



Rutgers University Behavioral Health Care
SUPPORTING MIDDLESEX COUNTY



RUTGERS HEALTH



NEW JERSEY DEPARTMENT
OF CHILDREN AND FAMILIES

NJ4S MIDDLESEX SERVICE GUIDE

New Jersey Statewide Student Support Services (NJ4S) is a statewide mental health and wellness program funded by the New Jersey Department of Children and Families, designed to enhance access for students to mental health prevention and screening services at no cost.

This resource was made for students, families, school staff, and community leaders to access a comprehensive guide to NJ4S Middlesex program offerings.

CORE COMPETENCIES INCLUDE:



**Suicide
Prevention**



**Bullying & Violence
Prevention**



**LGBTQIA+
Support**



**Perinatal and Sexual
Health**



**Mental Health &
Wellness**



**Substance Use
Prevention**



**Disordered
Eating**



**Chronic
Absenteeism**

INTERESTED IN GETTING CONNECTED WITH NJ4S MIDDLESEX?

Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu

732-235-6586

or find your local NJ4S hub on pages 16-17

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Rutgers University Behavioral Health Care
SUPPORTING MIDDLESEX COUNTY



WHAT IS NJ4S MIDDLESEX?

NJ4S (New Jersey Statewide Student Support Services) is a program launched in September 2023 by the New Jersey Department of Children and Families that operates as an innovative hub and spoke model of mental health and wellness services available statewide through 15 regional hubs. NJ4S was created to supplement existing school-based support services in response to data that indicates a foundational need for more efficient access to safe spaces for connection, prevention programs, mental health resources, and support for New Jersey students, caregivers, school administrators, and staff. Rutgers University Behavioral Health Care houses the Middlesex County Hub, serving community locations and participating schools throughout the region.

NJ4S is designed to provide a critical link between schools and broader statewide infrastructure supporting youth mental health and family well-being through the provision of three levels of service: Tier 1-community education, Tier 2-prevention programming, and Tier 3-brief counseling. Primary emphasis is to ensure early intervention and prevention services are provided while keeping the needs of community members at the forefront of service delivery.



Click or scan below for additional information and resources:



New Jersey Statewide Student Support Middlesex County Mental Health Services (NJ4S) Portal:



<https://nj4s.nj.gov/s/>

Services Directory:



<https://www.ehlabrunswick.org/Documents/Community/2023/MentalHealthServicesDirectory.pdf>

Mental Health Resource Packet:



<https://nj4s.nj.gov/s/mhrp>

NJ4S Frequently Asked Questions:



<https://nj4s.nj.gov/s/nj4s-faqs>

Unsure of your school's involvement?
contact us for assistance: NJ4SMiddlesex@ubhc.rutgers.edu



TIER 1

Delivery of NJ4S services will be provided in a variety of ways, including:



COMMUNITY EDUCATION

Activities such as workshops, webinars, assemblies, and training. This includes linkage to community resources.

- Students in grades Pre-K - 12, families and school staff
- Virtual or in-person



PREVENTION PROGRAMMING

Evidence-based prevention services, typically delivered in classroom settings.

- Students in grades 6-12, families and school staff
- Schools request services through the NJ4S portal
- Schools may be connected to existing programs implemented within the community



BRIEF COUNSELING

Brief counseling for students in grades 6 - 12 provided by licensed clinicians.

- Services provided in-person or via telehealth
- Clinicians are also available for consultation with school staff and family members
- Schools request services through the NJ4S portal

Tier 1

Universal, large-scale wellness services are tailored to identified needs in collaboration with school staff and community leaders. Services range from educational presentations in school settings to community setting drop-in events created to promote mental health education and resource accessibility.

Age restrictions and registration are at the discretion of the hosting location and no application is needed

Contact us to get started:

NJ4SMiddlesex@ubhc.rutgers.edu

732-235-6586

Tier 2

Services include interventions for identified individuals in a small group setting, typically in a series format. Evidence-based curricula can be selected by school staff or community leaders in collaboration with NJ4S to best fit the needs of the identified group of at-risk individuals.

Students identified for individual services must be in a Middlesex County Public Schools participating in grades 6-12, and an application is needed

Tier 3

Brief early intervention counseling services are offered by NJ4S clinicians for students in grades 6-12 in both school and community settings. Individual services typically last 7-12 weeks before termination. Additional long-term mental health service referrals are made as needed.

