



May Newsletter



**SAVE THE
DATE!**

**MONDAY
JUNE 26th
FSO/CMO
FAMILY**

Where to Find Us:



@FSOofHSW



@FSOofHSW



Search: Family Support
Organization

It is more important than ever for all Americans to know that behavioral health is essential to health, prevention works, treatment is effective, and people recover. Today, adults with mental illnesses and children and adolescents with emotional disturbances have improved access to care. With the implementation of the Affordable Care Act, the percentage of Americans who do not have health coverage has dropped sharply over the past 2 years, from 18 percent to under 13 percent, and lower-income individuals and minorities have especially benefitted. Further, states are devoting significant resources to support early interventions for people recently diagnosed with serious mental illnesses.

With access to treatment, people have hope for recovery. National Mental Health Awareness Month gives us all the opportunity to combat the negative attitudes, prejudice, and discrimination that prevent people from accessing treatment and supports and isolate people from their communities. By raising awareness, we can increase the outcome of people who are willing to seek the help they need. www.samhsa.org

Mental Health Awareness Day - Tuesday May 4th

Family Support Organization along with TriCounty CMO held a special event on Thursday May 4th that brought awareness to Mental Health in Adolescents. With welcoming remarks made by TriCounty CMO Executive Director James Parauda and FSO's own Madeline Lozowski, the evening was off to a great start. Followed by that were Guest Speakers Michael Higginbotham from Children's System of Care and Erin Reyhan, LSW of Animal Assisted Therapy. Diane Lefebvre from Resilient Youth of Somerset was also on hand and spoke about Adverse Childhood Experiences and Trauma Informed Care. Concluding the evening, were presentations made by our Youth Partnership followed by prizes and snacks.

We would like to thank the following for their donations to the event:

- GenPsych
- Mobile Response & Stabilization Services
- Practical Insights LLC
- Hunterdon County CIACC
- DayTop



Special thanks to The CEA School for providing us with the space to hold this event.



Purpose: Family Support Partners in **Somerset County** provide support, education and advocacy for primary caregivers parenting children and youth with emotional, developmental, mental, behavioral and substance abuse needs.

Duties:

Support

Support the growth of families involved with the CMO by ensuring fidelity to FSO model (Support, Education and Advocacy) including implementation of Family Assessment of Needs and Strengths and documentation in Efforts to Outcomes (ETO) and completion of Family Support Certification

Support the development of the Child-Family Team through engagement of informal and natural supports

Demonstrate empathy and compassion through active listening of families' needs

Participate in Child-Family Teams and other meetings as needed to ensure family has support through process

Support Supervisor as needed

Education

Provide information on System of Care and parenting a child with needs

Engage CMO families in educational workshops and training opportunities for families in partnership with Outreach Specialist

Educate CMO and other partners on the needs of families and strategies to increase family leadership and family-driven care

Engage CMO, families and youth in learning about FSO services and supports including Youth Partnership

Advocacy

Challenge stigma by partnering with the CMO to ensure Care Management process is based on the Wraparound Model emphasizing family-driven and culturally competent care

Model advocacy skills for families within the Child-Family Team and other meetings

Promote family leadership within Child-Family Teams and other team meetings through partnership with Care Managers and other direct service workers

Develop advocacy skills of families by providing resources and preparation for meetings

Skills: Personal experience as a parent/caregiver of a child or youth with behavioral health needs

Demonstrated success navigating New Jersey's child-serving systems

Must have excellent interpersonal skills

Must have valid New Jersey driver's license with excellent driving record and reliable transportation

Hours: Must be flexible to work evenings and weekends

Status: Full-time/Part-time, hourly employee

Please email cover letter and resume to: info@fso-hsw.org

Family Support Organization
Hunterdon, Somerset, & Warren Counties



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 @ 6:00pm

Autism Support Group

Early Childhood Learning Center
459 Center Street
Phillipsburg, NJ

Every 2nd
Wednesday of the
Month @ 6:00pm

FREE childcare provided on a first come first serve basis by reservation only. Please reserve in advance. This support Group will NOT be meeting during the months of June, July, and August.

