

Network of Jewish Human Services Agencies Annual Meeting Presentation

Monday, April 30, 2018

*The Jewish Funders' Network: Synagogue Inclusion and
Community Connections*



Fostering Social Inclusion in Chicago's Jewish Community

1. Supporting Synagogues and Congregations to be more welcoming and inclusive
 - Opportunity to build on foundation of Chicago Synagogue Inclusion Project (in partnership with JUF)
 - How could we pay for this?
2. Supporting Individuals with a specific set of challenges
 - Parents with deep concerns
 - What would it look like, and
 - How could we pay for this?



When Opportunity Knocks

BREAKING BARRIERS

**A Matching Grant Initiative in Honor of 2016
Genesis Prize Laureate Itzhak Perlman**

*Supporting inclusion of people
with disabilities in Jewish life*



breakingbarriers-match.org



Chicago Connections

Donor Profiles

- One local community member
- One set of grandparents new to the community
- Parents from another state

Identifying A Partner

- Social Service Agency with Disability Expertise
- Recognized in the Jewish Community
- Commitment to Inclusion



Chicago's Synagogue Inclusion Project: Year #1: Research and Engagement

Survey

- Households
- 117 Synagogues

Focus Groups

- Synagogue Lay & Professional Leaders
- Synagogue Members
- Other Jewish Organizational Leadership
- Individuals With Disabilities



Year 2: The Research Led Us To Engagement and Education



HOSTED FOUR WORKSHOPS:

Seeds of Change: Creating a Culture of Inclusion in Your Synagogue

Visions of Inclusion: It Takes a Kehilla to Educate a Child!

Building An Inclusive Spiritual Home

Make Me A Sanctuary and I Will Dwell Among You

- Provide education/training for members, staff and lay leadership
- Identify inclusion “champions” (in addition to parents of children with disabilities) and involve more self advocates – people with disabilities



Input from Family Members

1. Group Demographics

- Social Interactions are most significant challenge
- Increasing Isolation
- Unwillingness to identify with others who have a disability

2. Research and Experience

- Other Social Service Organizations
- Family Member Survey



The Projects

The Social and Vocational Synagogue Inclusion Initiative

- Increase participation in synagogue life
- Identify employment opportunities at or through congregations

The Community Connections Planning Program

- Outreach to a minimum of 30 adults for assessment
- Facilitation of friendships and peer opportunities, and connections with community organizations



Synagogue Inclusion Year #3: Cohort of Practice

Eight congregations identified for a Cohort of Practice

- Planning Support for Inclusion Committees
- Professional Staff and Lay Leader Training
- Consultation for congregational support
- Facilitate collaborati
- Resource support



Community Connections Pilot Program

Professional Staff

- Qualifications
- Personal Attributes

Participant Experience

- Parent role
- Recurring activities
- Group Texts



This Month's Calendar

Jewish Child & Family Services Community Connections Social Calendar

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:00pm Open Game Room @ JCC	3 4:00pm Knit and Crochet All the Way @ SPL 8:30pm Open Game Room @ JCC	4 7:00pm Chess Club @ NPL	5 10:00am Current Events discussion @ NPL	6 2:00pm Showing: Murder on the Orient Express @ VPL 8:00pm Showing: Call Me By Your Name @ EPL	7 3:30pm Showing: Three Billboards Outside Ebbing, Missouri @ EPL
8 12:00pm Stepping Up & Out Social Group @ ASG *RSVP 1:00pm Games For Grown-ups @ VPL 1:00pm Showing: The Shape of Water @ EPL	9 12:00pm Open Game Room @ JCC 8:30pm CAMS Knitting, Crochet & Needlework @ EPL 7:00pm Meditation @ SPL	10 4:00pm Knit and Crochet All the Way @ SPL 8:30pm Open Game Room @ JCC	11 8:30pm Writer's Support Group @ VPL 7:00pm Chess Club @ NPL	12 1:30pm Introduction to Yoga @ SPL 7:00pm Mindfulness at the Library @ SPL	13 10:30am Showing: Spiderman Homecoming @ NPL 1:30pm Showing: Goodbye Christopher Robin @ SPL	14 12:00pm Welcome to Virtual Reality: Exploring the VR World @ GPL 2:00pm Showing: Coco @ VPL
15 12:00pm Stepping Up & Out Social Group @ ASG *RSVP 1:00pm Illinois Poetry Society Haiku Chapter @ NPL 2:00pm Volunteer Open House @ JCC	16 12:00pm Open Game Room @ JCC 7:00pm Poetry Reading: Illinois State Poetry Society 7:00pm Showing: Face/Place @ GPL	17 4:00pm Knit and Crochet All the Way @ SPL 8:30pm Open Game Room @ JCC	18 7:00pm Chess Club @ NPL	19 7:00pm Your Heart Healthy Score: Understand and Improve It @ SPL	20 1:30pm Showing: Phantom Thread @ SPL	21 1:00pm RAISE Meetup @ Dave and Buster's *RSVP
22 1:00pm "You've Written a Short Story. Now What?" Mystery Writers of America Panel Discussion @ EPL	23 12:00pm Open Game Room @ JCC	24 4:00pm Knit and Crochet All the Way @ SPL 8:30pm Open Game Room @ JCC	25 7:00pm Chess Club @ NPL	26	27 1:30pm Showing: Lady Bird @ SPL Avengers: Infinity War Release!	28 5:00pm RAISE Meetup @ Lou Mallozzi *RSVP 7:00pm Showing: Coco @ NPL
29 12:00pm Stepping Up & Out Social Group @ ASG *RSVP	30 12:00pm Open Game Room @ JCC 7:00pm Race: Are We So Different @ VPL 7:00pm Write On! A Skokie Writers Group @ SPL					

