance abuse and violence prevention program based on more than 35 years of rigorous scientific research. Proven to be the most effective evidence-based program used in schools today, LifeSkills Training is comprehensive, dynamic, and developmentally designed to promote mental health and positive youth development. In addition to helping students resist drug, alcohol, and tobacco use, the LifeSkills Training program also effectively supports the reduction of violence and other high-risk behaviors.

Reducing the Risk (RTR)

- **Audience:** Grades 9-12
- **Program Area of Focus:** Pregnancy prevention and sexual health
- **Setting:** Delivered in small groups of 4-10 students
- **Session:** 16 sessions, 45 minutes
- **Description:** Reducing the Risk (RTR) is a 16-session curriculum designed to help high school students delay the initiation of sex or increase the use of protection against pregnancy and STI/HIV if they choose to have sex. This research-proven approach addresses skills such as risk assessment, communication, decision making, planning, refusal strategies, and delay tactics. *RTR will be delivered in partnership with PBHG and LivWell Healthcare.*



Tier 2 Services

Program Descriptions



Project Towards No Drug Abuse (TND)

- **Audience:** Grades 9-12
- **Program Area of Focus:** Substance Use Prevention
- **Setting:** Delivered in small groups
- **Session:** 12 sessions, 45 minutes
- **Description:** Project TND is an effective, interactive classroom-based substance abuse prevention program that is based on more than two decades of successful research at the University of Southern California. Project TND focuses on three factors that predict tobacco, alcohol, and other drug use, violence-related behaviors, and other problem behaviors among youth, including:
 - Motivation factors (i.e., students' attitudes, beliefs, expectations, and desires regarding drug use),
 - Skills (effective communication, social self-control, and coping skills), and
 - Decision-making (i.e., how to make decisions that lead to health-promoting behaviors).

The POWER Program (Positive Outcomes With Emotion Regulation)

- **Audience:** Grades 6-12
- **Program Area of Focus:** Mental Wellness and Social Emotional Learning
- **Setting:** Delivered in small groups
- **Session:** 8 sessions, 45 minutes
- **Description:** The POWER Program is a school-based intervention program designed to promote emotion regulation skills for students with or at risk for developing mental or behavioral health needs. The POWER Program is a transdiagnostic program, meaning it incorporates techniques that have been found to be effective across adolescents with different types of emotion-related mental and behavioral health disorders (e.g., anxiety, mood, trauma- and stressor-related, and conduct disorders). The POWER Program includes empirically supported techniques grounded in motivational interviewing, behavioral skills training, cognitive-behavioral therapy, and acceptance and commitment therapy. COMPASS can also offer the POWER program as an alternative to suspension and HIB offenses.



Tier 2 Services

Program Descriptions



Lifelines

- **Audience:** Grades 5-6 & 11-12 and educators
- **Program Area of Focus:** Mental Wellness & Suicide Prevention
- **Setting:** Delivered in the classroom for up to 30 students
- **Session:** 4 sessions, 45 minutes
- **Description:** Lifelines trilogy is a nationally recognized evidence-based prevention program that educates school faculty, parents, and students on the facts about suicide and their respective roles as suicide “preventers.” This program is designed to help everyone in the community recognize when a student is at potential risk of suicide and understand how and where to access help. The program uses language to reflect today’s best practices and youth culture. The school staff are trained on intervention best practices and provided with clear guidance on how best to involve parents and guardians as partners. Participants will learn the suicide warning signs and how to do a warm handoff when you suspect a student may need more care. District leadership will participate in the postvention module which uses a best-practices manual to educate everyone in the community on how to successfully respond to suicide and other traumatic deaths that profoundly affect the school population, with the goal of leaving administrators prepared and confident in the wake of a sudden loss. *Lifelines will be delivered in partnership between PBHG and SPTS.*

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/ocean-county-programs/>.

To request Tier 2 services for your school, please submit an application via Salesforce (Connex).



