

Bergen's  
**PROMISE**

Healthy Families, Safe at Home

*www.bergenspromise.org*

# Outreach Presentations



**CONTACT US**

VIA OUR WEBSITE: [WWW.BERGENSPROMISE.ORG](http://WWW.BERGENSPROMISE.ORG)

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# Service/Resource Overview



## Understanding the System - CSOC/Wraparound/BergenResourceNet

**Topic** - Reviewing the in home/in community services available at no cost to families through the NJ Children's System of Care (CSOC), Bergen's Promise (BP), and orientation to Bergen County's mobile friendly, translatable resource directory - BergenResourceNet.org (BRN)

**Duration** - 1 hr

**Ideal audience** - Parents/Caregivers, Schools, Mental Health Professional, Medical Professional, Community Organization, Recreation Program, Religious Leaders,

**Format** - In-person, Webinar

## CSOC/Wraparound/BergenResourceNet and Social Work Career Path

**Topic** - Overview of the strength based, trauma informed Wraparound Approach to Care and the services/supports of the county partners of the NJ Children's System of Care (CSOC) partners, with more depth about Bergen's Promise and it's integrated medical care coordination/Pediatric Behavioral Health Home. Presenters also review the county specific ResourceNets and discuss their career paths.

**Duration** - 1 hr

**Ideal audience** - University Students of Psychology, Child Advocacy, Counseling, Social Work, etc. Senior Seminar, University Career Fairs

**Format** - In-person, Webinar

# Parenting Skills

## Nurtured Heart Approach Parent Workshop

**Topic** - Participants will use the NHA 3 stand to assist intense children learn about their greatness. (Community Awareness-Education)

**Duration** - 1.5 hr, 3 hr, or 6 hr

**Ideal audience** - Early Childhood Parents/Caregivers in community, Bergen's Promise enrolled parents/caregivers

**Format** - In-person, Webinar

*\*Spanish Available*



## Nurtured Heart Approach Professionals Workshop

**Topic** - With the use of NHA as a relationship approach, Participants will learn how to utilize the three stance as means to provide support to those who are seeking recovery. (Professional Development)

**Duration** - 1.5 hr, 3 hr, or 6 hr

**Ideal audience** - Child Care Centers, Schools, Community Organizations, Medical/Substance Use/Mental Health Professionals

**Format** - In-person, Webinar

*\*Spanish Available*

# Population Health



## Emergency Preparedness for Individuals with Intellectual and Developmental Disabilities

**Topic** - Emergency Preparedness for Families of Youth with Special Needs (Community Awareness-Education)

**Duration** - 45-60 min

**Ideal audience** - Families of I/DD youth

**Format** - Webinar, in person

## How to make sense of all these labels (prescription, food, etc)

**Topic** - This presentation will introduce the concept of health literacy. Presenters will provide health education on how to interpret and apply health information as well as how to work with your healthcare team to improve clarity and communication. The presentation will also touch on the epidemic of "health misinformation" and provide guidance on finding reliable information sources. (Community Awareness-Education)

**Duration** - 45-60 min

**Ideal audience** - Young adults/HS/college-age; parents/caregivers

**Format** - Webinar, in person

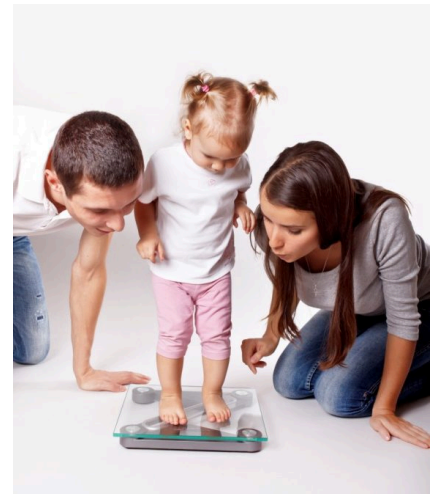
## Wellness Without the Scale

**Topic** - Wellness is more than just your weight. This presentation will discuss what holistic wellness is utilizing the SAMSHA 8 dimension of wellness. In this presentation participants will be able identify the 8 dimensions and identify 1 strategy of promoting wellness from each domain. At the end of the presentation participants will be able to create one S.M.A.R.T goal to implement at home. (Community Awareness-Education)

**Duration** - 1 hr

**Ideal audience** - Teens, Adults, Parents

**Format** - Webinar, in person



# Population Health



## Master Goalies

**Topic** - Why should you have a goal? This workshop will explain why it's important to set Specific, Measurable, Attainable, Realistic, Timely goals. Participants will be able to identify what is a S.M.A.R.T goal. Through interactive games and activities participants will be able to create their own SMART goal. (Community Awareness-Education)

