



Bergen's
PROMISE

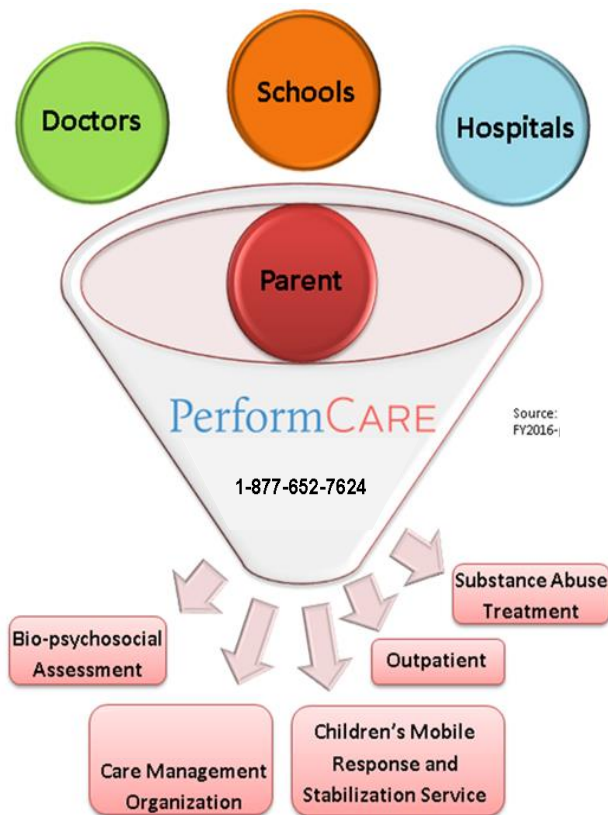


When you find yourself in one of these situations:

- ✓ You're struggling with a child's repeated absences from school or refusal to attend school.
- ✓ A teacher, school nurse, or guidance counselor has expressed concerns about a child who is harming or injuring themselves.
- ✓ A child is showing aggression towards others, or is bullying others or is being bullied
- ✓ A youth's substance use or refusal to comply with school rules is causing major conflict
- ✓ A child experienced a major loss or change (death, divorce, relocation, etc.) or perhaps a traumatic event and is not adjusting well.
- ✓ A youth with autism is experiencing behavioral challenges
- ✓ A child/youth (regardless of whether an IEP or 504 plan are in place), is demonstrating social, emotional and/or behavior that is impacting them educationally.

Call PerformCare at 1-877-652-7624

or your Bergen's Promise Care Manager



NJ Children's System of Care Referral Process

The Children's System of Care (CSOC) helps youth up to age 21 with emotional, behavioral, developmental, substance and related health challenges. CSOC wraps services and supports that families need in a home and community-based, family-centered environment.

How can YOU assist a family with making the call?

The System Partners in Bergen County



Care Management Organization (CMO) Bergen's PROMISE, Inc.

- * Provides full face-to-face service planning for youth with moderate to intense needs.
- * Care Managers coordinate Child & Family Team (CFT) meetings, comprised of family and community members, mental health professionals, and school personnel.
- * Develop individualized service plans.

www.BergensPromise.org



Children's Mobile Response and Stabilization Services (MRSS)

- * Provides face-to-face **crisis response within one hour of notification.**
- * Goals are to stabilize the behavior and prevent loss of ability to remain in the home.
- * Mobile Response responds 24/7 and can offer up to 8 weeks of stabilization services.

Family Support Organization of Bergen County (FSO)

- * FSO provides education and support groups *open to all families in the community.*
- * Non-profit organization run by families of children with a variety of challenges.
- * Provides parent-to-parent support and works in partnership with PerformCare, Bergen's Promise, state agencies and provider organizations.
- * Ensures that the system is open and responsive to the needs of families and children.

Call 201-796-6209 or visit www.FSOBergen.org for information



Bergen County CIACC (Children's Interagency Coordinating Council)

- * Local planning body that coordinates system partners and advises the state of local needs.
- * Acts as the central resource for information regarding mental health services for children and families.