Tier 3 Services

Provided by NJ4S COMPASS



ABOUT TIER 3

- For Ocean County public and charter school students in middle and high school
- Evidence based, targeted prevention and intervention delivered by licensed professionals through individual counseling or small group therapy sessions
- Brief clinical interventions and assessments for up to 60 days to include referrals and connections to community providers for further evaluation and/or on-going mental health counseling
- Counseling services will take place in the school setting to meet the youth in a space where they feel most comfortable, but services can also be delivered virtually or in a community setting
- No in-home services are provided
- Immediate psychiatric appointments for youth participating in Tier 3 services, when deemed clinically necessary by NJ4S clinicians

In-person and virtual services available

All services are FREE

TIER 3 requires referral from school faculty via Salesforce (Connex)

**FOR MORE INFORMATION,
PLEASE CONTACT US**

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Tier 3 Services

Program Descriptions



Teen Intervene

- **Audience:** Students, ages 12-19, and caregivers
- **Program Area of Focus:** Mental Wellness and Substance Use Prevention
- **Setting:** Delivered individually in a school or community setting
- **Session:** 3-4 sessions, 60 minutes
- **Description:** The Hazelden Betty Ford Foundation's Teen Intervene program provides education, support and guidance for teens and their parents. The program is based upon the Teen Intervene curriculum. Teen Intervene is designed as a comprehensive screening, brief intervention, and referral to treatment (SBIRT) model of care. Teenagers who have experienced mild to moderate problems associated with alcohol or drug use work one-to-one with a counselor to identify and change their choices and behaviors. The first two sessions occur one-on-one between the teen and the counselor. Parents are invited to join the third session to address issues as a family. The final session is optional to address tobacco and vaping. Teen Intervene can be used as an alternative to suspension program to help establish formative consequences for youth in violation of first time offense to the district substance use policy.

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/ocean-county-programs/>.

To request Tier 3 services for your school, please submit an application via Salesforce (Connex).



Adults

Services for Caregivers



Raising Resilient Teens

- **Audience:** Caregivers
- **Program Area of Focus:** Mental Wellness & Suicide Prevention
- **Setting:** Delivered in a group setting or as a workshop
- **Session:** 1 session, 45-60 minutes
- **Description:** The “Raising Resilient Teens” presentation educates parents on the warning signs of suicide, dispels myths, and encourages parents to speak to their children about suicide prevention. This presentation is from the Evidence-based Lifelines: Suicide Prevention program. This program is a powerful addition to Suicide Prevention Month programming in September or anytime of year for parents at a community presentation, PTA/PTO meeting or Back to School Night. We can customize the format and length of time to best fit your audience.

Nurtured Heart Approach

- **Audience:** Caregivers
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60 minutes
- **Description:** This program provides parents and caregivers with a powerful set of strategies designed specifically to turn challenging children around to a new pattern of success. With a focus on positive reinforcement, communication techniques, and individualized support, this program empowers parents and caregivers to cultivate a nurturing environment that promotes the child’s overall development and well-being.

Interact with Impact

- **Audience:** Caregivers
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60 minutes
- **Description:** Communication extends beyond mere words, involving the subconscious interpretation of language and various cues. Join us as we explore the fascinating realm of Neuro-Linguistic Programming (NLP), a cutting-edge meta-technology that decodes the brain’s response to language. Participants will delve into establishing rapport, discovering diverse communication modalities, and understanding brain dominance styles. This session promises to elevate your communication skills, providing valuable insights into connecting not only with others but also with yourself.



Adults

Services for Caregivers



Forward Motion: Grow Through What You Go Through

- **Audience:** Caregivers
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60 minutes
- **Description:** This workshop is designed to assist parents in navigating changes in the their lives and the lives of their children. Topics to be discussed include embracing change, finding balance, developing resilience, and dealing with inner resistance.

Talk Saves Lives

- **Audience:** Caregivers
- **Program Area of Focus:** Suicide Prevention
- **Setting:** Delivered in a group setting of up to 50 participants
- **Session:** 1 session, 60 minutes
- **Description:** This AFSP education presentation offers valuable insights on suicide prevention and empowers participants to take action in their communities, fostering a collective commitment to mental health and well-being.

COMPASS Academy

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Mental Wellness & Substance Use Prevention
- **Setting:** Delivered virtually via Zoom
- **Session:** Monthly 60-minute webinars
- **Description:** Experts from Partnership to End Addiction present a monthly webinar on topics related to prevention, substance use, and mental well-being. For a calendar of upcoming workshops and to watch recordings of previous webinars, please visit our Events page at <https://www.preferredbehavioral.org/compass-events/>.

Through the Eyes of the Child

- **Audience:** Caregivers
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60 minutes
- **Description:** This presentation is designed for parents interested in helping their kids develop coping skills and resilience strategies. Participants will be provided with practical guidance and learn how to foster a supportive environment for their children's emotional well-being.