CONTACT

Jodi Newmark, Director

Encompass

jodinewmark@jcfs.org

773-765-3146



encompass
seeing the whole person

Breaking Barriers:



Jewish Family Service
of MetroWest New Jersey

LAUREN HENNION, LCSW

DIRECTOR OF CLINICAL SERVICES

APRIL 30, 2018



The
Genesis
Prize



Mental Health Facts in America



Fact: 43.8 million adults experience mental illness in a given year.

1 in 5 adults in America experience a mental illness.

Impact

50% 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹

10 yrs The average delay between onset of symptoms and intervention is 8-10 years.¹

Treatment in America

60% Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.⁴

50% Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.¹



Social Security Administration (2002)



- Suicide is the **10th** leading cause of death in the US
- Each year **44,965** Americans die by suicide
- For every suicide **25** attempt

NOT EVERY
DISABILITY
IS VISIBLE.



HEALTHYPLACE.COM



MENTAL ILLNESSES
ARE A THING.
THEY'RE REAL.
AND WE NEED
TO TALK
ABOUT
THEM.



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Community Professional Education

Jewish Family Service of MetroWest NJ presents....

Preventing Suicide in Adolescents & Young Adults

NASW-NJ 3 CEUs

Featured Speaker:
Suzanne A. Levy, Ph.D.
Co-Developer and Director of Attachment Based Family Therapy Training Program at Drexel University.

Program Highlights:

- Family Engagement
- Risk Assessment
- Family Safety Planning

This event is intended for but not limited to Social Workers, Mental Health Professionals, Educators and School Counselors, Community Leaders and Professionals.

Friday, November 3, 2017
8:30 am – 12:30 pm
JCC MetroWest
760 Northfield Avenue, West Orange, NJ
\$35.00 per person by October 27th
\$45.00 after October 27th

For more information, please contact Sara Mendez Emma, LCSW 973-740-1233 ext. 1752 or smendez-emma@jfsmetrowest.org

This program is generously funded by:
THE ERIC ELIEZER LEVISON FOUNDATION FOR HOPE

Register online at www.jfsmetrowest.org

This workshop will teach participants how to:

- Engage families when working with depressed and/or suicidal adolescents
- Recognize barriers to engaging families in treatment, including adolescent resistance and methods to work through this resistance
- Identify and assess risk for suicide
- Distinguish the differences between risk factors and warning signs
- Review the current models for conducting safety planning with suicidal youth



Suzanne Levy, PhD

is a licensed clinical psychologist. Dr. Levy is the Director of Training of the ABFT Training Program at Drexel University's College of Nursing and Health Professions. Since 2007, Dr. Levy has been conducting ABFT training workshops and supervision for therapists nationally and internationally.

She also oversees ABFT treatment in Drexel's Center for Family Intervention Science's clinical trials. She has presented regionally, nationally, and internationally on ABFT, emotion coaching, child and adolescent therapies, resilience, adolescent depression, adolescent development, and adolescent substance abuse. Along with her colleagues, Drs. Guy and Gary Diamond, Dr. Levy has written the first book on ABFT, Attachment-Based Family Therapy for Depressed Adolescents published by the American Psychological Association. She conducts over 10 ABFT workshops a year.

