

1st Quarter Newsletter

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

Shop at AmazonSmile

and Amazon will make a donation to:

Family Support Organization
Hunterdon, Somerset, and Warren counties

Get Started

[Click Here to Get Started Now!](#)

amazon smile
You shop. Amazon gives.

Where to Find Us:



@FSOofHSW



@FSOofHSW



Search: Family Support Organization

May is Mental Health Awareness Month

National Children's Mental Health Awareness Day - May 9th

SAMHSA created National Children's Mental Health Awareness Day (Awareness Day) more than a decade ago to shine a national spotlight on the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development.

The purpose of Awareness Day is to increase public awareness about the needs of children with serious mental illness (SMI) and severe emotional disturbance (SED) and their families, provide information on evidence-based practices, and encourage those who need help to seek treatment.

More than 1,100 communities and 170 national collaborating organizations and federal programs across the country participate in community events, youth educational programs, health fairs, art exhibits, and social networking campaigns in observance of Awareness Day. Each year, SAMHSA hosts an event in Washington, DC, to complement these local activities.

In 2005, SAMHSA hosted the first Awareness Day event in Washington, DC, in response to requests by systems of care grantees that indicated that a national observance would amplify and support the work they were doing at the community level. Awareness Day began as a grassroots effort among SAMHSA-funded systems of care and has expanded to include other federal programs and national organizations.

Since its inception, Awareness Day has served as SAMHSA's key strategy to:

- Raise awareness of the efficacy of community-based mental health and substance use services for children, youth, young adults, and their families;
- Demonstrate how children's mental health initiatives promote positive youth development, recovery, and resilience; and
- Show how children, youth, and young adults with mental and/or substance use disorders can flourish in their communities.

Over the years, Awareness Day has grown in scope, visibility, and support. As a result of Awareness Day, organizations at the national level and in communities have developed relationships that have led to new collaborations and strengthened existing ones, creating greater opportunities for the long-term sustainability of their programs.

SAMHSA will continue to support community involvement in Awareness Day in 2019. Community-level Awareness Day observances are opportunities for children, youth, young adults, families, child-serving agencies, faith-based organizations, community leaders, and others to come together to focus on relevant topics related to children's mental health. www.samhsa.org

FSO Is Hiring Family Support Partners! We Are Looking For:

I - Part Time English Speaking Partner

I - Full Time Bilingual (Spanish) Speaking Partner OR 2 - Part Time Bilingual (Spanish) Speaking Partners

Purpose: Family Support Partners 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: Flexible with the possibility of working some evenings

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

**WE'RE
HIRING!**



Raising Resilient Teens in Challenging Times



Thursday, May 23rd, 2019

6:30 pm

Traditions Family Success Center
712 South Main St., Phillipsburg, NJ



This parent presentation focuses on building strength and resilience in our children and teens with emphasis on the following:

- How to talk to your teens about difficult topics
- Empowering parents & guardians through education and awareness
- Understanding warning signs & risk factors
- Cultivating an independent and resilient mindset in your child
- Data & statistics
- Local resources

RSVP Required: ARUIZ@fso-hsw.org or call (908) 223-1191 Ext 16.

This workshop will have Spanish translation available as well as childcare options.

Please indicate if you need either when RSVPing.

The Society for the Prevention of Teen Suicide is a non-profit community organization dedicated to increasing awareness and reducing the stigma of suicide through specialized training programs and outreach resources that empower teens, parents and educational leaders with the emotional guidance and skills needed to help those at risk of suicide and build a life of resiliency.

www.sptsusa.org



This presentation is made possible by grant funding provided by The Provident Bank Foundation

**In Recognition of
Children's Mental Health Awareness Month
~ featuring ~**

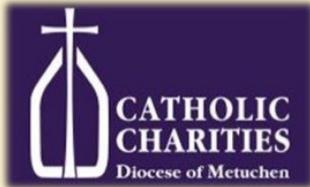
Nurtured Heart Approach

Presented by *Certified Nurtured Heart Trainers:*

Dawn Lacy, MS, LMFT, Rutgers University Behavioral Healthcare

Nicole Del Duca, MA, LAC, Catholic Charities, Children's Mobile Response & Stabilization Services

Sonia Ron, Family Support Organization



Date: Wednesday, May 8, 2019

Time: 6:00pm-8:30pm

(registration begins at 6:00pm & presentation begins at 6:30pm)

Where: Hunterdon Central Regional High School

The Little Theatre

84 Rt. 31 (Flemington Junction Rd. - 11/12 Campus)

This workshop will focus on taking the 3 stands:

♥ ***Refusing negativity***

♥ ***Celebrating success- no matter how small***

♥ ***Establishing clear rules and consequences***

~Giveaways and Refreshments Provided~

Art Therapy

& Community Resource Information

Sponsored by Catholic Charities, DOM, The Hunterdon County Children's Interagency Coordinating Council (CIACC) & Tri County Care Management Organization (TCCMO)

RSVP recommended to: tbaffuto@ccdom.org

**The Family Support Organization of
Hunterdon, Somerset and Warren,
Hinkle, Fingles, Prior & Fischer,
P.C., and Pioneer Family Success
Center Present:**

TURNING 18: GUARDIANSHIP, SOCIAL SECURITY, MEDICAID, AND WAITING LISTS

This workshop will focus on government programs for adults with disabilities that typically begin at age 18, including Supplemental Security Income (SSI) and Medicaid. The attorney will also discuss securing services after age 21, including day and residential services available through the Division of Developmental Disabilities (DDD). Attendees will learn to navigate New Jersey's ever-changing system of adult services, including "fee-for-service" and the growing role of Medicaid eligibility and waivers. The workshop will also explain the basics of guardianship and other surrogate decision-making options, with an aim towards attaining the maximum possible independence for your child while preserving vital protections for important decision-making. This 90-minute presentation includes a Q&A at the end.