Adults

Services for Caregivers



The Mindful Parent

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Parent Self-Care, Wellness, & Skill Building
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop, caregivers and/or educators will be provided with helpful tools that support children to confidently navigate their emotions and daily lives in school, sports, and family.

Self-Regulation & De-Escalation

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Mental Wellness & Bullying Prevention
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop, caregivers and/or educators will be provided with a holistic approach to help understand their inner self through internal and external awareness. Through regulating activities, participants will explore mindful eating, aromatherapy, breathing exercises, mind distraction, body scans, and much more.

Stress Reduction

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** During this presentation, attendees will learn about using a holistic approach to help naturally navigate through daily tensions. Through meditations and breathing exercises, participants will create a figurative holistic "tool box" to use to improve emotional well-being. *This program will be delivered in partnership between PBHG and Spread Your Wings.*



Adults

Services for Caregivers



Understanding Mindfulness

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** This presentation is designed to educate teens and adults on the life changing difference mindfulness can have. Participants will learn basic regulation tools to naturally navigate through daily stressors. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

Mindful Relationships

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** During this presentation, attendees will learn how to deepen relationships with others. Topics to be discussed include cultivating deep listening and mindful speaking to enhance inclusivity, diversity, and validation of personal views. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

A Classroom That Embraces Social & Emotional Learning

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Social Emotional Learning
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop educators and/or caregivers will learn how to easily incorporate Social Emotional Learning into the classroom. Attendees will gain an understanding of the power of mindful living, computer apps, body regulation, emotional awareness with "Calm Down" strategies, breathing exercises, and behavior management within the classroom.



Adults

Services for Caregivers



Self Worth

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Seminar for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** In this seminar, attendees will learn about self-empowerment through affirmations and the seven dimensions of wellness. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

More than Sad

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Suicide Prevention
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90 minutes
- **Description:** This AFSP education presentation offers valuable insights on suicide prevention and empowers participants to act in their communities to foster a collective commitment to mental health and well-being.

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CONDUCT

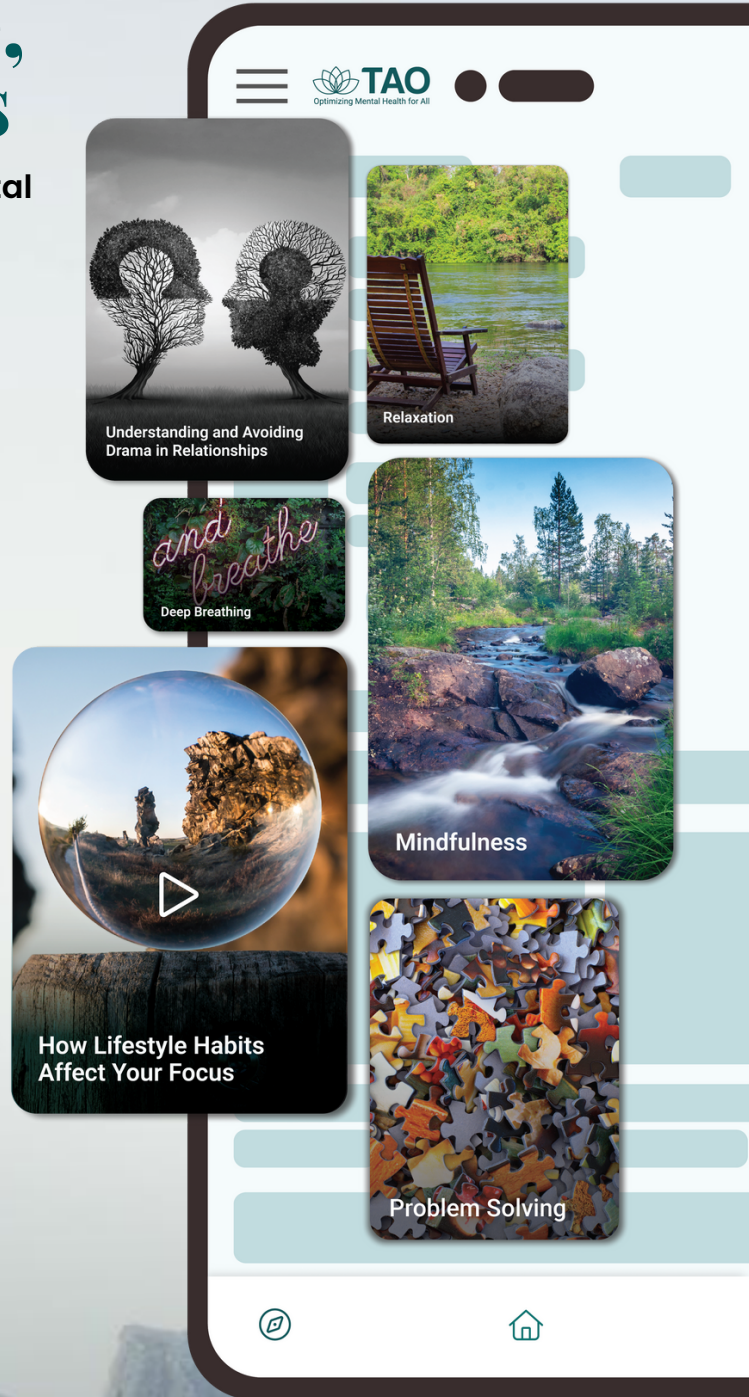
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Adults

