

A Collaborative Approach to Supporting Youth & Families in Schools and the Community



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School & Community Based Programs

Rutgers Health – University Behavioral Health Care

UBHC – School & Community Programs

- Largest provider of behavioral health services in NJ
- Staff with expertise in a wide range of areas
- Our models are customized and created to meet District/School needs
- Our program is comprehensive and brings all services to the school and family
- Opportunity to provide a continuum of care

Philosophy

- **Emotional wellness = Academic success**



Our School & Community Based Programs

- Based on the premise that academic success is linked to social, emotional and physical wellbeing.
- To provide services to those who would not otherwise have access
- Services are provided in schools, in-home or in the community to help reduce stigma to accessing services



Program Goals

- To create healthy environments for learning by partnering with schools to develop prevention and intervention strategies that promote academic and life success for all students .
- To identify and intervene during the early stages of problematic behavior and assist parents and school personnel in developing comprehensive strategies for addressing these behaviors.



Our Services

- Individual, Family and Group Counseling
- Psycho-educational groups for children, parents and school staff
- After-school programs and workshops
- Crisis Intervention (Direct Admissions)
- Psychiatric Consultation
- Staff development workshops and consultation
- Drug/Alcohol – Prevention/Education and Referrals
- Case management and integration with community programs
- Staff Professional Development

Areas of Focus

- Stabilization
- Managing a Crisis/Creating a Crisis Plan
- Individual, Family and Group Therapy
- Psychiatric Services
- Collaboration and support
- Connection with the community
- Professional Development Training
- Trauma-Informed Care
- Staff Support
 - Wellness
 - Professional Quality of Life Scale



Some Program Sites

- Perth Amboy public schools
- Carteret public schools
- Edison public schools
- Gateway School in Carteret
- Harbor School in Eatontown
- Nuview Academy and Nuview Annex
- BRICK Academy Schools in Newark
- Newark public schools
- Robbinsville public schools
- South Brunswick public schools



Rutgers UBHC School Based Locations

- 66 Schools
- 18 districts
- [Google Map - Rutgers UBHC School Based Locations](#)

Comprehensive

Collaborative

Community-Based &

Creative Approach to Care



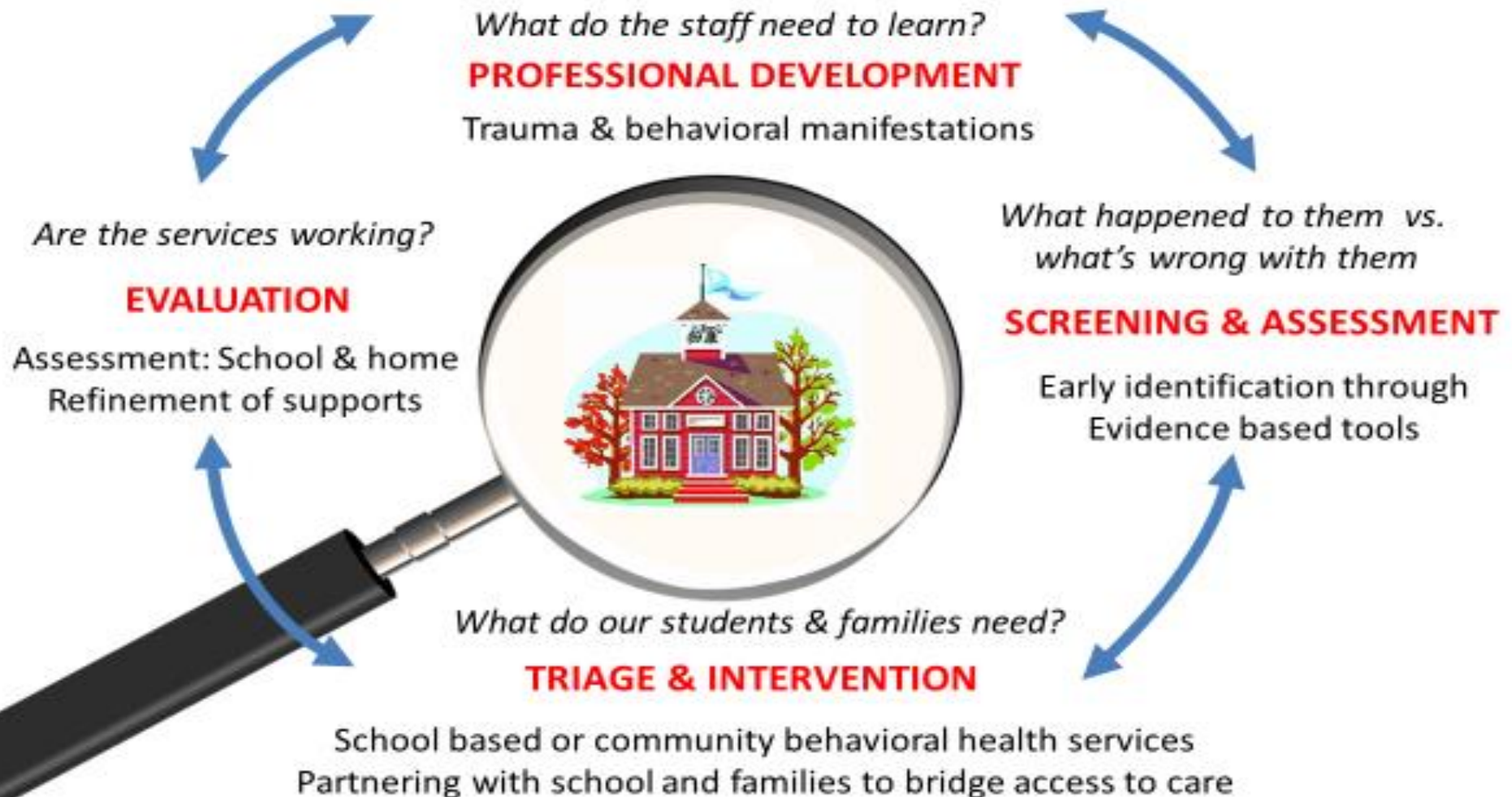
Collaboration with other Supportive Programs

- Traumatic Loss Coalition
- Acute Psychiatric Services (APS)
- Children's Mobile Response
- Inpatient/Partial/Outpatient Programs
- Children's Center for Resilience and Trauma Recovery
- CSOC-Training and Consultation & Perform Care
- Rutgers School of Social Work/GSAPP
- Community Resources
- Clergy
- Physicians



A Collaborative Approach to Trauma-Informed Care in Newark

Integrating a Trauma Lens in a School Community to Support the Wellbeing of Scholars and Families



Measuring Outcomes

- Pre- and Post-measures
 - Students
 - Behavior Assessment Scale for Children 3 (BASC-3)
 - Trauma Symptom Index (TSI)
 - Child Behavior Checklist (CBCL)
 - Tracking of Personal Restraints
 - Staff
 - Professional Quality of Life Scale
 - Parents
 - Behavior Assessment Scale for Children (BASC-3)
 - Parenting Stress Index (PSI)

School-related Outcomes

- Decrease disciplinary referrals
- Improvement in academic performance
- Improvement in school attendance



Keys to Success

- Designed to meet local needs
- Community and school collaboration
- Before, during and after school; summer
- Diversity of programming
- Flexibility in the delivery of services
- Access to continuum of services
- Outcome driven



**Unity is strength... when there is
teamwork and collaboration,
wonderful things can be
achieved.**

Mattie Stepanek

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Questions ???

