

Resources

YOUTH 24-HR CRISIS INTERVENTION



! If there is immediate Danger/Threat, Call 911 

IF: Suicidal, Homicidal, Destroying Property, Psychotic (any age)  **CALL:** P.E.S.S. (Psychiatric Emergency Screening Services) 973-972-3637

IF: Family Conflict, Runaway Behavior, School Refusal, Human Trafficking (ages 0-17)  **CALL:** F.C.I.U. (Family Crisis Intervention Unit) 973-228-3000

IF: Child Abuse, Neglect, Ensuring Child Safety & Well-Being  **CALL:** D.C.P. & P. (Division of Child Protection & Permanency) 877-NJ-ABUSE

IF: Emotional or Behavioral Crisis, Immediate In-Home Outreach (ages 3-21)  **CALL:** M.R.S.S. / Perform Care (Mobile Response Stabilization Services) 877-652-7624

IF: Grief, Loss, or Trauma  **CALL:** Principal & Asst. Superintendent
Office of Student Life
Traumatic Loss Coalition

See Directory
See Directory
973-239-5382

888-222-2228

Text or call us Available 24/7



- BULLYING
- SUICIDE
- DRUGS
- SEX
- ABUSE
- MENTAL HEALTH
- DIVORCE
- WEIGHT
- AND MORE

We're here to help

2NDFLOOR is a confidential and anonymous helpline for New Jersey youth and young adults. We are here to help you find solutions to the problems that you face at home, at school, or anywhere else.



Download our app



*Funded by the Department of Children and Families

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Printed 2005 • Reprinted 2011
CMHS-SVP-0126

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidpreventionlifeline.org

Learn the
Warning
Signs.

Resources

PerformCare New Jersey

Helping families across New Jersey

PerformCare partners with the New Jersey Children's System of Care (CSOC) as the single point of entry for all children, adolescents and young adults (up to age 21) who are in need of behavioral health, developmental and intellectual disability, or certain substance use treatment services.

PerformCare is focused on prevention and early intervention by connecting a young person with the care they need in the most appropriate setting — the right care in the right place at the right time. Our goal is to help families and caregivers create a more stable and healing environment for children, address barriers to well-being, and maximize youth and family strengths.

How we help

Starting with just one phone call, PerformCare can help a parent or guardian connect their child to the behavioral health, substance use and developmental disability services they need to be well and thrive.

Available 24 hours a day, 7 days a week — 1-877-652-7624

PerformCare associates are available 24 hours a day, 7 days a week, 365 days a year, to provide individualized care to eligible children. You can also visit PerformCare's website at www.performcarenj.org. Depending on the child's unique needs, support may include:

✓ In-home counseling	✓ Family support services	✓ Behavioral supports
✓ Mobile crisis response	✓ Care management	✓ Out-of-home treatment
✓ Needs assessment	✓ Partial hospitalization	✓ Functional family therapy
✓ Respite services	✓ Assistive technology	✓ Habilitation services
✓ Summer camp tuition assistance	✓ Substance use treatment (under 18 only)	✓ Trauma informed care



Contact us toll-free:
1-877-652-7624

When to call

If you have never called PerformCare before, you may not be sure if you should reach out to us. We want to assist families as early as possible. Families should call if their child's behavior has changed from normal or if they are overwhelmed by challenges at home or in the community. Some common reasons to call PerformCare include:

- You are struggling to meet the needs of your developmentally delayed child or adolescent.
- Your child refuses to attend school or has repeated lateness or skipping, or if you have other concerns about his or her school performance.
- Your child shows physical and/or verbal aggression, bullies others, or is being bullied.
- You observe family conflict, including youth substance use or refusal to comply with rules.
- Your child seems to experience grief that is beyond "normal," such as from the loss of a family member or friend through divorce, death or relocation.

When to call

- A trusted friend, teacher or other adult in your child's life has expressed concerns.
- Your child experiences a traumatic event, such as a house fire or witnessing violence.
- You would like to know more about the types of services available

Resources

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because ..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room / closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