Staff Development Services



Understanding Mindfulness

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** This presentation is designed to educate teens and adults on the life changing difference mindfulness can have. Participants will learn basic regulation tools to naturally navigate through daily stressors. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

Mindful Relationships

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** During this presentation, attendees will learn how to deepen relationships with others. Topics to be discussed include cultivating deep listening and mindful speaking to enhance inclusivity, diversity, and validation of personal views. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

Stress Reduction

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Presentation for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** During this presentation, attendees will learn about using a holistic approach to help naturally navigate through daily tensions. Through meditations and breathing exercises, participants will create a figurative holistic "tool box" to use to improve emotional well-being. *This program will be delivered in partnership between PBHG and Spread Your Wings.*



Adults

Staff Development Services



The Role of the Trusted Adult

- **Audience:** Educators
- **Program Area of Focus:** Mental Wellness & Suicide Prevention
- **Setting:** Delivered as a workshop
- **Session:** 1 session, 45-90 minutes
- **Description:** This presentation educates those viewed by youth as role models (coaches, teachers, counselors, etc.) on how to respond to at-risk youth. Participants learn about confidentiality, how to engage with at-risk youth, warning signs and risk factors of youth suicide, protective factors, and resources. This information empowers trusted adults to take action when a youth comes to them about either a friend talking about suicide or themselves.

Mental Wellness in the Classroom: Identifying the Needs of Our Students and Applying Strategies Needed for Success

- **Audience:** Educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in school
- **Session:** 1 session, 60-90 minutes
- **Description:** During this professional development training, school personnel will learn the importance of understanding mental health and how it can effect the students' abilities to learn and cope in the classroom. The presenter will discuss Anxiety, Depression, Oppositional Defiant Disorder, ADHD, Self-injury, and Suicidal Ideations. Participants will learn classroom strategies, discuss the use of support staff, and be provided with outside resources.

Self-Regulation & De-Escalation

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Mental Wellness & Bullying Prevention
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop, caregivers and/or educators will be provided with a holistic approach to help understand their inner self through internal and external awareness. Through regulating activities, participants will explore mindful eating, aromatherapy, breathing exercises, mind distraction, body scans, and much more.



Adults

Staff Development Services



Childhood Anxiety: What We Need to Know in the Classroom

- **Audience:** Educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in school
- **Session:** 1 session, 60-90 minutes
- **Description:** During this professional development training, school personnel will dive into understanding the growing concern of childhood anxiety. Childhood anxiety is being seen in schools and can also be seen as school anxiety. Staff will gain a better understanding of the factors that contribute to anxiety, will learn how to help students in the classroom work through their anxiety, and will learn how to recognize behaviors that can mask anxiety in school.

A Classroom That Embraces Social & Emotional Learning

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Social Emotional Learning
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop educators and/or caregivers will learn how to easily incorporate Social Emotional Learning into the classroom. Attendees will gain an understanding of the power of mindful living, computer apps, body regulation, emotional awareness with "Calm Down" strategies, breathing exercises, and behavior management within the classroom.

