

# WELLNESS

*The Official "Wellness" Newsletter*



Photo Credit: Photography Mrs. Reed by Gavin Kennedy

## IN THIS ISSUE

### WELCOME BACK

### WORLD SUICIDE PREVENTION DAY

### COMMUNITY ACTIVITIES

### RESOURCES

## Welcome Back Aviators!

*by Barbara Christianson, Student Assistance Counselor*

Welcome to the 2020-2021 school year at Hasbrouck Heights High School. Last year during remote learning, every Wednesday a copy of the Wednesday Wellness Letter was sent home to students, family and staff members. It is our continued mission to promote and support the health of our community. The newsletter is a way to share resources, articles and community activities that promote a healthy lifestyle.

This year has taught us to be resilient and to accept change, both positive and negative. During these times, our increased reliance on technology creates both opportunity and challenges. We are working constantly to help our school family keep up and take advantage of these new innovations.

This week I learned a new term, padlet. *Padlet is an online virtual "bulletin" board, where people can collaborate, reflect, share links and pictures, in a secure location.* Our teachers are using it for all of the internet resources they will be using for remote learning. I was sent a link to one for mental help resources in our community which I will share on page 2. The staff at HHHS want to help provide guidance and information to help our students learn to navigate this ever-changing world.

I am wishing everyone a successful and safe school year, BC

# SCATTERING CJ Screening - Mental Health resources for Teens

In recognition of World Suicide Prevention Day, September 10th the Bergen County Division of Mental Health will be hosting a film screening of the award-winning emotionally moving documentary, Scattering CJ, followed by a virtual discussion on September 15th facilitated by Bergen County Suicide Prevention Coordinator, Wendy Sefcik, regarding the film and community efforts to reduce the devastating epidemic of suicide.

**HHS is sending the link to both the students and parents to register as a way to have an open dialogue as a family. Students will not be able to obtain the link. Parents need to register.**

**\*\*\*\*\*Please note that the film should not be viewed by anyone under the age of 18 without adult supervision.**

## Scattering CJ Link to Register



## Avicii Birthday Tribute for Mental Health on SiriusXm BPM Channel

SiriusXM and The Tim Bergling Foundation today announced "BPM Presents: Avicii Birthday Tribute for Mental Health Awareness" on SiriusXM's BPM channel. The special take-over will kick off on Tuesday September 8, Avicii's birthday and during Suicide Prevention Week.



Additionally, below are several websites/organizations that can assist your older students in accessing youth based mental health supports. This information is intended to compliment the in-school supports provided and can serve as vital resources for young people in both remote and in-person learning environments.

[Padlet of Resources for Prevention](#)

[Wellness Anxiety Information](#)

[Notokapp](#)

[2ndFloor](#)

[Give us the Floor](#)

## COVID-19: Coping with Anxiety about Returning to School Link

## Ditch the Vape - Adult Awareness Event



**INCORRUPTIBLE.US**

 **BERGEN COUNTY  
Prevention  
Coalition**

**SEPTEMBER 16, 2020  
7:00PM-8:00PM**

**RSVP WITH NAME & EMAIL TO [DITCHTHEVAPECAMPAIGN@GMAIL.COM](mailto:DITCHTHEVAPECAMPAIGN@GMAIL.COM)**

**ADULT AWARENESS EVENT**

**DITCH THE VAPE**

**BIG TOBACCO IS  
MANIPULATING  
YOUR CHILDREN**

**HOW VAPING &  
COVID-19  
ARE RELATED**

**LEARN THE  
HEALTH FACTS  
ABOUT VAPING**



# Resources

## Hotlines/Helplines

### National Suicide Prevention Lifeline 800-273-8255

#### Toll-Free **Hotlines/Helplines**



##### **COVID-19 Response AskDCF@dcf.nj.gov**

**8:30 a.m. - 4:30 p.m. Monday - Friday**

Anyone with general questions around COVID-19 response can email [AskDCF@dcf.nj.gov](mailto:AskDCF@dcf.nj.gov) and their inquiries will be answered in the order that they come in.