BOYS TOWN
National Hotline

www.yourlifeyourvoice.org

Resources

- SAMHSA's National Helpline –
1-800-662-HELP (4357)
Samhsa.gov
- Imagine Newark:
Grief and Loss
Imaginenj.org/Newark
908-264-3100
- Big Brothers, Big Sisters
www.bigsandkids.org
973-642-2447
- Jersey Cares
www.jerseycares.org
973- 533-1993
- Newark Youth Court
newarkYC@courttinnovation.org
973-733-6690
- Adolescent Housing Hub
<http://www.performcarenj.org/youth/resources/adolescent-housing-hub.aspx>
1-877-652-7624
- Care Plus
www.careplusnj.org
201-265-8200
- Covenant House
www.nj.covenanthouse.org
Covenant House New Jersey- Newark
973-621-8705 ext. 3620
- Newark One-Stop Career Center
https://careerconnections.nj.gov/careerconnections/plan/support/njccsites/essex_newark_oscc.shtml
973-648-3370
- NJ 2-1-1
<https://www.nj211.org>
Dial 2-1-1 or 1-877-746-5211
Text: (your zip code)
898-211
- United Way of Essex
60 Park Place
973-624-8300
- Planned Parenthood
Plannedparenthood.org
70 Adams St, Suite 13
Newark, NJ 07105
973-465-7707
- Hetrick-Martin Institute
New Jersey
550 Broad St. Suite 610
Newark, NJ
www.hmi.org/newjersey
973- 722-3988
- Unified Vailsburg Services Organization
40 Richlieu Terrace,
Newark, NJ 07106
973-374-2725 ext.1000
- Boys & Girls Club of Newark
1 Avon Ave, Newark, NJ 07108
973-242-8629
- La Casa De Don Pedro
www.lacasanwk.org
23 Broadway & Family Success Center I
973-483-2703

Resources

Restorative Solutions, Inc., Boulder, CO www.restorativesolutions.us

What Is Restorative Practices?

A **restorative school** is one which takes a **restorative** approach to resolving conflict and preventing harm. **Restorative** approaches enable those who have been harmed to convey the impact of the harm to those responsible, and for those responsible to acknowledge this impact and take steps to put it right.

Restorative Questions (to responsible party):

- What happened? • What were you thinking (or feeling) at the time? • What have your thoughts (or feelings) been since? • Who has been affected by what you did? • In what way have they been affected?
- What was your part in this? What can you take responsibility for? • What do you think you need to do to make things right?

Restorative Questions (to affected party):

- What happened? What did you think (or feel) when it happened? • What have your thoughts (or feelings) been since? • How has this affected you and others? • What has been the hardest thing for you? • What do you think needs to happen to make things right?

Restorative Questions (to mutual responsible parties):

- What happened? • What were you thinking (or feeling) at the time? • What have your thoughts (or feelings) been since? • Who has been affected by what happened? • In what way have others been affected? • How have you been affected? • What was your part in this? What can you take responsibility for? • What do you think you need to do to make things right?

Restorative Conversation Starters:

- I see that... • I am concerned that... • I am wondering if... • I notice that...

Principles of Restorative Practices:

1. RESPECT
2. RELATIONSHIP
3. RESPONSIBILITY
4. REPAIR
5. REINTEGRATION

RESTORATIVE QUESTIONS

When responding to wrongdoing or problem behavior, consider asking these questions rather than lecturing and moralizing:

What happened? What was your part?

What were you thinking of at the time?

Who was impacted by your actions?

How do you think they were affected?

What can you do to repair the harm?

REMEMBER, your tone of voice is as important as your questions. Try to keep a neutral tone, even if you don't feel it inside.

Resources

The 3 Stages of Restorative Discipline

<p>Prevention Goals:</p> <ul style="list-style-type: none"> • Class agrees on norms (respect, belonging, work) • Class has processes in place for dealing with conflict, harm, violations of norms • Class has skills needed to support norms and to use processes 	<p>Intervention Goals:</p> <ul style="list-style-type: none"> • Safety restored • Harm identified • Harm repaired • Accountability taken/Support offered • Learning strengthened 	<p>Follow-up Goals:</p> <ul style="list-style-type: none"> • Monitor accountability & support • Re-integrate • Evaluate prevention strategies
<p>Theory / Values:</p> <ul style="list-style-type: none"> • Democratic classroom (shared responsibility and shared opportunity for input) • Accountability (part of shared responsibility is mutual accountability to one another) • Choice theory 	<p>Theory / Values:</p> <ul style="list-style-type: none"> • Involvement of those who are impacted • Accountability by wrongdoer • Focus on relationships, not rules • Restorative processes and outcomes (not retributive) • Appropriate social control 	<p>Theory / Values:</p> <ul style="list-style-type: none"> • We need everyone; there are no throw-away children • Exclusion may be justified where necessary for safety, but re-integration is the ultimate goal • Prevention, intervention, and follow-up should be linked
<p>Skills / Processes:</p> <ul style="list-style-type: none"> • Conflict res/ social emot. learning (such as communication, identifying needs, empathy) • Norm based skills (skills that support respect, belonging, and work) • Class meetings/Council circles (for setting norms, building community) 	<p>Skills / Processes:</p> <ul style="list-style-type: none"> • Brief intervention / conversation • Class meetings/Council circles • Mediations • Mini-conferences • Peacemaking circles • Community group conferences • Restorative office referral forms 	<p>Skills / Processes:</p> <ul style="list-style-type: none"> • Communicate success and not-yet-success • Celebration • Planning