Students identified for individual services must be in a Middlesex County Public Schools participating in grades 6-12, and an application is needed

Tier 2 and 3 applications must be completed by designated NJ4S school representatives in participating Middlesex County schools. Unsure of your school's involvement?

Contact us for assistance: NJ4SMiddlesex@ubhc.rutgers.edu

No application needed!

Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu

732-235-6586

Tier 1 Programming

Large-scale wellness services are tailored to identified needs in collaboration with school staff and community leaders. Services range from educational presentations to community setting drop-in events created to promote mental health education and resource accessibility.

Where do Tier 1 Programs Take Place?

Schools

Auditorium assemblies
Classroom settings
Gymnasiums
Meeting spaces
Public Schools
Private Schools

Community Settings

Libraries
Community & Recreation Centers
Family Success Centers
Faith-based locations
Any other spaces identified

Core Topics:

Suicide Prevention
Anti-Bullying & Violence Prevention
Social Media Safety
School Climate & Classroom Management
School Attendance
Positive Relationships
Job & Career Readiness
Sexual Health & Teen Pregnancy Prevention
Social and Emotional Wellness
Support for LGBTQIA+ Students
Substance Use Prevention
Mentoring and Leadership Skills
Body Image
Disordered Eating
Stress Reduction & Anxiety Management
Adverse Childhood Experiences
Financial Management
Family Wellbeing

NJ4S is able to provide information & resources to any need identified within the community

Sample Youth Development Programs

Mindful Journaling
Vision Boards
Self-Regulation Technique Workshop
Study Skills for Success
Positive Affirmation Activities
Contact NJ4S for seasonal offerings

Tier 2 Programming

Evidence-based small group programming includes early identification and focused prevention interventions. Programs can be delivered in both school and community settings and are facilitated by curriculum-trained NJ4S staff for identified at-risk students. Groups generally range from 4-16 weekly sessions of 45 minutes or longer, depending on selected curricula, and are scheduled during or after school at user-friendly times. Tier 2 interventions include linkages to existing community programming and resources. **Contact NJ4S Middlesex to schedule a consultation meeting to learn more about our evidence-based program offerings, recommended age ranges, group sizes, and program lengths.**

Where do Tier 2 Services Take Place?

Tier 2 programs can take place in any confidential school or community space available, such as:

- School meeting spaces
- Library study rooms
- School counseling offices

Sample Tier 2 Evidence-Based Programs Topics:

Grief Groups

Intended for students navigating loss

Social Skills Groups

Providing education on healthy interpersonal skills

Life Skills Groups

Intended as an early intervention for students identified as at-risk for substance abuse

Emotion Regulation Skill Groups

Providing skills for students to better identify and manage emotions in a healthy manner

Body Image & Self- Image Groups

Examines cultural messages and personal beliefs that influence body image.

Additional tier 2 evidence-based programming can be located within the online portal

This tier is intended for students and their families in grades 6 to 12, including those in public and charter schools, as well as students in grades 6-8 attending a K-8 building.

School Representative Application Needed

Tier 3 Programming

Brief clinical interventions can include a one time assessment and/or brief individualized therapeutic sessions for youth in grades 6-12. Services are offered by NJ4S clinicians for students in both school and community settings and can take place in-person or virtually. Individual services typically last 7-12 weeks before termination, with a focus on early risk identification and prevention. Additional long-term mental health service referrals are made as needed.

Where do Tier 3 Services Take Place?

Tier 3 programs can take place in any confidential school or community space available such as:

- School meeting spaces
- Library study rooms
- School counseling offices

Clinical Focus Areas

- | | |
|---|---|
| • Educational & Developmental Transitions | • Emotional Regulation |
| • Significant Life Events | • Suicidal Ideation* |
| • Grief Support | • Interpersonal Conflict & Social Connections |
| • Self-Esteem Support | • Stress Management |
| • Body Image & Disordered Eating | • Adjusting to New Routines & Culture |
| • School Avoidance | • Anxiety/Depression |

** Please note that Tier 3 Services are not intended for clients with imminent plans of harm to self or others, or individuals with chronic suicidality. Please contact 988 or other emergency services if there is a significant concern for safety.*

NJ4S is also able to provide bilingual/support services in Spanish.