##### **Child Abuse/Neglect Hotline 1-877-NJ ABUSE (652-2873)**

**1-800-835-5510 (TTY)**

**24 hours a day - 7 days a week**

Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DCF's Child Protection and Permanency (CP&P). Calls can be made anonymously.

##### **Safe Haven Hotline 1-877-839-2339**

**24 hours a day - 7 days a week**

This hotline is for distressed parents who wish to give up an unwanted infant, 30 days or younger, anonymously. While no names or records are required, callers are encouraged to voluntarily provide information.

##### **2ND Floor Youth Helpline 1-888-222-2228**

**24 hours a day - 7 days a week**

This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

##### **2-1-1 [www.nj211.org](http://www.nj211.org)**

**24 hours a day - 7 days a week**

This phone number connects callers to various human services organizations in their community.

##### **DCF Info Line 1-855-INFO-DCF (463-6323)**

**8:30 a.m. - 4:30 p.m. Monday - Friday**

This helpline provides callers with general information about the Department of Children and Families' (DCF) programs and services.

##### **Children's System of Care/ Perform Care 1-877-652-7624**

**24 hours a day - 7 days a week**

PerformCare is the "front door" to the Children's System of Care. Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.

##### **Crisis Text Line Text "NJ" to 741741**

**24 hours a day - 7 days a week**

Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or a crisis.

##### **Family Helpline 1-800-THE-KIDS (843-5437)**

**24 hours a day - 7 days a week**

If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.

##### **Domestic Violence Hotline 1-800-572-SAFE (7233)**

**24 hours a day - 7 days a week**

Call for information about domestic violence services in your local area.

##### **Sexual Violence Hotline 1-800-601-7200**

**24 hours a day - 7 days a week**

Call for information about sexual violence services in your local area.

##### **NJ Helps [www.njhelps.org](http://www.njhelps.org)**

At this web site you can find out about services and programs for children, families and individuals. You can also prescreen for eligibility for programs such as Food Stamps, Medicaid and others.

##### **MOM2MOM 1-877-914-MOM2 (914-6662)**

**24 hours a day - 7 days a week**

The Mom2Mom helpline offers 24/7 peer support to mothers of children with special needs.

[www.nj.gov/DCF](http://www.nj.gov/DCF)

# Resources from the NJ Department of Children and Families



## Recommended Resources to Explore for New Jersey Schools

 Information

 School & Community Based Education, Programs, Response, & Awareness

 Direct Support & Intervention Services



**Traumatic Loss Coalition**  
TLC offers workshops and trainings for youth serving organizations dealing with mental health, suicide prevention and trauma, as well as postvention in the aftermath of a traumatic event. <https://ubhc.rutgers.edu/education/trauma-loss-coalition/overview.xml>



**Attitudes in Reverse (AIR)**  
AIR™ offers a comprehensive mental health plan to educate youth, from elementary level through college-age. AIR's programs are wrapped in messages of understanding, empathy and kindness towards all. <https://air.ngo>



**The American Foundation for Suicide Prevention (AFSP)**  
AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy. It provides education, training and support to students, educators and communities. <https://afsp.org/chapter/new-jersey>



**Society for the Prevention of Teen Suicide (SPTS)**  
SPTS's mission is to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs for students, staff and communities. <https://sptsusa.org>



**Erika's Lighthouse (EL)**  
Erika's Lighthouse provides educators with tools to create meaningful discussions about depression so students can talk to each other, their parents, their teachers, and to counselors. <https://www.erikaslighthouse.org>



**Minding Your Mind (MYM)**  
MYM programs have been proven to change attitudes and increase help-seeking behavior. They have programs for parents, students, educators and communities. <https://mindingyourmind.org>



**Suicide Prevention Resource Center (SPRC)**  
The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and is located at Education Development Center. <https://www.sprc.org>

COVID-19 Community Resources Link

Parent Resources HHHS