





Roger León
Superintendent

SEL/Mental Health Programming Supports SY 2024-2025

	<p>RethinkEd</p> <p>The SEL platform that was purchased by the district is being utilized to address the needs of students, parents, and staff. Training continues with all School Counselors and Social Workers to address the needs of students in relation to the CASEL Standards. Results from the Student Self-Assessment were received and a more in-depth analysis will be conducted by district, SLT, and school to determine correlations between social-emotional learning, academics, and attendance. RethinkEd</p> <p style="text-align: right;">All NBOE Schools</p>
	<p>Rainbows for all Children</p> <p>School counselors and social workers continue to create small groups to support students experiencing loss from death divorce/separation, deployment, deportation, incarceration, and other trauma. Referrals come from Student Support Teams, school staff, parents/guardians, and information gleaned from Newark Cares notifications. Rainbows Services Overview</p> <p style="text-align: right;">All NBOE Schools</p>
<p>Newark Board of Education District Crisis Response Team</p>	<p>Crisis Team</p> <p>The District Crisis Response Team’s mission is to assist with addressing mental health implications to reduce further distress or secondary crises and return to baseline functioning. The District Crisis Team is made of 21 members. These members received ongoing trauma-focused training. The crisis team had been deployed on several occasions to support students and faculty over the loss of a student. Additional training is being afforded to crisis team members in response to a suicide. The District Crisis Response Team follows a Response Team Manual.</p> <p style="text-align: right;">All NBOE Schools</p>



Developing Resiliency with Engaging Approaches to Maximize Success (DREAMS)

The program DREAMS focuses on trauma fundamentals and the Nurtured Heart Approach® to provide training and trauma education for school staff. It aims to improve positive relationships and engagement for staff and students, develop safe and supportive learning environments, and enhance the capacity of related district initiatives. The program emphasizes understanding and responding to trauma, recognizing stress responses to traumatic experiences, and using non-retraumatizing strategies to address behavior. Additionally, it promotes self-regulation and understanding of personal responses to trauma. The following schools have been awarded this opportunity. 1. Luis Munoz Marin 2. Belmont Runyon



New Jersey Statewide Student Support Services (NJ4S)

The NJ4S-Essex program offers a comprehensive Service Menu of Evidence-Based Practices, with services categorized into Tiers 1, 2, and 3. Tier 1 includes universal prevention education for all ages in Essex County, while Tier 2 offers more focused group prevention programs for grades 6-12. Tier 3 provides individualized assessments, individual and group counseling for 6th-12th grade students and families, and linkage to ongoing treatment. The program aims to inspire student success in school and life, focusing on social and emotional wellness, substance use prevention, sexual health and pregnancy prevention, suicide prevention, anti-bullying and violence prevention, support for LGBTQIA+ students, understanding of trauma and grief, and addresses other needs identified by the community.

All NBOE Schools



McKinney- Vento

The Office of Student Life launched the McKinney-Vento Resource Hour. Each session featured a different community agency to discuss strategies, resources, and information to support homeless/displaced students and families. The International Rescue Committee, Family Resource Center, Apostles' House I, and the Essex County Division of Community Action/Coordinated Entry presented this fall. School counselors, social workers, parent liaisons, and other staff were invited to attend. Supplemental resources were shared after each presentation with all school counselors, social workers, and parent liaisons.

All NBOE Schools



Newark Cares

School counselors and social workers continue to meet with students based on Newark Cares notifications provided by the Newark Police Department. These notifications alert support staff to students who have been exposed to a traumatic event. Individual and group sessions occur based on the needs of the student(s).

All NBOE Schools

Student &
Youth-Based
Mediation



Student and Youth-Based Mediation

School counselors and social workers are working to develop peer mentoring in their schools to resolve student-to-student issues.

All NBOE Schools

**Restorative Practices, Strategies,
and Initiatives Padlet**

Restorative Practices, Strategies, and Interventions

Restorative Practices are designed to create opportunities to promote inclusiveness, relationship-building and problem-solving skills. These strategies and information can be utilized for students and staff, as well as, in the classroom to teach skill sets that can restore but also attempt to prevent conflict and behavioral disruptions.

All NBOE Schools



Gaggle Therapy

Gaggle Therapy is an innovative solution that supports students' mental health and meets them where they are by providing ongoing teletherapy sessions. This program helps eliminate gaps in access to mental health support for students, ensuring students of all backgrounds and economic circumstances are able to receive support when needed.

All NBOE High Schools

The logo for PerformCARE, with "Perform" in blue and "CARE" in red.

Linkage Program

Linkage program assists families and schools connect with the services at PerformCare and Intensive In-Community Services for youth experiencing behavioral and mental health challenges. Many children are experiencing anxiety, depression, isolation, and fear. The Linkage program removes barriers from families getting in contact with Performcare by facilitating the referral process.

All NBOE Schools



MAYASA

MAYASA is working with NBOE Social Worker 2s and School Counselors to provide staff with training and support with Student Support Team and I&RS evidenced based strategies and interventions. MAYSA is assisting with collecting data from all schools and creating individualized plans that will improve student outcomes while utilizing the I&RS process. MAYASA is assisting with the updating of the I&RS manual.

