

**Catholic Charities
Diocese of
Metuchen**



MRSS Newsletter: Hunterdon, Somerset and Warren Counties

Volume 1, Issue 1

September 2020

INSIDE THIS ISSUE:

What is MRSS	1
CRAFT	1
MRSS Success Story	2
CIS Q&A	2
Columbia	3
NHA tips	3
Community Corner	4

We Are Here To Help

Often times you may hear, "Call Mobile Response when you are experiencing challenges with youth behaviors". Questions begin to formulate, you may begin to wonder what can Mobile do? Who are these people that come into my home? What is PerformCare? Is there a hidden cost? Why should I call them? With so many changes and challenges we face daily, we may not always have the time to ask questions or listen to the responses. We are here to help and answer some of those questions now. Here is some background information on our services.

DCF's Children's System of Care (CSOC), serves children and adolescents with emotional and behavioral health care challenges and their families; children with developmental and intellectual disabilities and their families; and, children with substance use challenges and their families. CSOC is

committed to providing services based on the needs of the child and family in a family-centered, community-based environment.

PerformCare partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. PerformCare may authorize Mobile Response Stabilization Services (MRSS) to come your home within one hour of notification or at a time that works for you, within 24 hours of call, to provide face-to-face crisis services. The goal is to stabilize behavior and link youth to sustainable resources and/or therapeutic interventions.

Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services. At this time due to COVID-19,

MRSS can also offer video remote dispatches as needed. Our Crisis Intervention Specialists are trained to work with all youth and families. We have bilingual CIS, speaking Spanish and Hindi if needed. Contact us by calling 1-877-652-7624. Click picture below to access PerformCare's website.

*By: Danielle Cromartie-Williams, LPC
Program Director*



Youth Substance Use: CRAFT Tool

The CRAFT assessment tool is designed to identify substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21. MRSS CIS administer the assessment tool on each dispatch throughout the Tri-County area to gauge youth substance use. MRSS can link youth to an in-home Li-

censed Clinical Alcohol and Drug Counselor (LCADC) as needed if assessment shows cause for concern. General MRSS statistics, not youth specific, will be shared quarterly to local CIACCs to continue to advocate for positive changes within the community and to work towards continued prevention strategies.

2019-2020 Data: MRSS % of youth reporting substance use:

Somerset County- 9%

Hunterdon County- 17%

Warren County- 11%

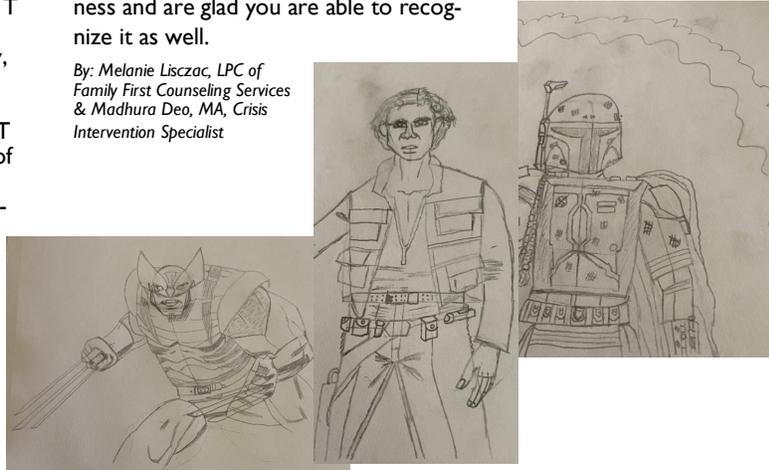
By: Gregor Thomas, LCSW, Clinical Supervisor

MRSS Success Story

CIS Madhura Deo has been working with youth T for several weeks. Youth T was interested in enhancing coping mechanisms to assist with school stressors, which previously led to MRSS dispatch. During dispatch CIS noticed T has many talents and interests in the area of art which include photography, architecture, and drawing. Recently, due to the pandemic limiting many other activities that T could explore, T has been practicing sketching as part of his self-care and as a healthy coping skill. T has described this skill as relaxing and shared that it allows him to focus on being mindful of his strengths. T tries his best to not overthink when sketching, and instead freely creates images based on personal interests. He has explained that challenging himself in this area is empowering and helps him to put into perspective unproductive wor-

ries and fears. This activity has also assisted T in increasing his self-confidence to pursue an architect degree one day in order to further master this talent. T we recognize your greatness and are glad you are able to recognize it as well.