Join a meeting! Second Tuesday of each month, 9AM-11AM

Providing Care Management Services to Bergen County's Youth

Who we are: Bergen's Promise is the designated Care Management Organization (CMO) for Bergen County, New Jersey. We serve youth ages 5 to 21, with serious behavioral health challenges, substance abuse issues and developmental disabilities. Youth with chronic co-occurring behavioral and specific medical health issues will also be served through an enhanced medical care coordination component. The goal of this additional support is the joint coordination of wellness promotion with behavioral health care management.



What we do: For each youth, Bergen's Promise designs an individualized service plan that is developed in collaboration with the youth's Child and Family Team. The team is comprised of individuals who are invested in the youth's future success. The plan is child and family driven, strength based and culturally competent.

How we do it: Bergen's Promise uses a Wraparound Model of Care to coordinate a comprehensive array of local resources and supports. This model serves to empower the youth and family to achieve their full potential.

Our goal: To keep youth safely in home, in school and out of trouble.

Making a referral:

- Call PerformCare at 1-877-652-7624 to access services, 24 hours a day, 7 days a week.
- Referrals must be made by phone by the youth's legal guardian. A concerned non-family member can also call; however, the youth's parent or legal guardian must be present and provide consent.
- Services are cost effective and provided without regard to income level, insurance status, languages spoken or involvement with other service providers.
- PerformCare will conduct an assessment and link the youth and family with services that can include: care management, outpatient counseling and/or mobile response stabilization.

Next Steps: Once PerformCare makes a referral to Bergen's Promise, one of our highly trained Care Managers will reach out to the family and begin to:

- Create a crisis plan and address immediate safety needs.
- Work with the family members to learn about concerns, identify needs and acknowledge strengths.
- Identify key people in the child's life in order to build the Child and Family Team.
- Coordinate communication across all care and service providers involved.

Youth meet with their Care Manager at least monthly to assess service effectiveness. Youth typically attain their goals and graduate from Bergen's Promise within 3—12 months.

The Wraparound Model of Care

“Wraparound” is a model of care that builds on the family’s unique strengths, values, voice and resources.

Wraparound helps families develop individualized plans of care with their Child and Family Team (CFT). The Wraparound Model of Care is:

- Family Voice and Choice
- Team Based
- Natural Supports
- Collaboration
- Community Based
- Culturally competent
- Individualized
- Strengths Based
- Persistence
- Outcome Based



The plan of care incorporates a combination of services, informal and natural supports and community based resources, and includes a plan for graduation from Bergen’s Promise. It is based on the family’s individual needs, rather than fitting the criteria of service driven programs. The team works to maximize the use of sustainable supports that families can use to meet their needs throughout their lives.

The caregiver(s) and child are integral parts of the team, and participate in developing and implementing their plan of care. The child and family are present at all CFT meetings.

The plan of care addresses the family’s needs in all major life domains and areas: including:

- | | |
|------------------------|----------------|
| • Safety | • Intellectual |
| • Family | • Educational |
| • Emotional/Behavioral | • Medical |
| • Cultural | • Social |
| • Financial | • Recreational |
| • Legal | • Spiritual |
| • Developmental | • Vocational |



**Bergen's
PROMISE**

Healthy Families, Safe at Home

Who might be a member of your Child and Family Team?

Family Support
Partner from the **Family Support Organization**:
Partner: _____
Phone: _____

Care Manager & Supervisor
from Bergen's Promise:
CM: _____
Phone: _____
CMS: _____
Phone: _____

Legal Guardian
(parent, relative, DCP, etc.):
Name: _____
Phone: _____
Name: _____
Phone: _____

Educational System
(teacher, coach, counselor, mentor, Child Study Team, etc.):
Name: _____
Phone: _____
Name: _____
Phone: _____
Name: _____
Phone: _____

Family Members
(aunt, uncle, cousin, siblings, grandparent, etc.):
Name: _____
Phone: _____
Name: _____
Phone: _____
Name: _____
Phone: _____

Community Members
(neighbor, clergy, etc.):
ANYONE
important in your life
Name: _____
Phone: _____
Name: _____
Phone: _____

Who else is important in your life?
Name: _____
Phone: _____
Name: _____
Phone: _____

Service Providers
(therapist, foster-parent, mentor, physician, residence facility director, etc.):
Name: _____
Phone: _____
Name: _____
Phone: _____
Name: _____
Phone: _____

What happens at your Child and Family Team meetings?