All NBOE Schools



In School-Based Counseling Academic School Year:

In the academic school year 24/25, we will have 20 clinicians - 4 per SLT- who will provide students with psychotherapy. The Clinician will work with at least 36 different schools 5 hours a day. The clinician will provide staff with professional development and parent mental health awareness sessions. The clinician will take part in the Student Support Team Meetings, I&RS Meetings, 504 meetings, and CST that are relevant to the clinician's caseload. A referral process will be followed. The goal is to have an open and collaborative relationship with the clinician to make her feel part of the school community.

All NBOE Schools



Memorandums of Understanding

For the Academic School Year 2024 -2025 the Office of Student Life has MOUs with Main Street Counseling Center, Strong Minds, Boys and Girls Club, and Family Service Bureau. All these providers will be services to all Newark Board of Education students by providing mental health and social-emotional learning support. Main Street Counseling Center, Youth Development Clinic, and Family Service Bureau will provide individual and group counseling to students within the school building. The Boys and Girls Club will be our community partner for in-community mental health support for youth and families. Strong Minds partners with High Schools to provide group sessions to address anxiety and depression among students. ADAPT will provide Newark Public Schools students with two different substance prevention curricula. The Middle School substance prevention curriculum is a 6-week program with 45-minute sessions. The topics will cover psychoeducation on substance use, vaping, and media control. It will also touch on resistance and coping skills for students. The High School curriculum is called PreVenture, which is an evidence-based prevention program that uses personality-targeted interventions to promote mental health and skill development and delay youth substance use. The ADAPT program will assist with finding an LCADC Clinician who will benefit our youth directly.

All NBOE Schools










**CENTERS FOR DISEASE
CONTROL AND PREVENTION**

Newark Health and Wellness

CDC Grant – 5-year grant to provide effective health education and services to students and ensure the district creates a safe and supportive environment for all. Each year of the grant is in the amount of \$360,000 for the period of August 1, 2024 through July 31, 2029. The Safe and Supportive component involves working with vendors to provide training and professional development virtually, with school staff in regards to comprehensive sex education and human development, creating safer spaces, using inclusive language, answering tough questions, and supporting LGBTQ+ youth. In addition, this grant will ensure GSA program creation/enhancement for Newark high schools. Programming will be modified/customized as needed to address specific needs/interests at individual schools.

All NBOE High Schools

 	<p>AWARE GRANT</p> <p>This 5-year grant totals \$8,999,819, which averages about \$1.7 million annually. This grant was a collaborative effort by Dr. Reddy from Rutgers University, Director Mary Leigh Harvey, Office of Student Life, and Director Michelina Thornton, Office of Federal Programs and Grants Department.</p> <p>Newark Public Schools will deepen their relationship with the NJ SEA, NJ SMHA, and Newark community mental health agencies to build a comprehensive tiered equitable mental health support system. Equity will be embedded in research-based tiered systems of support.</p> <p style="text-align: right;">All NBOE Schools</p>
	<p>Monique Burr</p> <p>MBF Prevention Education Programs educate and empower children to protect them from abuse, bullying, and other types of victimization. To learn more about MBF's comprehensive, evidence-based prevention programs</p> <ul style="list-style-type: none"> Camden Street Elementary School Hawkins Street Elementary School Dr. Horton Elementary School Mt. Vernon Elementary School Louise A. Spencer Elementary School
	<p>Mentor Newark</p> <p>Works collaboratively with NBOE high schools to design, train, and provide ongoing support to build individualized and self-sufficient mentoring programs for grades 9-12. In addition to the school-based mentors, Mentor Newark connects schools with local corporations and organizations that provide additional mentoring opportunities based on school and/or student(s) interests and needs.</p> <p>NBOE High School (Grades 9 - 12)</p> <p style="text-align: right;">All NBOE High School (Grades 9 - 12)</p>

	<p>Newark Board of Education Mental Health Directory</p> <p>Resources were distributed to each NBOE school to support McKinney Vento students. These items included hygiene kits, backpacks with school supplies, and uniform vouchers. Transportation arrangements were also arranged as needed.</p> <p>All NBOE Schools</p>
	<p>Erika's Lighthouse - Suicide Prevention Curriculum</p> <p>Erika's Lighthouse is a non-profit organization focused on creating a community of empathy and education around mental health, depression, and suicide awareness for young people. Their programs aim to promote early identification and intervention by educating students on the signs and symptoms of depression and suicide prevention. The organization advocates for a holistic approach to school mental health, with an emphasis on creating an inclusive school culture that encourages open conversations about mental health. By addressing depression and promoting good mental health, Erika's Lighthouse aims to eliminate stigma and encourage help-seeking behavior among young individuals.</p> <p>All NBOE Schools</p>
	<p>Mental Health Padlet</p> <p>Mental Health Resources for the entire school community. In this resource you will find information about mental health, support groups, hotlines, adult space, and COVID Family support. There is also a section that offers calming visualizations and sounds. This resource will be constantly updated with new information.</p> <p>All NBOE Schools</p>



Text lines & Mental Health Resources

Resource Directory for students, staff, and families that provides educational resources and contact information for community-based mental health agencies.

[Textlines & Mental Health Resources](#)

All NBOE Schools