DD/ID Parent Support Group

Hunterdon Central Regional
High School
84 NJ-31
Flemington, NJ

Every 2nd
Thursday of the
Month @ 6:00pm

Grupo de apoyo para padres o cuidadores de habla hispana

Hunterdon County
Family Success Center
87 Park Avenue
Flemington, NJ

Every 3rd
Thursday of the
Month @ 6:00pm

Somerset County Proactive Parenting

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

Every 1st
Friday of the
Month @ 6:00pm

Hunterdon County Caregiver Support Group

The CEA School
11 Minneakoning Road
Flemington, NJ

Every 3rd
Friday of the
Month @ 6:00pm

Warren County Caregiver Support Group

Family Support Organization
315 West Washington Ave.
2nd Floor Conference
Washington, NJ

Every 4th
Friday of the
Month @ 6:00pm

Light refreshments and/or light snacks are provided at all support groups. Please contact Stephanie Nienstedt: snienstedt@fso-hsw.org with any questions.

Family Support Organization
of Hunterdon, Somerset, and Warren
Counties presents:



Hunterdon County DD/ID Support Group

*For Caregivers of children with
developmental/intellectual disabilities.*

Facilitated by: Scott Cohen
Parent, Intellectually Disabled Child

Scott will lead the group followed by a time of
discussion and sharing.



Join other caregivers as we build and foster
relationships, encourage one another and tackle topics
we are all interested in as caregivers of children with
development and/or intellectual disabilities.

**2nd Thursday of Each Month
Begins May 11, 2017
6:00pm - 8:00pm**

**Hunterdon Central Regional High School
11/12 Atrium - By the Main Doors to the Building
(Near Front Desk/Commons Area).
84 NJ-31
Flemington, NJ 08822**

For more information, please contact Stephanie at snienstedt@fso-hsw.org or 908-223-1191 ext. 16

"I sustain myself with the love of family." - Maya Angelou



FAMILY SUPPORT ORGANIZATION OF HUNTERDON,
SOMERSET, & WARREN COUNTIES

Mindfulness Workshop Featuring Dr. Ken A. Verni

Mindfulness Practice is often defined as the process of paying attention, on purpose, in the present moment, without judgment. Mindfulness practice facilitates our ability to respond instead of react when faced with personal and interpersonal stressors.

Participants in this workshop will gain a first-hand experiential introduction to actual mindfulness practices involving breathing and gentle body movements and methods for incorporating mindfulness practices into their everyday as well as an opportunity to relate that personal experience to the growing body of theory and research that is placing mindfulness-based interventions on the cutting edge of strength based efforts to promote health, balance, and well-being in the midst of the challenges we face as human beings in a modern age.

**Tuesday June 6th
10am—Noon**

**Office of Youth Services
27 Warren Street
Somerville, NJ 08876**

SOMERSET COUNTY
OFFICE OF YOUTH SERVICES



To RSVP: aruiz@fso-hsw.org
Questions: 908.223.1191

Light refreshments will be provided.



TRAUMA

IN YOUTH & ADOLESCENCE

Presented by: **Melissa von der Heide, MA, LMFT**

Melissa is a Marriage and Family Therapist at Contextual Family Services. Ms. von der Heide has extensive experience working with children. She also has many years of experience working with children who have been victims of sexual abuse and families who are grieving. Ms. von der Heide completed her trauma training through the Child Sexual Abuse Consultation Project through the Department of Children and Families: Division of Child Behavioral Health Services. She has also published on the topic of helping parents establish literacy through play. In 2010, Ms. von der Heide entered training to become a Parent Child Interactive Therapy Trainer.

This presentation will explore different types of trauma. Parents will learn about signs and symptoms of trauma, how to be helpful to their children, and how to assist in the healing process. Parents will also learn how trauma impacts the brain, relationships, and family dynamics.