This course, Adolescent Suicide Risk Assessment, Approval #172605-1039, provided by Jewish Family Services of MetroWest NJ, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: June 15, 2017 through August 31, 2018. Social workers will receive three (3) non-clinical continuing education hours for participating in this course



Community Awareness

Jewish Family Service
of MetroWest New Jersey

OPEN YOUR MIND AND EASE ANOTHER
Reducing the stigma of mental illness

1 In 5 adults
in America experience a mental illness¹

- In NJ, suicide is the 3rd leading cause of death in people aged 10-34²
- Each year, about 43.8 million American adults suffer from some form of mental illness³
- 50% of all chronic mental illness begins by the age of 14; 75% by the age of 24⁴
- The average delay between onset of symptoms and intervention is 8-10 years⁵
- In New Jersey, 38% of adolescents with depression received mental health treatment⁶

Possible warning signs of emotional distress:

- Withdrawal from family and friends/social isolation
- Irritability, anger, or hostility
- Loss of interest in activities
- Confused thinking or problems concentrating
- Changes in eating and/or sleeping
- Extreme mood changes (highs and lows)
- Restlessness
- Changes in sex drive
- Sadness or hopelessness
- Frequent crying
- Unexplained medical issues (stomach aches, headaches, etc)
- Engaging in risky behaviors
- Excessive worrying
- Abuse of drugs or alcohol
- Self-harm
- Thoughts of death or suicide

Possible emotional distress in CHILDREN can also include:

- Increased school difficulties
- Heightened anxiety/worry (ie: avoiding school, social situations, bedtime)
- Recurrent nightmares
- Frequent temper tantrums or acting out behaviors

¹www.nimh.gov ²www.stfp.org ³www.samhsa.gov

How you can help:
IF SOMEONE IS THREATENING THEIR OWN LIFE OR SOMEONE ELSE'S, THIS IS AN EMERGENCY! CALL 911 OR BRING THIS PERSON TO AN EMERGENCY ROOM.

In non-emergency situations:

- If you suspect someone you care about is experiencing emotional distress reach out and start the conversation in a supportive, non-judgmental way. Be honest and open. "You don't seem like yourself lately", "Is there something going on?", "I'm here for you"
- Listen and stay calm. Show your loved one you can be supportive without passing judgment.
- When discussing your concerns, do it with care and support. Talk openly and stick to the facts. Avoid blame, criticism, and judgement.
- Explore if your loved one is getting the care that they may need. If warranted, encourage them to seek professional help. If possible, offer to assist them in obtaining a consultation or treatment provider.
- Do not feel like you have to deal with the situation on your own. Reach out to others for support and advice.

Jewish Family Service of MetroWest NJ provides individual, family, group counseling services for children, adolescents, adults and older adults and their family members.

At every age, at every stage, we are here to help.
For more information visit www.jfsmetrowest.org

Jewish Family Service
of MetroWest New Jersey

MAIN OFFICE:
256 Columbia Turnpike,
Suite 105
Florham Park, NJ 07932
(973) 765-9050

BRANCH OFFICE:
570 W. Mt. Pleasant Avenue,
Suite 106
Livingston, NJ 07039
(973) 740-1233

info@jfsmetrowest.org

Jewish Family Service of MetroWest New Jersey has been helping families and people of all ages manage their challenges since 1962. These increased values of empathy, professionalism and credibility are the hallmark of JFS, while our up-to-date treatment modalities and sensitive response to community need have distinguished JFS as a premier family service agency.

The Eric Elbezer Levenson Foundation for Hope recently established a fund at JFS MetroWest in memory of Eric, son of Ella and Mark Levenson, which supports programming related to mental health awareness.

JFS MetroWest is committed to inclusive programming.
Please call 973.765.9050 to discuss how we can help you.

Jewish Family Service
of MetroWest New Jersey

At every age, at every stage, we are here to help.

Anybody Have A Map?
Navigating Mental Health For Teens

DID YOU KNOW:

- In NJ, suicide is the 3rd leading cause of death in people aged 10-34**
- 20% of youth ages 13-18 live with a mental health condition**
- One-half of all chronic mental illnesses begin by the age of 14*

Join us for a vital and honest discussion with
Sara Mendez Emma, LCSW, Clinical Director of Child & Adolescent Services

- How to open the lines of communication with your child
- What, when, & how to talk to your child about stress, worries and their feelings
- Possible warning signs of emotional distress
- Learn how you can help.

Wednesday, 7:00 pm - 8:00 pm
Millburn
200 Glen Ave

Free and open to
all ages

Registration at
Sylvia Heller, MPH at (973)765-9050.

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Jewish Family Service
of MetroWest New Jersey

At every age, at every stage, we are here to help.

In light of recent events, JFS MetroWest is pleased to present

Emotional Detectors:
Navigating Mental Health for Teens

"When we can talk about our feelings, they become less overwhelming, less upsetting and less scary."
Fred Rogers

Join us for a presentation and discussion with:
Sara Mendez Emma, LCSW, Clinical Director of Child & Adolescent Services, JFS
and
Lorena Heaton, LCSW, Director of Clinical Services, JFS

- Reducing the stigma of mental health
- Recognizing and responding to emotional distress in adolescents
- Managing your concerns as a parent
- Talking to your child about stress, fears and safety

Wednesday, March 28th
7:00 pm - 8:30 pm
Millburn Public Library
200 Glen Avenue, Millburn, NJ