Tier 3 programming requires an application to be filled out by **an identified NJ4S school representative via the Connex portal**. If a parent is interested in having their child access these services, please reach out to NJ4SMiddlesex@ubhc.rutgers.edu for assistance!

This tier is intended for students and their families in grades 6 to 12, including those in public and charter schools, as well as students in grades 6-8 attending a K-8 building.

No application needed!

Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu
732-235-6586

Professional Development

The NJ4S Middlesex hub provides professional development opportunities for educators and support staff that are designed to enhance skills that promote youth mental health and well-being. Workshops focus on prevention and early intervention strategies.

Professional Developmental Goals

Empower Educators and Staff with Essential Knowledge and Skills

Equip educators and staff to:

- Identify mental health concerns among students
- Foster positive mental health and overall well-being
- Apply evidence-based prevention and intervention strategies
- Collaborate successfully with families and community resources

A Range of Available Opportunities

NJ4S Middlesex offers a variety of professional development opportunities, including:

Workshops and presentations (see topics below)

Webinars and online trainings

Consultation and support from NJ4S Hub staff

Who Can Access NJ4S Professional Development?

School staff (including teachers, counselors, nurses, and administrators)

Parents and caregivers

Community partners

Examples of Staff Professional Development Training Topics Include:

Connections Matter

Nurtured Heart Approach

Question, Persuade, Refer (QPR) Suicide Prevention Program

Youth Mental Health First Aid

Navigating Grief & Loss

NJ4S is able to provide information & resources to any need identified- contact us to schedule a consultation meeting

All services are FREE!

