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**Family Support Organization  
Hunterdon, Somerset, and Warren Counties**

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FAMILY SUPPORT ORGANIZATION OF HUNTERDON,  
SOMERSET, & WARREN COUNTIES

January Newsletter

*Happy New Year!*

### Call the FSO Warmline

Hunterdon • Somerset • Warren

**(908) 223-1191**



We listen and offer advice, information, and referrals to family members and care-givers in need of support.

Call Monday-Friday 9am to 5pm

## **2016 OPEN HOUSE**

Family Support Organization and Tri County Care Management Organization recently held their annual Open House on December 8th. It was great to meet all the parents and children that attended. Thank you to everyone for their support in 2016 and we are looking forward to an even better 2017!

A Special **THANK YOU** to our Donors:

Dicola's  
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Muheisen's Bakery  
ShopRite - Hackettstown  
ShopRite - Phillipsburg  
ShopRite - Washington  
Target - Bridgewater  
Target - Phillipsburg  
Wegmans - Bridgewater

### Where to Find Us:



<https://www.facebook.com/familysupportHSW>



[Twitter.com/FSOofHSW](https://twitter.com/FSOofHSW)



Search: Family Support  
Organization

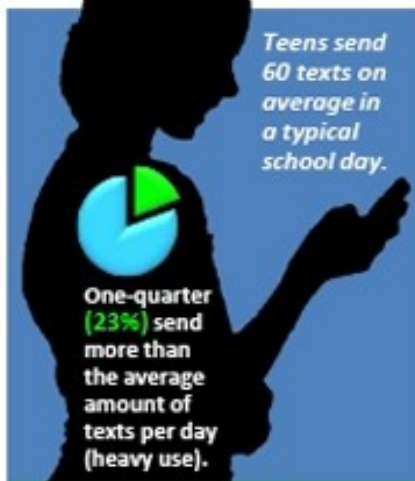


thank  
you!

# Mobile Communications Safety for Teens in the US

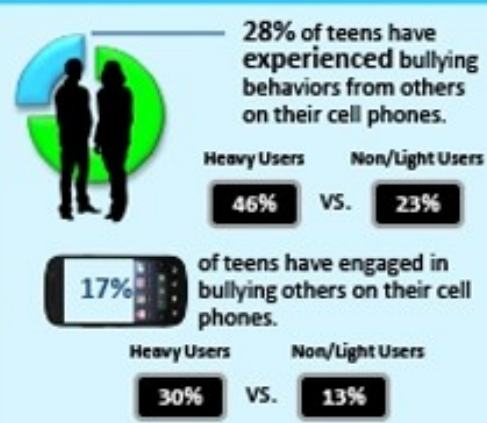
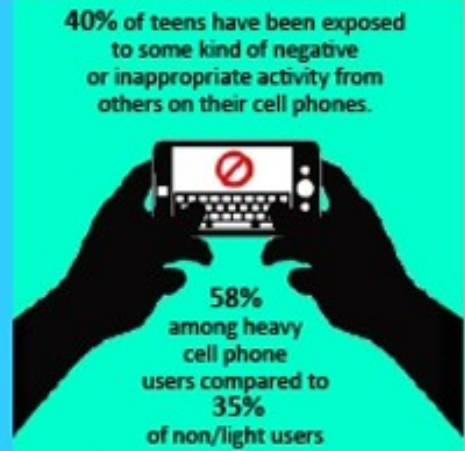


The more teens use their cell phones, the greater their risk of exposure to both experiencing and engaging in inappropriate or "mis-use" cell phone activity.

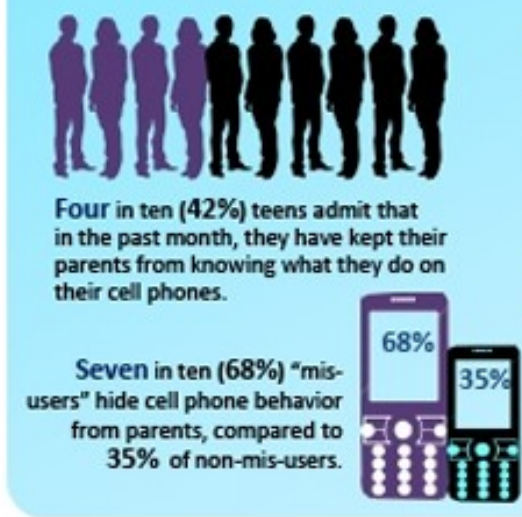


75% of teens use their cell phone at night when they should be sleeping and 49% say the same for using it in school, during classes.