**Duration** - 45 min

**Ideal audience** - Middle School

**Format** - Interactive, in person



## Program Planning: Bergen's Promise & Behavioral Health Home

**Topic** - Designed for public health students, Behavioral Health Home staff members will discuss the process of launching a novel public health program. Presentation will introduce the program, overview models informing practice, discuss pediatric health education strategies, and summarize program evaluation processes. (Professional Development)

**Duration** - 1 hr

**Ideal audience** - College Students

**Format** - Webinar, in person

## Trauma Informed Care

**Topic** - Participants will learn about how ACES can be utilized as a screening tool for the purpose of prevention and interventions. How social determinant of health can be addressed to reduce the risk of childhood adverse experiences with the integration of the wraparound model of care (Community Awareness-Education / Professional Development)

**Duration** - 60 min

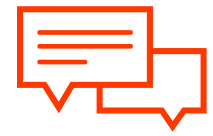
**Ideal audience** - School staff; General public; Early Childhood staff; Pediatric Practices; Developmental Pediatric Practices; FQHC/pediatric

**Format** - Webinar, in person

*\*Spanish Available*



# Mental Health



## S.O.S. - Strengths Oust Stress...Promoting Wellbeing at Home

**Topic** - An interactive workshop that explores ways to put our strengths to work against stress.

**Duration** - 1-1.5 hr

**Ideal audience** - Parents/Caregivers, Schools, Faith based orgs, Community Organization, Recreation Program

**Format** - In-person, Webinar

## Suicide Prevention: Talk Saves Lives

**Topic** - Explores what we currently know about suicide, a leading cause of death, and shares the most up-to-date research on prevention. It will provide actionable steps that everyone can take to help prevent suicide.

Participants will learn about the common risk factors, how to recognize warning signs in others, and ways to protect themselves, their loved ones, and their community. Suicide Can Be Prevented!

**Duration** - 1 hr

**Ideal audience** - school staff, staff at community based organizations, caregivers, teens

**Format** - In-person, virtual

## Mental Health is Health

**Topic** - Audience will learn about early signs and symptoms of different mental health challenges, coping skills and how to get services when needed.

**Duration** - 1 hr

**Ideal audience** - Parents/Caregivers

**Format** - In-person, Webinar

# Social Wellbeing

## Internet Stranger Danger

**Topic** - How students can identify acts of cyber bullying and who are virtual strangers.

Participants will also learn to identify private information and what is appropriate to share on the internet. At the end of the workshop participants will be able to identify supports and when to ask for help. (Community Awareness-Education)

**Duration** - 45 min

**Ideal audience** - PreK-K Daycare setting

**Format** - Interactive, in person



## Talk Straight about Social Media

**Topic** - Discuss signs of Cyberbullying and how to confront/report it. Students will identify oversharing behaviors and ways to improve privacy setting online. Students also identify and describe the risks of popular social media challenges. (Community Awareness-Education)

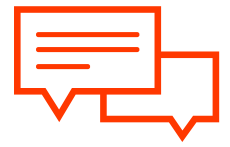
**Duration** - 30-60 minutes

**Ideal audience** - Middle & High School, School Staff, Parents/Caregivers, Grandparents

**Format** - Webinar, in person



# Physical Health



## My Sparkly Teeth, so Squeaky So Clean

**Topic** - Designed for elementary age students this series will discuss the fundamentals of oral hygiene as well as basic anatomy of the teeth. Through interactive games and activities the students will gain awareness of the basic of taking of their teeth. At the end of the workshop students will be able to demonstrate the ability to brush their teeth for 2 minutes (Community Awareness-Education)

**Duration** - 20 minutes

**Ideal audience** - Pre-K-Kindergarten Daycare setting

**Format** - Interactive, in person

## Protecting Tiny Teeth

**Topic** - Designed for parents this workshop will explain why children should visit their dentist on a regular basis. Participants will be able to describe the benefits that fluoride has on teeth. Towards the end of the workshop parents will be able to apply at least two healthy behaviors to their child's oral health routine(Community Awareness-Education)

**Duration** - 50 minutes

**Ideal audience** - Parents of 3-7 year olds

**Format** - Webinar, in person



## Handwashing

**Topic** - Participants will gain a basic understanding of hand washing and define what are germs. Through interactive games and activities the participants will learn how to properly wash their hands. By the end of the workshop participants will able to demonstrate the steps of hand washing, when to wash hands and how germs can affect the body. (Community Awareness-Education)

**Duration** - 40 minutes

**Ideal audience** - PreK-4th Grade Daycare. School

**Format** - Interactive, in person



## Get Active

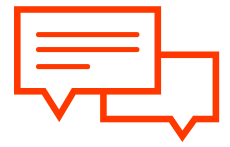
**Topic** - This workshop is to promote physical activity and discuss the importance of being active through interactive games and activities. Participants will able to list two benefits of physical activity. Participants will also be able to identify ways to be more physically active as well as demonstrate moderate intensity exercise routines. (Community Awareness-Education)