By: Melanie Lisczac, LPC of Family First Counseling Services & Madhura Deo, MA, Crisis Intervention Specialist



Crisis Intervention Specialist Spotlight

Madhura Deo has been a Crisis Intervention Specialist with MRSS for 3 years. Madhura is a Certified Nurture Heart Trainer and a Disaster Crisis Counselor. Madhura is based out of the Flemington CCDOM office. Outside of MRSS, Madhura is the Chair of the Hunterdon County Mental Health Board. Madhura has a passion for supporting parents and building upon communication skills.

CIS Q & A:

What was your field of study?

Clinical Psychology and Child Welfare

Do you speak any languages other than English?

Hindi, Marathi and some German

How long have you been in the mental health field?

20 years

What interested you about MRSS?

The connection I can build with culturally diverse families and ways I can offer any assistance to them.

What are some ways you engage with a youth on a dispatch who has refused school?

I utilize encouragement which helps establish trust and rapport with youth and parents.

What has been the highlight of your time at MRSS?

There was a time when a youth I was assisting participated in a youth conference to voice her experience and accomplishments. It was rewarding to see her growth.

Is there anything you would want youth and families to know about you?

I am a fun person to work with and will walk the journey with you!

By: Danielle Cromartie-Williams, LPC, Program Director



Columbia-Suicide Severity Rating Scale (C-SSRS)

What is the C-SSRS?

The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. The Columbia Protocol, based on more than 20 years of scientific study, has filled an urgent need for suicide research and prevention, which indicates a better way to uniformly identify people who are at risk. The C-SSRS is also available in 114 languages.

How does MRSS use the C-SSRS?

The Crisis Intervention Specialists (CIS) of MRSS utilize the C-SSRS during the

initial dispatch and throughout the stabilization period. The CIS will ask the youth questions to gather information and make an assessment of youth's safety during the dispatch. The assessment questions will be evaluated and a risk "range" of low, moderate, or high risk will be assigned. At that time, the CIS will determine the best course of action to ensure the safety of the youth, meaning possible referral to your local hospital's emergency department, or the county Psychiatric Emergency Screening Services facility to be further screened. The CIS will also work collaboratively with the youth and family to develop a Safety-Plan for the family to implement in the home to further ensure safety for youth and all members of the family. At Catholic Charities, all staff are required to complete a yearly training on the C-SSRS to

ensure all staff are well versed and comfortable with completing this assessment.

MRSS currently tracks C-SSRS data by county on a quarterly basis to follow trends by school district, age, ethnicity and gender. This helps MRSS discover more specific, local information on our youth's struggles with ideation with the hopes to be able to better intervene, educate, and help our youth remain safe in their homes and the community.

For more information on the C-SSRS, please follow the link below:

<https://cssrs.columbia.edu/the-columbia-scale-c-srs/cssrs-for-families-friends-and-neighbors/>

By: Melissa Appleby, LPC, Clinical Supervisor



Nurtured Heart Approach: RESET

The Nurtured Heart Approach defines a reset as "unplugging" from negative energy. Everyone has been affected by the negative energy surrounding the global pandemic in some way, and we could all use a reset!

Creative Ways to 'Reset' Amidst a Pandemic:

1. Reconnect with nature! Hiking and camping are great ways to help you and your family to 'unplug' from the stressors today's society.

2. Stay connected to positive energy and supports. Humans are social creatures – Utilize social media, video chats, and telephones to stay engaged with positive supports.

3. Start a new hobby! Podcasts, reading, yoga, baking, gardening, learn a new language, and arts / crafts are all top searched phrases during the pandemic.

Read more about NHA when you click picture.

By: Gregor Thomas, LCSW, Clinical Supervisor

RESET before you
ERUPT



Children's Mobile Response and Stabilization Services (Hunterdon, Somerset and Warren Counties)

Catholic Charities Diocese of Metuchen
540 Route 22 East,
Bridgewater, NJ 08807
Phone: 908-333-2275
Fax: 908-704-0215
E-mail: dcromartiewilliams@ccdom.org

CATHOLIC CHARITIES DIOCESE OF METUCHEN



Please feel free reach out with any questions.