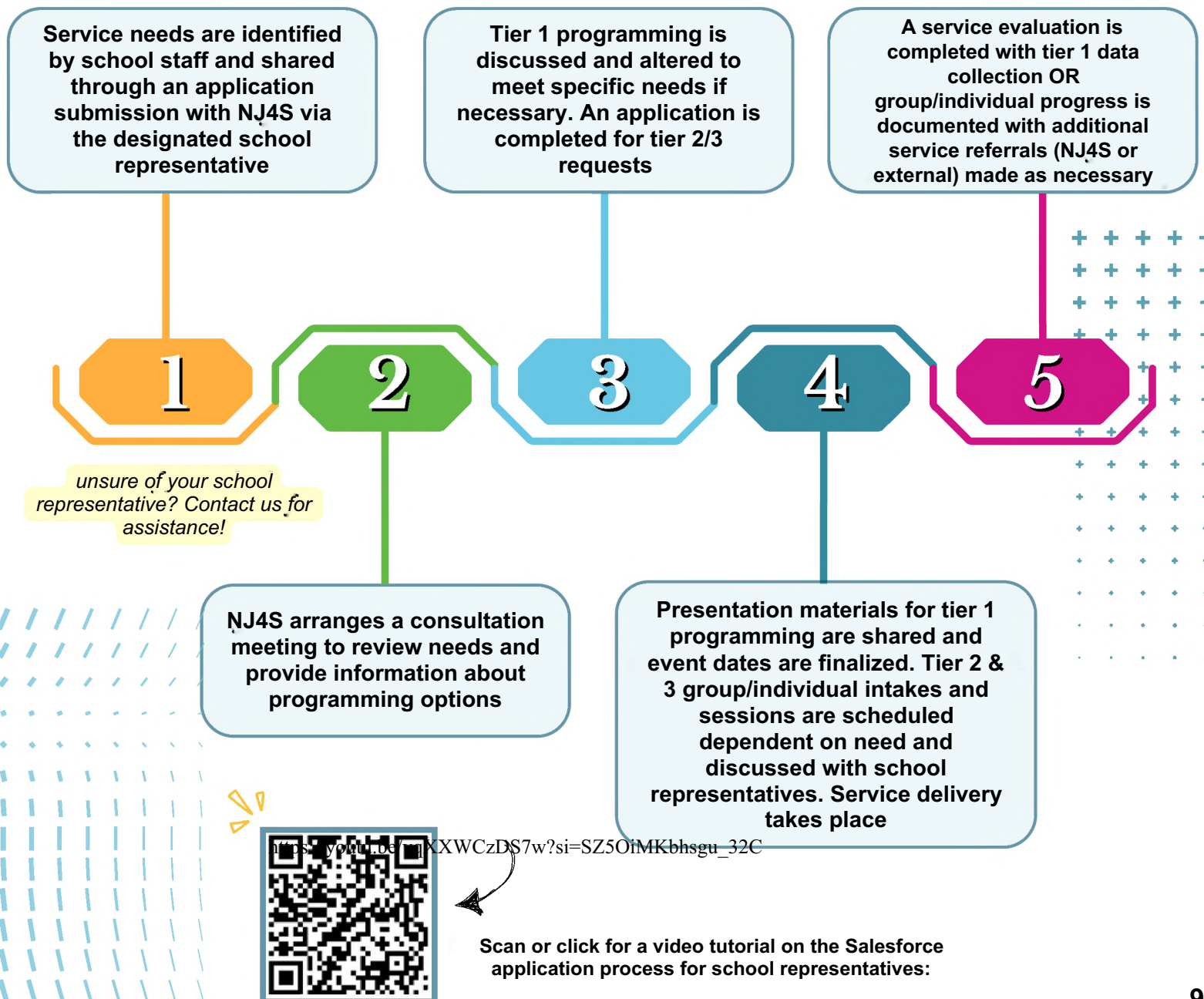
Information for School Staff

No application is needed for tier 1 services such as assemblies, classroom presentations, professional development, and tabling resource distributions.

Tier 2 and 3 services must be made by an identified school representative via the [NJ4S Portal](#). Eligible school staff can view our service menu and select the services that most align with identified needs.

****At this time, NJ4S Staff can make referrals on behalf of schools for select cases. Contact us to discuss.****

Approximate Service Request Steps:



Information for Students

Tier 1 Events

Students are encouraged to attend any NJ4S Middlesex event in the community, regardless if you are a resident of the hosting town! Unless otherwise advertised, events are open to all ages- be sure to view our calendar of events for additional information.

Service Access

Students ages 16+ are able to self-consent for tier 2 and 3 services, meaning no parental consent is needed and information is only shared at the request of the client unless a safety concern is identified.

If you are interested in accessing NJ4S services in your school, contact your designated school representative or contact us for assistance.

Click or scan below for additional mental health resources:



The NJ4S Youth Advisory Board (YAB) brings together thoughtful and motivated Middlesex County students to build stronger more accessible mental health support services for youth and families throughout Middlesex County! Youth leadership plays an important role in shaping our free programs to accurately reflect the needs of the populations we serve.

View the NJ4S Youth Advisory Board Flyer Here:



Have a Tier 1 Service Idea for Your Community? Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu
732-235-6586

NJ4S is a prevention and brief intervention program. In case of crisis or emergency, call 911 or go to the nearest emergency department.

Information for Parents

Tier 1 Youth Events

Parents are encouraged to join youth for tier 1 programming held in community settings unless otherwise advertised. While youth participate in engaging youth development activities, parents have the opportunity to discuss services and additional mental health and wellness resources with NJ4S staff!

Service Access

NJ4S has the ability to provide parenting workshops in both school and community settings on topics such as self-care for caregivers, promoting youth self-esteem, stress management, and mental health resource navigation. Interested in attending a parent support event in your school or community setting? Contact your designated school representative or reach out to NJ4S Middlesex for assistance:

Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu
732-235-6586

Click or scan below for additional mental health resources:



Students who are under the age of 16 and are eligible for tier 2 or 3 services require parent consent. Looking to connect your child with small group or individual services? Contact your designated school representative or reach out to NJ4S Middlesex for assistance!

Have a Tier 1 Service Idea for Your Community? Contact us to get started:
NJ4SMiddlesex@ubhc.rutgers.edu
732-235-6586

NJ4S is a prevention and brief intervention program. In case of crisis or emergency, call 911 or go to the nearest emergency department.

Information for Community Leaders

Tier 1 Events

Community leaders such as librarians, YMCA directors/staff, faith-based organization leaders, and club supervisors play a vital role in promoting resource accessibility for Middlesex County community members by hosting services in their spaces! Services take place in schools and other locations in our communities, including libraries, community centers, faith-based organizations, and Family Success Centers.

Service Access

NJ4S has the ability to provide all three service tiers in community settings. While tier 1 or community education programming is most common, tier 2 and 3 services may be provided if the community location has the ability to provide confidential space and it is deemed appropriate upon designated school representative approval. Recreational youth development programming, parenting workshops, and professional development programming for staff are examples of community spoke programming.