You will select the members of your Child and Family Team. Your Bergen's Promise Care Manager will help coordinate and provide structure for the initial team meetings.

Child and Family Team meetings are an important part of the process where your voice will be heard in order to develop a plan focused on accomplishing your desired goals.

What is the vision of what you would like to see happen now or in the future for your family?

The answer to this question helps form a plan based on your interests, strengths and needs. It's called the Individual Service Plan.

This plan is discussed with, agreed to and signed by your Child and Family Team.

Behavioral Health Home

The Behavioral Health Home component supports youth with chronic co-occurring behavioral and medical health issues. This enhances the Wraparound Model of Care to integrate both medical and behavioral health care.

Behavioral Health Home services utilize a holistic philosophy to integrate physical and behavioral health care management in order to build a person-centered system of care. Youth will receive the traditional Wraparound care management services for emotional/behavioral health, IDD or substance abuse issues with the addition of an enhanced health care management component.



Eligible youth must have a behavioral health challenge and a chronic medical condition/developmental disability. These include:

Chronic Health Conditions Covered

- | | | |
|--|------------------------------|------------------------------------|
| • Asthma | • Kidney Disease | • Developmental Disability |
| • Autism with GI Concerns | • Endocrine Disorders: | ◊ Cerebral Palsy |
| • Cardiac Disorders—
requiring Cardiologist
follow-up (at least
annually) | ◊ Hypothyroidism | ◊ Genetic or Chromosomal Disorders |
| | ◊ Hyperthyroidism | ◊ Fetal Alcohol Syndrome |
| | ◊ Polycystic Ovary Syndrome | ◊ Neurological Disorders |
| | ◊ Pre-Diabetes | ◊ Metabolic Disorders |
| | ◊ Diabetes | ◊ Prematurity Related Disorders |
| • Cystic Fibrosis | • Obesity | ◊ Spina Bifida |
| • Hypertension | • Chronic Migraine Headaches | |
| • Eating Disorder | • Sickle Cell Disease | |
| • Seizure Disorder | • Substance Abuse Disorder | |

In addition to a Care Manager, a highly trained Nurse or Wellness Educator will be added to the youth's Child and Family Team with the **goal** of providing:

- | | |
|---------------------------------|---|
| • health promotion | • comprehensive transitional care and follow up |
| • care coordination | • referrals to community based support services |
| • Individual and family support | |

Referrals and eligibility are determined by PerformCare, the contracted systems administrator by calling 1-877-652-7624.



Connecting With Our Communities Teen Service Project

This project has teens raising awareness of issues impacting teen mental emotional health and the local resources available to support youth and their families dealing with those issues.

***This project supports NJ Student Learning Standards - Health Learning Standard 2.1 Personal and Mental Health/Community Health Services and Support (CHSS) Performance Expectations for grades 5-12.*

Guidelines for the *Connecting with Our Communities* Service Project

1. Identify, research, and define a position on a mental/emotional/social health issue that could negatively impact teen mental/emotional wellbeing.

E.g., dating violence, disordered eating, addiction/substance misuse/abuse, food insecurity, homelessness, brain injury/concussion, neglect/abuse, bipolar disorder, schizophrenia, traumatic events, grief, suicidal thoughts, social anxiety disorder, depression, cyberbullying, sexual harassment, body dysmorphic disorder, human trafficking, ADHD, autism spectrum disorder, etcetera

2. Use BergenResourceNet.org to identify an organization/agency (Bergen County community resource) that provides services, programs, treatment, supports for teens dealing with the chosen issue (excluding individual clinicians).