	Heavy Users	VS.	Non/Light Users
At night	94%		70%
In school	74%		41%



Teens who are cell phone "mis-users" are more likely than non-mis-users to hide their cell phone activity from their parents and agree that their parents only know some of what they do on their cell phones. Many teens have parental rules for their cell phone usage, but the enforcement of these rules occurs less frequently for mis-users.



Mis-users are more likely to agree that their parents know some of what they do on their cell phones, but not everything (75% vs. 60% of non-mis-users).



A total of 503 United States respondents ages 13-17 who own or regularly use a cell phone were surveyed online from October 13 - November 2, 2011. Data were weighted to be representative of 13-17 year olds in the United States. Figures for age, sex, race/ethnicity, region, urbanicity, and parents' highest level of education were weighted where necessary to bring them into line with their actual proportions in the population.

Family Support Organization Presents:

## Say What? Understanding Verbal and Nonverbal Communication

Presented by Courtney Caruso, M.S., CCC-SLP

Courtney Caruso is a bilingual speech-language pathologist and the owner and founder of Liberty Speech Associates LLC. She holds the Certificate of Clinical Competence from the American Speech-Language-Hearing Association (ASHA). Courtney is an active member of the New Jersey Speech-Language-Hearing Association (NJSHA), as well as the Chair of its Multicultural Issues Committee.

Courtney is also a member of the American Academy of Private Practice in Speech Pathology and Audiology (AAPPSPA), the ASHA Hispanic Caucus, and the Greater Blairstown Business Association (GBBA). Courtney was voted one of NJ's Favorite Kids' Docs in 2015 and 2016. Currently, she conducts comprehensive diagnostic evaluations and provides speech-language services to children and adults and offers workshops for families and professionals through her private practice.

### Participants Will Learn About:

- Communication milestones
- The difference between speech and language
- How children use behavior as a form of expression

### And How To:

- Facilitate functional communication
- Stimulate speech and language skills during daily activities

**JANUARY 25TH**

**6PM TO 8PM**

**Early childhood Learning center  
459 center street  
Phillipsburg, NJ 08865**

**questions: 908.223.1191  
To RSVP: aruiz@fso-hsw.org**



**Liberty Speech Associates**

**childcare will be available but must be requested ahead of time.**



**Family Support Organization of  
Hunterdon, Somerset, and Warren Counties**  
315 West Washington Avenue, Washington, NJ 07882

## **At A Glance: FSO-HSW Support Groups**

### **DD/ID Parent Support Group**

Montgomery Academy  
188 Mount Airy Road  
Basking Ridge, NJ

Every **2nd  
Tuesday** of the  
month at 6:00pm

FREE childcare provided for **Pro-  
active Parenting** on a first come  
first serve basis by reservation  
only. Please reserve in advance.

### **Autism Support Group**

Early Childhood  
Learning Center  
459 Center Street  
Phillipsburg, NJ

Every **2nd  
Wednesday** of the  
month at 6:00pm

FREE childcare provided for  
**Autism SG** on a first come first  
serve basis by reservation only.  
Please reserve in advance.

### **DD/ID Parent Support Group**

REACH Beyond  
Therapy  
466 Route 12  
Flemington, NJ

Every **2nd  
Thursday** of the  
month at 6:00pm

### **Somerset County Proactive Parenting Group**

Empower Family SC  
34 West Main St  
3rd Floor Office  
Somerville, NJ 08876

Every **1st  
Friday** of the month  
at 6:00pm

### **Hunterdon County Caregiver Support Group**

The CEA School  
11 Minneakoning Road  
Flemington, NJ 08822

Every **3rd  
Friday** of the month  
at 6:00pm

### **Warren County Caregiver Support Group**

Family Support Org.  
315 W. Washington Ave  
2nd Floor Conf. Room  
Washington, NJ 07882


Every **4th  
Friday** of the month  
at 6:00pm

Light refreshments and/or light meals are provided at all support groups.  
For more information, please contact Erika Deusinger at [edeusinger@fso-hsw.org](mailto:edeusinger@fso-hsw.org)



## Getting To Know: Family Support Partner: Deborah Brack

Family Support Organization would like to welcome Deborah Brack to the staff as our newest Family Support Coordinator. Deborah is a single mom to two teenage girls who are full time college students. She recently moved to Warren County this summer after living in Morris County for 19 years.




When Deborah's youngest daughter was presented with many mental health challenges at the age of 13 it became Deborah's mission to become educated on her daughters challenges and what she could potentially be facing. Deborah then began taking several classes thru NAMI and the Association for Suicide Prevention.