Using Social Emotional Learning to Help Our Students Cope During Difficult Times

- **Audience:** Educators
- **Program Area of Focus:** Social Emotional Learning
- **Setting:** Delivered in school
- **Session:** 1 session, 60-90 minutes
- **Description:** During this professional development training, school personnel will become familiar with daily SEL strategies that can help students in the classroom. Staff will learn about the CASEL framework. Topics covered in this session include recognizing which area different lessons/activities help grow in the students, the importance of mindfulness, the positive effects of implementing mindfulness throughout the day, and how combining SEL and mindfulness can help improve the classroom environment.



Adults

Staff Development Services



Lead U

- **Audience:** Grades K-12 and educators
- **Program Area of Focus:** Mental Wellness & Violence Prevention
- **Setting:** Delivered in assembly format for up to 200 students or as a workshop for up to 75 students
- **Session:** 1 session, 45-60 minutes
- **Description:** Lead U customizes empowerment experiences for learners of all ages. The Lead U Crew is a team of passionate teaching artists who deliver high energy, impactful programs. Lead U was acquired by the Society for the Prevention of Teen Suicide (SPTS) on September 1, 2021, strengthening their program messaging and mission at large. Their program offerings include School Assemblies (K-5), Leadership Workshops (K-12), College Orientation or Club Team Building, and Professional Development Sessions for school staff, non-profit or for-profit entities. At Lead U, they believe in the power of both small group facilitation and spirited “competition.” Therefore, upon entering the program space, students will be guided to their colored team flag to safely sit and be ready to learn. Their “teams” are their classes and Lead U facilitators will interact with the teams throughout the assembly. Each interactive activity is created around a specific teaching point and students are encouraged to play and then reflect. *All Lead U programs will be delivered in partnership between PBHG and SPTS.*

Forward Motion: Impacting the World One Student at a Time

- **Audience:** Educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60 minutes
- **Description:** The rapid advances in technology and the evolution of awareness and entitlement have caused a tsunami of change in perceptions and attitudes of our culture and society. These changes have significantly impacted our schools and the responsibilities of educators. This workshop is designed to assist administrators, educators, and school counselors to continue to influence the lives of their students in positive ways while dealing with the stressors associated with the multitude of challenges they face on a daily basis. Topics to be discussed include identifying motivational strategies, developing non-verbal communication skills, and utilizing mindfulness techniques.



Adults

Staff Development Services



Lifelines

- **Audience:** Grades 5-6 & 11-12 and educators
- **Program Area of Focus:** Mental Wellness & Suicide Prevention
- **Setting:** Delivered in the classroom for up to 30 students
- **Session:** 4 sessions, 45 minutes
- **Description:** Lifelines trilogy is a nationally recognized evidence-based prevention program that educates school faculty, parents, and students on the facts about suicide and their respective roles as suicide “preventers.” This program is designed to help everyone in the community recognize when a student is at potential risk of suicide and understand how and where to access help. The program uses language to reflect today’s best practices and youth culture. The school staff are trained on intervention best practices and provided with clear guidance on how best to involve parents and guardians as partners. Participants will learn the suicide warning signs and how to do a warm handoff when you suspect a student may need more care. District leadership will participate in the postvention module which uses a best-practices manual to educate everyone in the community on how to successfully respond to suicide and other traumatic deaths that profoundly affect the school population, with the goal of leaving administrators prepared and confident in the wake of a sudden loss. *Lifelines will be delivered in partnership between PBHG and SPTS.*

The Mindful Parent

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Parent Self-Care, Wellness, & Skill Building
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60 or 120 minutes
- **Description:** During this workshop, caregivers and/or educators will be provided with helpful tools that support children to confidently navigate their emotions and daily lives in school, sports, and family.

More than Sad

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Suicide Prevention
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90 minutes
- **Description:** This AFSP education presentation offers valuable insights on suicide prevention and empowers participants to act in their communities to foster a collective commitment to mental health and well-being.



Adults

Staff Development Services



Self Worth

- **Audience:** Grades 6-12, caregivers, and educators
- **Program Area of Focus:** Mental Wellness
- **Setting:** Seminar for up to 40 participants
- **Session:** 1 session, 60 minutes
- **Description:** In this seminar, attendees will learn about self-empowerment through affirmations and the seven dimensions of wellness. *This program will be delivered in partnership between PBHG and Spread Your Wings.*

COMPASS Academy

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Mental Wellness & Substance Use Prevention
- **Setting:** Delivered virtually via Zoom
- **Session:** Monthly 60-minute webinars
- **Description:** Experts from Partnership to End Addiction present a monthly webinar on topics related to prevention, substance use, and mental well-being. For a calendar of upcoming workshops and to watch recordings of previous webinars, please visit our Events page at <https://www.preferredbehavioral.org/compass-events/>.