We're on the web:
<https://www.ccdom.org/>

Community Corner:

Firth Youth Center of Phillipsburg, NJ

The Firth Youth Center is an organization devoted to serving the youth of Phillipsburg, NJ since 1954 through a wide variety of dynamic programming and educational and athletic opportunities. The Firth Youth Center is committed to the Town of Phillipsburg and the betterment of our children and community. Often times youth need community outlets and supports. Linkage to supportive networks and activities can encourage positive forms of self-expression. Any youth in the Phillipsburg area, involved with MRSS can receive a free FYC membership if interested. FYC is now offering free lunch to all kids Mon– Fri. *Click pictures below to access website.*

FALL 2020
September 21 - November 12
Learn more & join in the fun at:
www.FirthYouthCenter.com

MONDAYS	3-4pm	Snack & Chat with Miss Gabby (Virtual)
	3-4pm	LEAD Youth Coalition Club
	4-5pm	Future Builders Lego Club
	3-4pm	Snack & Chat with Miss Gabby (Virtual)
	4-4:30pm	Beginner's Ballet Class
TUESDAYS	4:45-6:30pm	Ballet II Class
	5:45-6:30pm	Jazz/Hip Hop Class
	6-7:30pm	All-Girls Bball Skills & Drills Clinic
	5-7pm	Tutoring w/ Lafayette College Volunteers
WEDNESDAYS	3-4pm	Snack & Chat with Miss Gabby (Virtual)
	4-5pm	Girls Fun Run Group
	5:30-7pm	All-Boys Bball Skills & Drills Clinic
THURSDAYS	3-4pm	Snack & Chat with Miss Gabby (Virtual)
	4:30-7pm	Jui Jitsu with Officer Lance
	4-6pm	Tutoring w/ Lafayette College Volunteers
FRIDAYS	3-5pm	Middle School Skills & Drills Clinic

All sessions require online enrollment, 2020-2021 membership, and parent/guardian permission, which can be found at: www.firthyouthcenter.com/upcoming-programs.html
Social distancing guidelines and FYC Policies must be followed.
Only 1 responsible adult may enter the building with the Member.
Transportation not provided. Outdoor activities are weather permitting.



The Firth Youth Center & Georgia Hiden Foundation are pleased to announce...

Fall Dance Classes

Tuesdays, Sept. 22nd - Nov. 10th

Beginners Ballet (ages 4-6)	4:00-4:30pm
Ballet II (ages 7-11)	4:45 - 5:30pm
Jazz/Hip Hop (ages 7-11)	5:45 - 6:30pm

All classes will end with a Winter Recital!

All classes require online enrollment, 2020-2021 membership, and parent/guardian permission, which can be found at: FirthYouthCenter.com
Social distancing guidelines & FYC Policies must be followed.
1 responsible adult may enter the building with the member.
Ballet II & Jazz/Hip Hop are \$25 for 8 sessions.

Made with PosterMyWall.com

FALL 2020 AT THE FYC
September 21 - November 12
Learn more & join in the fun at:
www.FirthYouthCenter.com

FUTURE BUILDERS LEGO GROUP

EVERY MONDAY STARTING SEPT. 21st
4:00 - 5:00PM

Do you love building with legos? Put your imagination to the test and let your creativity soar at our first lego building group! Meet new friends and create lego masterpieces! Legos and designs will be provided to participants. Come join the fun with friends and FYC staff!

All sessions require online enrollment, 2020-2021 membership, and parent/guardian permissions at: www.firthyouthcenter.com/upcoming-programs.html
Social distancing guidelines and FYC Policies must be followed.
Only 1 responsible adult may enter the building with the member.
For Grades 3rd-8th. Take-home snacks will be provided.

STOP BY THE FYC FOR LUNCH!
MONDAY - FRIDAY 11AM-2PM **NEW EXTENDED HOURS!**

FREE FOR ALL KIDS!

PLEASE RING OUR DOORBELL TO LET US KNOW YOU'RE HERE THEN PATIENTLY WAIT ON THE SIDEWALK. PLEASE KNOW THAT WE DON'T REQUIRE YOU TO BRING THE KIDS TO RECEIVE THE LUNCHES. WE BELIEVE AND TRUST YOU! THE LESS GUESS TRAVELING ABOUT, THE BETTER.

QUESTIONS? 908.454.7281 OR KELLY@FIRTHYOUTHCENTER.COM