Contact us to get started: NJ4SMiddlesex@ubhc.rutgers.edu
732-235-6586



NJ4S Middlesex provides seasonal community education and youth development offerings that aim to provide appropriate services that reflect the needs of the community. Looking to reach out to us for a first event at your community location? Contact us for a consultation appointment! Tabling events are recommended for initial involvement to collect community input for service requests.

Sample Youth Development Programs

Mindful Journaling
Vision Boards
Self-Regulation Technique Workshop
Study Skills for Success
Positive Affirmation Activities
Contact NJ4S for seasonal offerings

NJ4S is a prevention and brief intervention program. In case of crisis or emergency, call 911 or go to the nearest emergency department.

the 8 dimensions of wellness: a closer look



Emotional Wellness

This involves being aware of your feelings, accepting them, and developing healthy coping mechanisms to manage stress and navigate life's challenges.



Occupational Wellness

This involves finding satisfaction and purpose in your work/academics, whether paid or unpaid, and maintaining a healthy work-life balance



Intellectual Wellness

This encompasses the ability to engage in creative and mentally stimulating activities, to learn continuously, and to be open to new ideas and experiences.



Environmental Wellness

This dimension focuses on understanding and appreciating the relationship between yourself, your community, and the environment, and taking actions to protect and improve it.



Financial Wellness

This involves managing your finances responsibly, developing good financial habits, and achieving financial security.



social Wellness

This involves developing and maintaining healthy relationships with others, feeling connected, and contributing positively to your community.



physical Wellness

This focuses on maintaining a healthy lifestyle through nutrition, exercise, sleep, and seeking appropriate healthcare.



spiritual Wellness

This relates to your personal beliefs, values, and sense of meaning/purpose in life.



additional resources



Mental Health and Wellness App Library

Looking for tools to support your well-being right at your fingertips? This curated list highlights a variety of apps designed to help with mindfulness, stress management, emotional regulation, healthy habits, and overall self-care. Explore resources that fit your lifestyle and discover new ways to work on a healthier you anytime, anywhere recommended by NJ4S Middlesex!

Mindfulness and Meditation



The Calm app is a mindfulness and mental wellness tool designed to help users sleep better, reduce stress, and improve overall mental health through a variety of content, including guided meditations, Sleep Stories, breathing exercises, soundscapes, and mindful movement sessions



Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.



The Serenity: Guided Meditations app provides easy-to-follow guided meditations, sleep stories, and mindfulness techniques to help users find peace, reduce stress, and improve sleep, with a 7-day beginner course and options for children and experienced users.



Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world's top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford. Music tracks from world-renowned artists.



Welcome to your versatile and practical mental fitness toolkit. Designed for minds of all ages and stages, the new Smiling Mind App helps you learn the skills that promote mental wellbeing and create the habits to thrive.



The MindShift app is a free tool that uses Cognitive Behavioral Therapy (CBT) techniques to help users cope with anxiety and stress. The app offers features like a thought journal, guided exercises, and personalized tools to help users identify and change their thinking patterns, ultimately promoting more balanced and confidence-building ways of thinking.



The apps included in this resource list are intended for general wellness, stress management, and self-care support. They are **not a substitute for professional mental health treatment**. If you are experiencing mental health concerns please reach out to a qualified mental health professional or healthcare provider. In case of crisis or emergency, **call 911 or go to the nearest emergency department.**

Sleep and Habit Tracking



Struggling to drift off? Sleep Well! uses gentle, guided breathing exercises to calm your mind and body, helping you fall asleep faster and enjoy more restful nights. Synchronize your breath with our intuitive visuals and discover how a few minutes of controlled breathing can prepare you for deep, restorative sleep



The BetterSleep app helps users improve sleep and well-being with features like over 300 soothing soundscapes, 250+ meditations and hypnosis sessions, and 100+ bedtime stories designed to promote relaxation and restful sleep. It also includes a sleep tracker that monitors snoring and movement, bedtime reminders, customizable playlists, and breathing exercises.



I Am Sober is a sobriety-tracking app that can help you recover from addiction to alcohol and other substances, as well as break bad habits and other harmful behaviours. I Am Sober can be used to track milestones, receive daily notifications for support, reinforce your reasons for quitting, measure how much money you've saved, and connect with a community of people going through the same experiences



Gaming and Interactive Tools



Three Good Things is a gratitude-focused daily journal designed to cultivate a habit of gratitude in your life. This daily gratitude journal encourages you to appreciate the small moments and elevate your overall well-being through consistent self-reflection.