Identities and Intersectionality

- **Audience:** Educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module focuses on cultural competency and helps organizations improve their services for the LGBTQ community (and other minority groups). It addresses the impact of privilege and power when accessing and receiving services. The workshop also includes multiple intersecting identities and intersectionality at play in the personal and professional realms, and how they impact the quality of services provided. It concludes with strategies on how to create safe, inclusive spaces for marginalized populations. *Offered in partnership with Garden State Equality.*



Adults

Staff Development Services



LGBTQ 101 Understanding Sexuality

- **Audience:** Educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module helps participants understand the basics of sexuality. Participants will learn about the terms "lesbian", "gay", "bisexual", "transgender", "non-binary", "heterosexual" among others, as well as how these categories are "defined". The workshop begins by explaining the basic stages of sexual development regarding the general physical, cognitive and emotional milestones people undergo as they mature. It also details the four different components that make up sexuality: chromosomal sex, gender identity, gender expression, and sexual orientation. *This program is offered in partnership with Garden State Equality.*

LGBTQ+ 201

- **Audience:** Educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module introduces participants to overlooked sexual identities and orientations such as "Asexual", "Sapiosexual", and "Demisexual." This workshop will focus on the science of gender identity, usage of pronouns, and the impact of heteronormativity and cis-normativity on the LGBTQ+ community. Participants will gain an understanding of laws and legislation that protect the LGBTQ+ community. This workshop also includes directions on the best practices in being an ally and creating inclusive environments. This program is offered in partnership with Garden State Equality.

The Cycle of Prejudice

- **Audience:** Educators
- **Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module moves participants through the various stages of prejudice from conditioning to life-threatening acts targeted toward multiple marginalized groups. Participants will explore their own experiences with prejudice and the impact it has had on their lives. *This program is offered in partnership with Garden State Equality.*



Adults

Staff Development Services



Implicit Bias/Unconscious Bias

- **Audience:** Educators
- **Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module focuses on the difference between diversity and inclusion by unpacking the roots of bias that manifest consciously and unconsciously in decisions and behaviors. Participants will also explore the concept of a single story and how having a single story impacts how we interact with those we serve. *This program is offered in partnership with Garden State Equality.*

How to be an Ally 101

- **Audience:** Educators
- **Program Area of Focus:** Bullying Prevention & Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module briefly reviews LGBTQ 101 terminology. The workshop begins by explaining the foundations of what is an Ally. Participants are introduced to statistics about the LGBTQ Community and the disadvantages the community face. It continues to go in-depth on how you can better cultivate safe spaces as an Ally and how that looks for showing up for communities that are not your own. *This program is offered in partnership with Garden State Equality.*

Anti-Bullying Workshop

- **Audience:** Educators
- **Program Area of Focus:** Bullying Prevention
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 60-120 minutes
- **Description:** The increasing spike of suicides among LGBTQ+ teens, tweens and young adults necessitates conversations about the harmful and potentially deadly effects of bullying, especially in its 21st-century incarnation of "cyberbullying." This workshop provides youth-serving personnel with an overview of bullying, it's forms, causes, and the emotional, mental, and physical health implications on sexual minority youth. It concludes with strategies on how to create a supportive environment for all youth. *This program is offered in partnership with Garden State Equality.*



Adults

Staff Development Services



Transgender and Non-Binary Identities 101

- **Audience:** Educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Delivered in a group setting
- **Session:** 1 session, 90-120 minutes
- **Description:** This module focuses specifically on transgender and gender non-conforming individuals. Participants will learn the terminology surrounding transgender identities, and will also become acquainted with the challenges faced by transgender and gender non-conforming individuals in various settings. Participants will learn strategies to help create inclusive and affirming spaces for transgender and gender-creative individuals. *This program is offered in partnership with Garden State Equality.*

Services through the COMPASS program are frequently updated. For the most up to date service listings, please visit our website at <https://www.preferredbehavioral.org/ocean-county-programs/>.

To request Tier 1 services for your school, please contact our Scheduling Coordinator at 732-961-4354 x 2800 and/or cgillies@preferredbehavioral.org.

