

NJ4S COMPASS Ocean County

Menu of Services: Elementary Edition: Tier 1



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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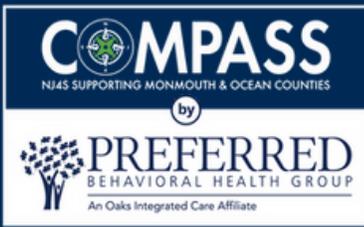
STAY CONNECTED

INSTAGRAM: @NJ4S_PBHG_OCEAN

FACEBOOK: NJ4S COMPASS OCEAN COUNTY

TWITTER: @NJ4S_PBHG_OCEAN





YOUR JOURNEY TO WELLNESS & PREVENTION Starts Here

About NJ4S COMPASS

New Jersey Statewide Student Support Services, a new statewide initiative from the Department of Children and Families (DCF), was designed to enhance access for schools to provide **FREE** prevention and mental wellness services for students, staff, parents and caregivers.

NJ4S COMPASS, a program of Preferred Behavioral Health Group, serves public and charter school students and families of Monmouth and Ocean Counties.

OUR SERVICES

Tier 1: Serves Pre-K to Grade 12. This includes activities such as curriculum efforts, workshops, webinars, assemblies and training. **Tier 2:** Serves Grades 6 through 12. This includes evidence-based, targeted prevention intervention, typically delivered in small groups. **Tier 3:** Serves Grades 6 through 12. This includes assessment and brief individualized clinical interventions in-person or via telehealth.

HOW CAN MY SCHOOL ACCESS NJ4S SERVICES?

For Tier 1 services, schools can contact us directly to schedule their event. For Tier 2 and 3 services, a school representative can submit an application through Salesforce (Connex). To sign up for Salesforce (Connex), contact us today!

- Bullying & Violence Prevention
- Mental Wellness/Suicide Prevention

- Sexual Health & Pregnancy Prevention
- Substance Use Prevention

NJ4S is a **hub and spoke model** network of social, emotional, and mental well-being supports for students and their families.

For more information, Please call or visit

732.961.4354

 preferredbehavioral.org

Or scan the barcode





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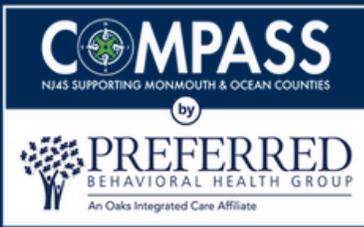
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NJ4S COMPASS, a program of Preferred Behavioral Health Group, serves public and charter school students and families of Monmouth and Ocean Counties.

OUR SERVICES

Services are available for students in Pre-K to Grade 12, caregivers, and educators, and include activities such as curriculum efforts, workshops, webinars, assemblies and trainings.

HOW CAN MY SCHOOL ACCESS NJ4S SERVICES?

To request Tier 1 services, contact us directly or complete our online request form at <https://www.cognitofor.ms.com/PBHG1/SchoolVisitRequestFormTier1Services>.



- Bullying & Violence Prevention
- Mental Wellness/Suicide Prevention
- Sexual Health & Pregnancy Prevention
- Substance Use Prevention

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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.*

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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.

Queer Community 201

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 120-180 minutes
- **Description:** During this workshop, we delve deeper into the diverse facets of the LGBTQ+ community. This session explores nuanced topics within the queer community, including intersectionality, current challenges, and strategies for fostering inclusivity and support. Whether you're new to the subject or seeking to deepen your understanding, this session promises valuable perspectives for creating a more inclusive environment.



Adults

Services for Caregivers



Trans and Non-Binary Community 101: A Deeper Look Within the Community

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting: Workshop delivered for up to 40 attendees**
- **Session:** 1 session, 60-120 minutes
- **Description:** In this workshop, we explore the diverse experiences and identities within the trans and non-binary communities. This session provides an insightful examination of key issues, identities, and challenges faced by trans and non-binary individuals. Led by experts in LGBTQ+ advocacy, this presentation aims to deepen understanding, promote inclusivity, and foster supportive environments within our community.

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TAO

by Uplift

Building Resilience, Empowering Minds



24 Hour Access

To mindfulness
exercises and
tools to address the
moment



Empower Yourself

With knowledge and
skills to navigate the
challenges of school
and life beyond



Access Anywhere

FREE, mobile
friendly help for
students and adults



Virtual Lessons

Teachers can assign
evidence-based lessons
to enhance curriculum



Making Connections

Create a strong and
supportive network to
help achieve goals

Take Control Today

Don't delay your journey to optimal health. Scan the QR code
and sign up for free today. Ages 13 and up to register for TAO.

732.961.4354

preferredbehavioral.org/tao-connect/





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



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.

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/>.

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.*



Adults

Staff Development Services



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.*

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.*

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



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.

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.*



Adults

Staff Development Services



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.*

Trans and Non-Binary Community 101: A Deeper Look Within the Community

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 60-120 minutes
- **Description:** In this workshop, we explore the diverse experiences and identities within the trans and non-binary communities. This session provides an insightful examination of key issues, identities, and challenges faced by trans and non-binary individuals. Led by experts in LGBTQ+ advocacy, this presentation aims to deepen understanding, promote inclusivity, and foster supportive environments within our community.



Adults

Staff Development Services



Queer Community 201

- **Audience:** Caregivers and educators
- **Program Area of Focus:** Sexuality and Sexual Health
- **Setting:** Workshop delivered for up to 40 attendees
- **Session:** 1 session, 120-180 minutes
- **Description:** During this workshop, we delve deeper into the diverse facets of the LGBTQ+ community. This session explores nuanced topics within the queer community, including intersectionality, current challenges, and strategies for fostering inclusivity and support. Whether you're new to the subject or seeking to deepen your understanding, this session promises valuable perspectives for creating a more inclusive environment.

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. To request Tier 1 services, please complete our online request form at <https://www.cognitofor.ms.com/PBHG1/SchoolVisitRequestFormTier1Services> or contact our Scheduling Coordinator at 732-961-4354 x 2800 and/or cgillies@preferredbehavioral.org.



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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/>.

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