3. Choose one organization/agency in Bergen County to 'adopt' for the project. Schedule a visit to the agency/organization to meet/greet, learn about the services they offer to help youth with that issue.

4. Get Creative! Prepare an awareness campaign to inform other teens and their families about the chosen issue and that champions the services offered by the chosen organization/agency

E.g., PSA, commercial/social media campaign, music video, piece of art, theatrical skit etc. Note: multimedia Presentations should be no more than 5 mins in length.

See some of the prior submissions posted on the *Connecting with Our Communities* service project webpage by searching "Connecting With Our Communities" on BergenResourceNet.

5. Submit your project.

Projects will be chosen to spotlight on the Connecting with Our Communities webpage throughout the year. This is a wonderful opportunity in support of Mental Health Awareness Month.

Questions? Email kwerheim@bergenspromise.org

Project developed by the Children's Interagency Coordinating Council (CIACC) of Bergen County

PROUD TO BE STIGMA-FREE



**Bergen
ResourceNet**
Resources for children and families in Bergen County



WWW.BERGENRESOURCENET.ORG

Looking for Resources in/around Bergen County?



Resources for Children and Families in Bergen County

FAMILIES

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PROFESSIONALS

JOIN OUR NETWORK / LOG IN



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BergenResourceNet.org is a free online resource directory for Bergen County families and professionals that support them! Use it to find local agencies, organizations across Bergen County and surrounding areas that offer:

- Arts & Recreation Programs
- Events, Webinars
- Support Groups
- Basic Needs/Assistance
- Seasonal activities e.g., Summer Camps
- Community Service/Volunteer
- Behavioral/Mental Health
- Outpatient Services
- Family Support Services
- Professional Development Opps
- Grant opportunities, toolkits, etc.

Search for resources by keyword, category/need. The site is mobile friendly and can be translated into multiple languages. Resources are added every day.

Find and connect with the programs and services that you and your family need. Add BergenResourceNet.org to the home screen of your phone for easy access.

Follow BergenResourceNet FaceBook to see all upcoming events in your feed!





**Bergen
ResourceNet**
Resources for children and families in Bergen County



WWW.BERGENRESOURCENET.ORG

**DON'T MISS OUT ON THIS FREE OPPORTUNITY TO
EXPAND AWARENESS OF YOUR VALUABLE PROGRAMS,
SERVICES AND EVENTS ACROSS BERGEN COUNTY!**

82,256

Users

68,461

Users Via Google
(83% of Referrals)

239,383

Total Page
Views

50%

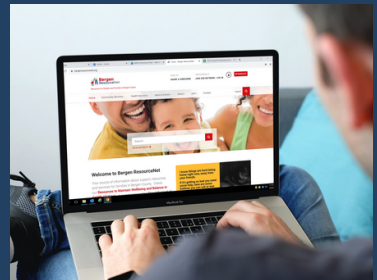
Users via Mobile
Devices

**Numbers Based on 2021 data*

BergenResourceNet.org is the "Google" for Bergen County resources! This is a vital resource for Bergen County residents and professionals looking to connect their clients to local:

- Support groups
- Events
- Professional Development
- Grant opportunities
- Health & Wellbeing Programs
- Helpful webinars
- Basic and special needs resource

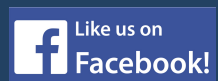
This free online resource directory is mobile friendly and translatable to multiple languages.



Attention Providers/Community Based Organizations:

Designate an Admin for your agency. In 45 mins, we'll train them on how to post/update your agency/organization events, services, programs, groups, etc. Email info@bergenresourcenet.org to schedule.

WWW.BERGENRESOURCENET.ORG



Bergen ResourceNet is maintained by Bergen's Promise, a private, non-profit community-based organization providing home-based care management services for youth up to age 21 living with behavioral, mental, substance, developmental and intellectual challenges. We are part of the NJ Children's System of Care.