The Finch app is a self-care mobile application that uses a virtual pet to motivate users by gamifying real-life goals and healthy habits. Users care for their virtual pet by completing daily tasks, practicing self-reflection through journaling, engaging in guided exercises, and setting personal goals, earning energy and rewards that help their pet thrive and go on "adventures"



Soluna is a confidential, mental health app designed to help young people navigate life's challenges. With interactive tools, community features, and access to professional support, Soluna is a space to check in with yourself daily and improve your mental wellness at your own pace.



Habitica is a free productivity and habit-building app that uses an RPG (role-playing game) framework to gamify real-life tasks and goals. Users create a customizable avatar and earn experience and in-game gold by completing tasks and building good habits, which they can use to level up, unlock gear, and customize their character.



The apps included in this resource list are intended for general wellness, stress management, and self-care support. They are **not a substitute for professional mental health treatment**. If you are experiencing mental health concerns please reach out to a qualified mental health professional or healthcare provider. In case of crisis or emergency, **call 911 or go to the nearest emergency department**.





STATEWIDE NJ4S HUB INFORMATION



ATLANTIC AND CAPE MAY COUNTIES:

Acenda, Inc.

NJ4SCapeAtlantic@acendahealth.org

609-244-9880

BERGEN COUNTY:

Children's Aid and Family Services, Inc. (CAFS)

201-261-2800

BURLINGTON COUNTY:

Legacy Treatment Services

NJ4S@legacytreatment.org

609-491-2580

CAMDEN COUNTY:

Center for Family Services, Inc. (CFS)

856-651-7455

ESSEX COUNTY:

Family Connections, Inc.

infonj4sessex@familyconnections.org

HUDSON COUNTY:

Partners in Prevention

NJ4s@pipnj.org

MERCER COUNTY:

Catholic Charities, Diocese of Trenton

743-324-8200

MIDDLESEX COUNTY:

Rutgers University Behavioral Health Care (UBHC)

NJ4Smiddlesex@ubhc.rutgers.edu

732-235-6586

STATEWIDE NJ4S HUB INFORMATION CONT.

MONMOUTH COUNTY:

Preferred Behavioral Health Group
COMPASS
dseegert@preferredbehavioral.org
732-367-4700

MORRIS AND SUSSEX COUNTIES:

Mental Health Association of Essex and Morris, Inc.
NJ4S@mhainspire.org
973-334-4052

PASSAIC COUNTY:

New Jersey Community Development Corporation
NJ4S@njcdc.org

UNION COUNTY:

Prevention Links
NJ4Sunion@preventionlinks.org
732-381-4100

SOMERSET, HUNTERDON, AND WARREN COUNTIES:

Center for Family Services, Inc.
877-922-2377

OCEAN COUNTY:

Preferred Behavioral Health Group
COMPASS
LDeJesus@preferredbehavioral.org
732-367-4700

GLOUCESTER, CUMBERLAND, AND SALEM COUNTIES:

Acenda, Inc.
NJ4SCGS@acendahealth.org
856-494-8292

Additional Resources

In case of crisis or emergency, call 911 or go to the nearest emergency department.

[Hopeline & National Suicide Prevention \(UBHC\)](#)

[988](#)

[SAMHSA-Substance Abuse National Helpline](#)

[1-800-662-4357](#)

[NEDA-National Eating Disorders Association](#)

[1-800-931-2237](#)

[National Alliance for Grieving Children](#)

[1-866-432-1542](#)

[NAMI-National Alliance on Mental Illness](#)

[1-800-950-6264](#)

[Performcare \(CSOC\)](#)

[1-877-652-7624](#)

[Second \(2nd\) Floor NJ Youth Helpline](#)

[1-888-222-2222](#)

[Teletherapy for Children Appointments FTxCS Outpatient](#)

[1-856-693-5775](#)

[Warmline Mental Health \(Peer line\)](#)

[1-877-292-5588](#)

[Trevor Project LGBTQ+ Resources](#)

[866-488-7386](#)

[Crisis Text Line](#)

[741741](#)

[Runaway Support](#)

[800-786-2929](#)