**Tuesday
May 16, 2017
6pm - 8pm**



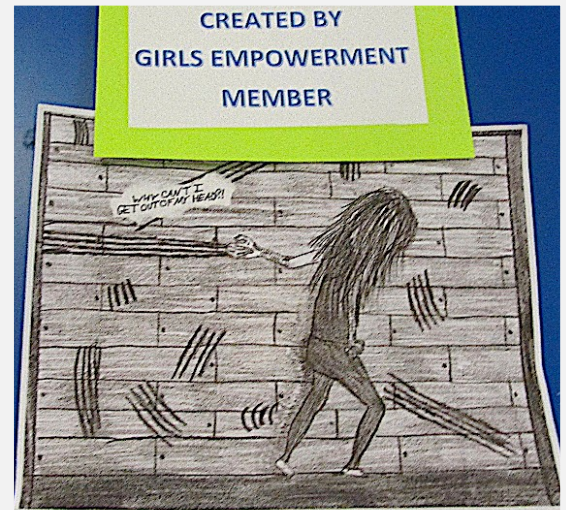
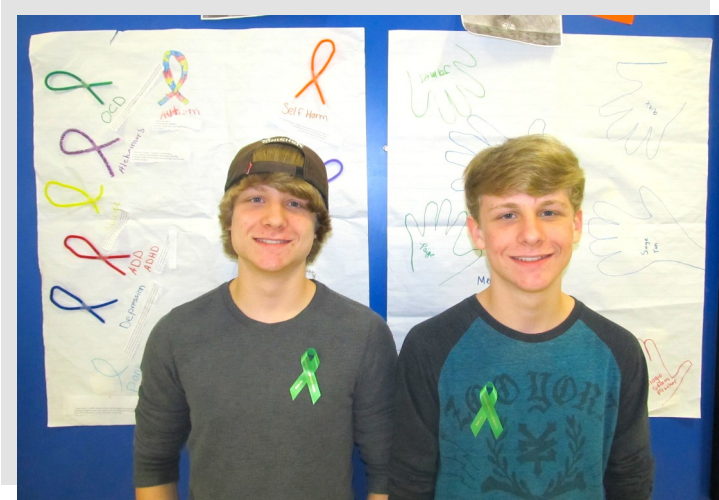
**Hunterdon Medical Center
Location: Auditorium
2100 Wescott Drive
Flemington, NJ**

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



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.



Photos Pictured:
Some photos of our Youth Partnership Members during the FSO/TriCounty CMO Mental Health Awareness event that was held on May 4th.

Somerset County
YP

Every 1st Friday of
Each Month

6pm to 8pm

Where

Empower Family
Success Center
34 West Main Street
Somerville, NJ

Hunterdon County
YP

Every 2nd Thursday of
Each Month

6pm to 8pm

Where

Hunterdon Central
Regional High School
84 NJ-31
Flemington, NJ

Hunterdon County
YP

Every 3rd Friday of
Each Month

6pm to 8pm

Where

The CEA School
11 Minneakoning Rd.
Flemington, NJ

Warren County
YP

Every 4th Friday of
Each Month

6pm to 8pm

Where

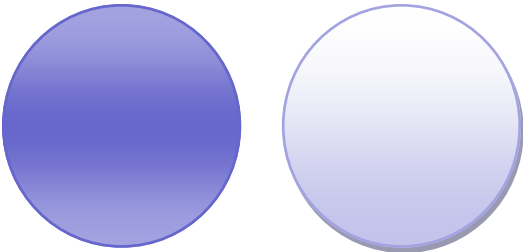
FSO
315 W. Washington
Ave.
Washington, NJ

It is recommended to call and confirm dates and times as they are subject to change.

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

Sherri Latzko, Sharon McNeil, Gloria Parker, Karen Pieretti, Sulma Melissa Rojas-Arias, and Christine Yanoso

Youth Activities Coordinator

Stephanie Billitz - Roy Kurre

Community Outreach Specialist

Stephanie Nienstedt - Aimee Ruiz