Building Resilience, Empowering Minds

Optimizing Adult Mental Health Through Digital Evidence-Based Education & Practice Tools

SELF-CARE

Easy anonymous ad-free access to evidence based modules to address many common presenting concerns. 24 hour access to mindfulness exercises and tools to address the moment.

PREVENTION

Enhance your curriculum with success & wellness modules assigned in the classroom to build essential life skills with completion certificates.

DEVELOPMENT

Incentivize your employees to learn skills that prepare them with tools and strategies to handle today's challenging classroom, be better communicators and healthier humans.

CONDUCT

Provides an evidence-based meaningful online option in addition to suspension or detention to educate learners with a time intensive curriculum.

COMMUNITY

Bring success and wellness skills to your families and caregivers utilizing the content for live or virtual presentations or promote custom content with easy online access or readymade social media.

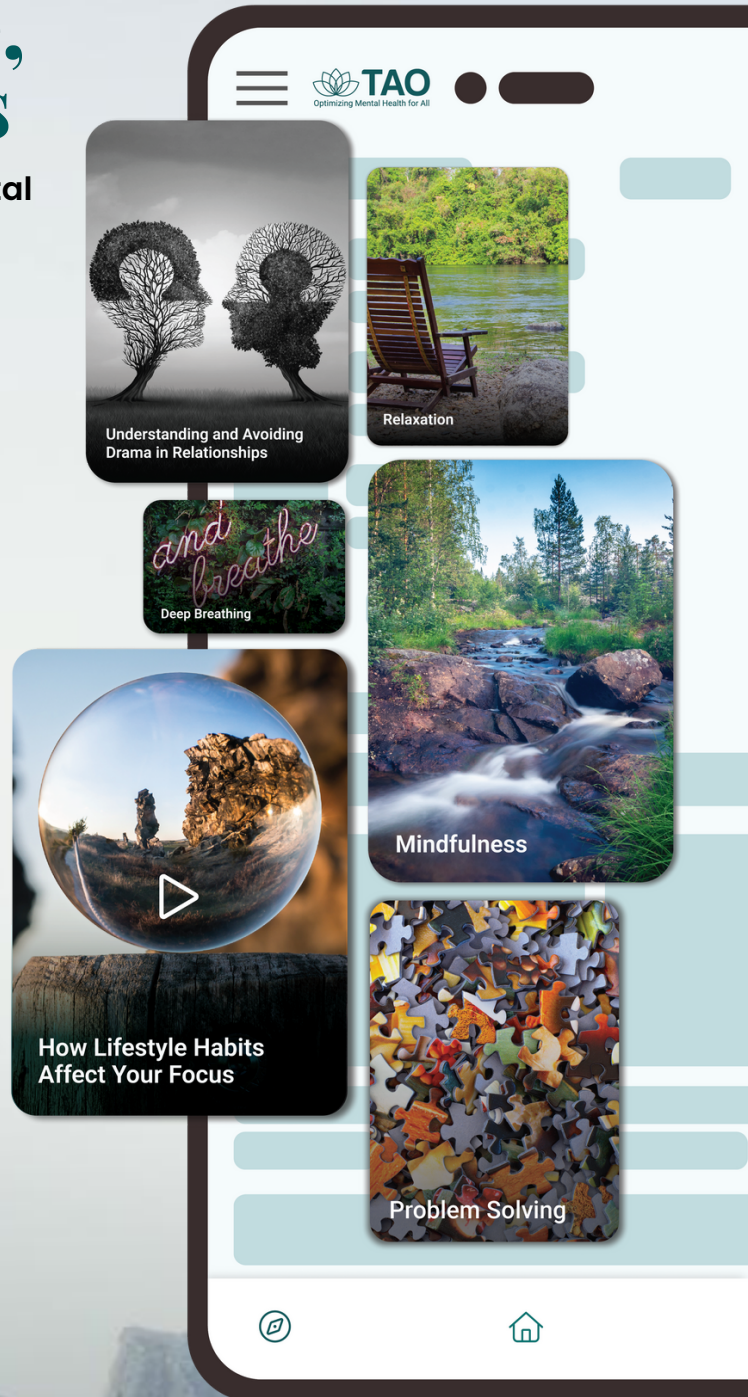
UTILIZATION

Share site with staff to assign modules
<https://www.preferredbehavioral.org/tao-connect/>



EXPLORE TAO NOW

Create you own free anonymous account today and browse the available content and tools.