**THURSDAY MAY 30TH
6PM-8PM**

**Family Support Organization
315 W. Washington Ave.
Community Room
Washington, NJ 07882**



RSVP: aruiz@fso-hsw.org or 908.223.1191

The Best Activities for Special Needs

After-school and weekend activities for children with disabilities can build self-esteem, skills, friendships and a sense of belonging. Interacting in a shared endeavor with other children can be especially rewarding.

MetroKids.com asked experts in several special needs areas to recommend appropriate activities. Here are their suggestions:

Intellectual and Developmental Disabilities

Suggestions from Leigh Ann Davis, assistant director of professional & family services, The Arc of the U.S. Her suggestions pertain to many types of physical disability as well.

After-school programs can be the same types of programs any child without disabilities may be involved in, but which focus on integrating children with disabilities into community programs and activities. Examples: **Scouts, Martial Arts Classes, YMCA programs, 4-H, & The Arts.**

After-school sports programs for physically disabled or visually impaired youth are developing through the efforts of organizations including American Association of Adapted Sports Programs (AAASP), www.aaasp.org. This group and others are laying the foundation for a network of school-based adapted athletic programs across the U.S. **Adaptive recreation classes and sports** such as basketball, baseball, softball, bowling, and tennis are offered in many cities. Contact your local parks and recreation department about adaptive recreation options.

Specialized programs and summer camps specific to children with disabilities such as diabetes, cancer, burns, autism, developmental disabilities and spinal cord injuries. The searchable MetroKids Camp Guide includes a special needs category.

Trying a variety of activities gives children a chance to learn what they like, adds to their skills and increases the likelihood of finding activities for lifetime participation.

Asperger Syndrome

Suggestions from Deidre Wright, president, ASCEND Group, Inc. The Asperger Syndrome Alliance for Greater Philadelphia.

Drama classes: Kids learn to read social cues, work collaboratively, have meaningful conversations and make friends. Creativity is encouraged.

Etiquette classes: Kids not only learn the rules of social behavior, they gain an understanding of their importance. It's not just mom telling them how to behave, it's an expert.

Hippotherapy: Kids on the autism spectrum sometimes have sensory and sensory integration issues. Moving with a horse can help them understand where their bodies are in space, aiding coordination.

Library clubs: The library can be a safe haven for a kid who's quirky. Librarians are often understanding. Some libraries have video game clubs or other specialized clubs that can appeal to special interests.

Robotics and Lego clubs: Many kids on the autism spectrum like to build and put things together. Clubs require teamwork to solve problems.

Scouting: Many kids with Asperger syndrome like the badges and awards, the structure of a hierarchy, of going from level to level. Expectations are clear. Participation in group projects and camping builds social skills.

FAMILY SUPPORT ORGANIZATION OF HUNTERDON,
SOMERSET, AND WARREN COUNTIES PRESENTS:

YOUTH PARTNERSHIP



Family Support Organization
HUNTERDON • SOMERSET • WARREN

For questions about the program and to
receive an application please contact:
908-223-1191 ext. 16 or email:
pgriffin@fso-hsw.org or rkurre@fso-hsw.org

It is always best to call and confirm dates as
they are subject to change.

OUR MISSION

To provide social, recreational, empowerment,
leadership, and community service opportunities in a
diverse and supportive environment for youth.

YOUTH WILL

- Discover the creative spirit within themselves.
- Gain self-confidence and learn personal responsibility.
- Develop social, organizational, communication and
problem-solving skills.
- Gain a greater understanding from those with similar
and diverse backgrounds.
- Recognize and develop their strengths.
- Be prepared to succeed in this complicated world we
live in.

MEMBERSHIP

Interested in becoming a member of our Youth
Partnership Program? Our program
serves youth ages 13-21 with emotional, behavioral or
mental health challenges. In order for any youth to
attend, a parent or guardian must fill our required
paperwork.

TRANSPORTATION

Limited transportation is offered on a first come, first
serve basis. Please contact us for details.



MEETINGS

1st Friday of Every Month: Somerset County 6PM-8PM

Pioneer Family Success Center
50 Division Street, Suite 303
Somerville, NJ

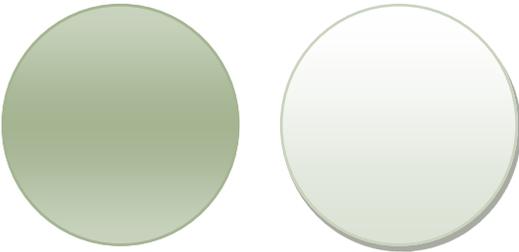
3rd Friday of Every Month: Hunterdon County 6PM-8PM

Hunterdon Medical Center
Main Entrance-Conference Room A & B
2100 Wescott Dr.
Flemington, NJ 08822

4th Friday of Every Month: Warren County

Family Support Organization
315 West Washington Avenue, Community Room
Washington, NJ, 07882

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

Sharon McNeil

Office Manager

Myra Bush

Family Support Coordinator

Deborah Brack

Family Support Partners

Sherri Latzko, Tricia Ojeda, Gloria Parker, Karen Pieretti, Jocelyn Ruano, and Selena Stiles

Community Outreach Specialist

Penelope Griffin, Sonia Ron, and Aimee Ruiz

Youth Coach

Roy Kurre