**Duration** - 45 minutes

**Ideal audience** - K-2nd grade, Afterschool

**Format** - Interactive, in person

# Physical Health



## Summer Safety

**Topic** - This workshop will discuss the basic fundamentals of sun exposure, pool safety, and traffic safety. Through interactive games activities participants will be able to demonstrate safe pedestrian behavior, as well as demonstrate safe pool activities. At the end of workshop participants will be able to state two safety tips about playing outside in the summer season. (Community Awareness-Education)

**Duration** - 45 min

**Ideal audience** - Pre-K-Kindergarten Daycare setting

**Format** - Interactive, in person



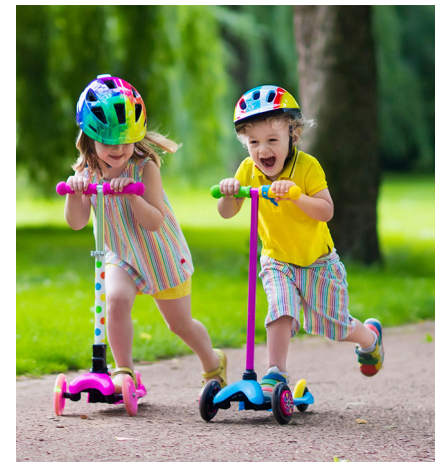
## Bicycle Safety

**Topic** - In this workshop students will learn the importance of wearing a bicycle helmet and safety strategies to reduce the risk of injuries. Students will learn the five rules of bicycle safety and correctly identify traffic signs. Students will identify unsafe cycling situations and choose appropriate ways to reduce or eliminate risks that contributes to the safety of self or others. By the end of the lesson, students will be able to identify three important elements of wearing a bicycle helmet as measure (Community Awareness-Education)

**Duration** - 20 minutes

**Ideal audience** - Middle School

**Format** - Interactive, in person



## Yummy Eats

**Topic** - Participants will learn how to recognize if a food item is an appropriate and healthy snack, as well as identify the correct food groups of various food items. Also will be able recognize the importance of eating a variety of food groups throughout each day. By the end of the series, participants will be able to recognize healthy snacks versus less ideal snack foods through interactive games and activities.(Community Awareness-Education)

**Duration** - 40 minutes

**Ideal audience** - Pre-K-Kindergarten Daycare setting

**Format** - In-person, Webinar



# Substance Use



## The Importance of Effective, Integrative Relapse Prevention Planning

**Topic** - Participants will learn about the importance of an effective relapse prevention plan that intergrates an holistic approach with a special focus on how to effectively write up smar goals and identification of formal and informal supports. (Professional Development or Community Awareness-Education)

**Duration** - 1 hr

**Ideal audience** - Substance Treatment Providers, Certified Peer Recovery Specialists OR persons in recovery

**Format** - Webinar, in person \* Spanish available

## Effective Engagement Strategies for Prevention and Early Intervention

**Topic** - The workshop highlights the benefits of appropriate utilization of engagement techniques, including techniques from motivational interviewing and the nurtured heart approach, in order to effectively detect and address substance use issues in youth. The workshop will also introduce the Wraparound Model of Care, which is a holistic approach that includes a focus on family and community engagement to “wrap” around a youth can be utilized with youth at risk of substance use disorders. Attendees will walk away with a toolbox of engagement strategies to promote substance use prevention and early intervention with youth.

**Duration** - 1 hr - 1.5 hrs

**Ideal audience** -Student Assistance Counselors, School Resource Officers, Juvenile Officers,

**Format** - Webinar, in person



## Substance Awareness Training Modules

- 1) Definition & Theories of Addictions
- 2) Drug classification
- 3) Opioid
- 4) Depressant
- 5) Stimulant
- 6) Hallucinogens & Marijuana
- 7) Screening Assessment
- 8) Treatment and Family Implications

**Topic** - Participants will gain an understanding of the impact of illicit drugs in particular to the most commonly abused ones, with a focus on fentanyl and opioid, cannabis, LDS. In addition, discussion on how to screen for possible substance misuse and treatment and family implication will be discussed. (Professional Development)

**Duration** - 1.5 hr

**Ideal audience** - School SACs, Health/PE teachers

**Format** - Webinar, in person



# Substance Use



## Knowledge is Power: Current Drug Trends and Prevention Strategies

**Topic** - Participants will learn about current drug trends among adolescent user, risk factor that may lead to substance use or abuse. Discussion on how to implement preventions. (Professional Development)

**Duration** - 2 hr

**Ideal audience** - Professionals

**Format** - Webinar, in person

## Epidemic of Vaping

**Topic** - Increase awareness of the prevalence of vaping among adolescents. Participants will learn about the various vaping equipment and the current research findings. (Community Awareness-Education)

**Duration** - 1 hr

**Ideal audience** - Parents/Caregivers

**Format** - Webinar, in person



## Request a Presentation!

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