IT'S FREE
BRING TAO TO YOUR SCHOOL
Contact your NJ4S Contact,
Nicole Riccio at 732-961-4354 or
nriccio@preferredbehavioral.org



NJ4S COMPASS OCEAN COUNTY

Using Salesforce (Connex) for NJ4S COMPASS program applications



SALESFORCE (CONNEX)

- Salesforce (CONNEX) enables schools to submit applications for individual and group services for students, caregivers, and faculty
- Used by NJ4S hubs to receive and process program applications, communicate with faculty, manage program sessions, share information on upcoming events, and create reports regarding program utilization
- Up to 8 Salesforce (Connex) users per school to submit applications for Tier 2 and 3 services
- Superintendents do not have the ability to create program applications

SALESFORCE (CONNEX) ACCESS

Fill out DCF's NJ4S User Contact Survey at https://www.surveymonkey.com/r/NJ4Sus_ercontacts to request Salesforce (Connex) access.

For help with Salesforce (Connex) registration: Salesforce (Connex) help desk for school users:
njspirithelpdesk@dcf.nj.gov

SERVICES

Tier 1

- Pre-K through grade 12 students, parents/caregivers, & professional development
- One time workshops, events, and assemblies
- No application required. Contact us directly to schedule.
- Contact COMPASS for a full list of Tier 1 services
- A statewide calendar of events can be found on DCF's website:
- <https://nj4s.nj.gov/s/nj4s-public-events>

Tier 2

- Public & Charter middle & high school students
- Multi-session programs focused on substance use prevention, sexual health/teen pregnancy prevention, suicide prevention, and/or bullying and violence prevention
- Application through Salesforce (Connex) is required

Tier 3

- Public & Charter school students, grades 6-12
- Assessment, counseling and referrals for individuals and small groups
- Can be utilized for up to 60 days, while being connected to longer term support
- Application through Salesforce (Connex) is required

FOR MORE INFORMATION, PLEASE CONTACT US

DAVE SEEGERT, DIRECTOR

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WWW.PREFERREDBEHAVIORAL.ORG/NJ4SCOMPASS

STAY CONNECTED

INSTAGRAM: @NJ4S_PBHG_OCEAN

FACEBOOK: NJ4S COMPASS OCEAN COUNTY

TWITTER: @NJ4S_PBHG_OCEAN





PREVENTION AND MENTAL HEALTH RESOURCES FOR OCEAN COUNTY FAMILIES



Perform Care (Mobile Response) - New Jersey's System of Care: Call **1-877-652-7624** or visit www.performcarenj.org

Perform Care can help a parent or guardian connect their child to behavioral health, substance abuse, and developmental disability services.

Suicide and Crisis Lifeline: Text or call **988** or to chat with a crisis counselor, visit www.988lifeline.org

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

FCIU - Family Crisis Intervention Unit: Call **732-240-3638**

The Family Crisis Intervention Unit stabilizes youth, ages 10-17, in crisis and encourages positive development through connection to community resources, interpersonal relationships, and academic success. The program is available 24/7 and may be provided in the family's home.

PESS - Psychiatric Emergency Screening Service in Ocean County: Call **1-866-904-4474**

Crisis intervention, stabilization and treatment are all provided. Mobile outreach to those in Ocean County experiencing acute psychiatric distress and traumatic incident debriefing are provided as well.

FSO - Family Support Organization: Call **732-569-5334**

Family Support Organizations (FSO's) are family-run, county-based organizations that provide direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral needs.

DCP&P - Division of Child Protection & Permanency: Call **1-877-NJ-ABUSE**

If you have reasonable cause to believe a child has been abused or neglected, call the 24/7 child abuse hotline, Calls may be made anonymously.

In case of emergency, please call 911.

Scan the QR code below or visit <https://www.preferredbehavioral.org/compass-resources/> to view our Resources page.





Stay Connected

Menu of Services:

For the most up to date version of our Menu of Services, please visit <https://www.preferredbehavioral.org/ocean-county-programs/> or scan the QR code below.



Join our mailing list:

Get news from NJ4S COMPASS in your inbox by signing up for our mailing list at <https://www.preferredbehavioral.org/compass-stay-connected/>.

Follow NJ4S COMPASS on social media:

Facebook: [NJ4S Compass Ocean County](#)

Instagram: [@nj4s_pbhg_ocean](#)

Twitter/X: [@nj4s_pbhg_ocean](#)