*"Let us make one point, that we meet each other with a smile, when it's difficult to smile. Smile at each other make time for each other in your family."*

*-Mother Teresa*

After her daughters many hospitalizations she received a Care Manager and Family Partner who encouraged her to apply for her job as she was leaving. She started working at Family Partners of Morris and Sussex Counties in March 2015, where she loved the rewarding experience of helping families that are in similar situations as her.

Deborah is a Certified Trainer in the Nurtured Heart Approach and has trained parents, school teachers and administrators in this approach. Deborah had the pleasure of being trained by the founder of the Children's Success Foundation, and creator of the Nurtured Heart Approach, Howard Glasser.



In her spare time, Deborah likes to explore her new neighborhood. She loves doing charity work and often volunteers at local pantries and soup kitchens. She has been involved in the annual Hunger Walk for 10 years and is also one of the founding members of Women In Unity, a group of women of diverse faiths, cultures and traditions, who come together to support the community through unity, friendship, and sisterhood.

# Welcome!



# Girls Circle.

**Every Tuesday**  
**March 7<sup>th</sup>-April 25<sup>th</sup>**  
**6:00 pm-7:30 pm**

Empower Somerset  
34 W. Main St., Suite 201  
Somerville, NJ 08876



Light refreshments provided.

Family Support Organization of Hunterdon,  
Somerset, & Warren Counties 

Space  
is  
limited

...

To register call  
**(908) 722-4400**

Girls ages 13-17  
are invited to  
this eight week  
workshop.



Come meet  
new friends and  
participate in  
activities and  
discussions  
regarding Body  
Image.



This workshop  
provides tools  
to create,  
restore, and  
sustain  
healthy  
relationships.



## Youth Partnership

Our mission at Family Support Organization is to provide social, recreational, empowerment, leadership and community service opportunities in a diverse and supportive environment for all our youth. FSO's Youth Partnership is for youth 13-21 years of age with emotional behavioral or mental health challenges. Transportation is provided on an as needed basis. Please contact sbillitz@fso-hsw.org or call: 908.223.1191 Ext. 12 for transportation and initial enrollment.



### **Upcoming Events**

***January 23rd - 29th***

**YP will be participating in National Drug & Alcohol Facts Week.**

***January 27th***

**Community Prevention Resources of Warren County will be attending YP to provide a presentation to our youth.**

***February 17th***

**Susan Rozycki from the YES Program will be in attendance to share resources with our group.**

#### **Somerset County** **YP**

Every 1st Friday of  
Each Month  
6pm to 8pm

#### **Where**

Empower Family  
Success Center  
34 West Main Street  
2nd Floor

#### **Hunterdon County** **YP**

Every 3rd Friday of  
Each Month  
6pm to 8pm

#### **Where**

The CEA School  
11 Minneakoning Road  
Flemington, NJ

#### **Warren County YP**

Every 4th Friday of  
Each Month  
6pm to 8pm

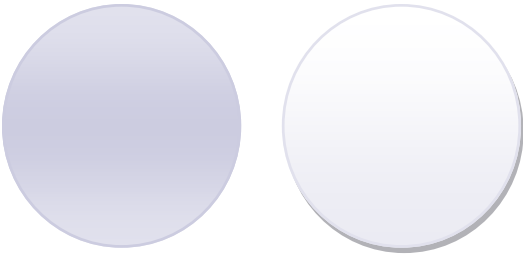
#### **Where**

Family Support  
Organization  
315 West Washington  
Ave.  
Community Room  
Washington, NJ

FAMILY SUPPORT ORGANIZATION  
OF HUNTERDON,  
SOMERSET, & WARREN COUNTIES

315 West Washington Avenue  
Suite 3  
Washington, NJ 07882

Phone: 908.223.1191  
Fax: 908.223.1639  
Email: info@fso-hsw.org



## FSO of HSW Staff

***Executive Director***

Madeline Lozowski

***Office Manager***

Myra Bush

***Family Support Coordinator***

Deborah Brack

***Family Support Partners***

LaSandra Cayon, Sherri Latzko, Sharon McNeil, Gloria  
Parker, Karen Pieretti, Sulma  
Melissa Rojas-Arias, and Melba Sirianni

***Outreach Coordinator***

Erika Deusinger

***Youth Partnership***

Stephanie Billitz - Roy Kurre

***Community Outreach Specialist***

Stephanie Nienstedt - Aimee Ruiz