Free and open to the community

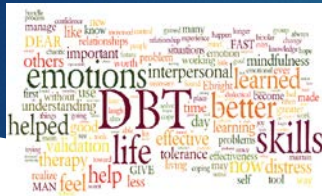
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Registration at
Sylvia Heller, MPH at (973)765-9050, ext. 170 or sh@jfsmetrowest.org

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Direct Practice



- ▶ Clinical Staff Training in Dialectical Behavioral Therapy (DBT) skills and supplementary trainings.
- ▶ DBT is one of the most research supported treatment models for chronically suicidal individuals.
 - ▶ Research now finds it to be effective in treating a wide range of mental health issues including BPD, depression, substance abuse, eating disorders and PTSD.
- ▶ DBT uses a combination of individual therapy and group skills training to facilitate the client in learning and utilizing specifically designed skills with the goal of helping them build “a life that they experience as worth living”.

- ▶ Psychotherapy and Support Groups

Jewish Family Service
of MetroWest New Jersey
At every age, at every stage, we are here to help.

You Are Not Alone...

When Someone in Your Family has a Mental Illness

This group, led by a mental health professional, will provide an opportunity to feel supported by others in a safe and nurturing environment.

Topics to include:

- Managing family disruptions and resetting expectations
- Coping with feelings of guilt, resentment and shame
- Setting boundaries
- Addressing compliance with treatment
- Identifying resources

Mondays, beginning April 23
7:00 pm - 8:15 pm
8 sessions - \$10.00 per session *

*Costs subsidized by the Breaking Barriers grant and the Eve Glazer Levenson Foundation

JFS offices at 256 Columbia Turnpike-Suite 105, Florham Park, NJ 07932

For more information and to register, please contact:
Daphne Berkovits, LMFT at (973)765-9056, ext. 1758 or dberkovits@jewishfamily.org

JFS MetroWest is committed to inclusive programming. For more information on how we can help you please call 973-765-9050.

Jewish Family Service
of MetroWest New Jersey

TEENS: Stand Up to Your Feelings and Anxiety

A support group for teens who are experiencing anxiety and depression

This group will allow teens to communicate and share experiences in a safe and supportive setting

Learn how to:

- Assertively communicate needs and challenges
- Utilize meditation and mindfulness
- Manage anxious thoughts
- Increase awareness of your feelings
- Incorporate techniques to reduce anxiety

Beginning on Tuesday, January 9th from 6:00 - 7:00 pm

JFS offices at 256 Columbia Turnpike-Suite 105, Florham Park, NJ 07932

For more information and to register, please contact:
Robyn Krugman, LCSW at (973)765-9050, ext. 1749 or rkrugman@jewishfamily.org

JFS MetroWest is committed to inclusive programming. For more information on how we can help you please call 973-765-9050.



Breaking the Silence
MENTAL HEALTH
WORKSHOP FOR TEENS

Wednesday, May 9
6-9 p.m.

Alex Aldekman Family
Jewish Community Campus
901 Route 10, Whippany, NJ

Learn how you can help someone who...

- ...is struggling
- ...needs support
- ...is asking for help
- ...is experiencing a crisis

This workshop will provide participants with:

- An overview of mental wellness
- Facts and statistics about mental health
- Myths and perceptions about mental illness
- Common types of mental health challenges
- Resources and coping strategies
- A certificate of workshop completion

FACILITATOR:
Sara Mendez-Ererra, LCSW
Clinical Director Child and Adolescent
Services, JFS MetroWest

Dinner will be served
Kosher dietary laws observed

Register at
www.jfcdjmw.org/teenworkshop

For more information contact Valerie Barnum
at valbarnum@jfdjmw.org or (973) 933-3307
*Building an inclusive community is a priority. Contact us
and we will make every effort to meet your needs.*



Upcoming...

CLIFTON/PASSAIC EFFORTS TOWARDS CREATING A COMMUNITY OF INCLUSION

Esther East, LCSW | Executive Director
Jewish Family Service and Children's Center
of Clifton Passaic, New Jersey

Annual Report

Annual Report 2016-2017 **INCLUSION**



CREATING an
INCLUSIVE
COMMUNITY



A HISTORY OF INCLUSIVE EFFORTS



- JFS establishes parent/professional advisory group to bring together resources and identify community needs – 2000
- JFS establishes resource library in memory of 14 year old whose life was one of constant deterioration until her death
- JFS runs resource fairs and walkathons to raise awareness and provide families with access to other families
- JFS provides volunteer respite services to families with children with disabilities.
- Events for children with disabilities run throughout the year providing educational and fun activities while giving their parents respite.
- Sibshops monthly events support siblings of children with disabilities providing them with a supportive outlet.
- Kosher food pantry employs and trains young adults with developmental disabilities.

A HISTORY OF INCLUSIVE EFFORTS



- Purchase of wheelchair accessible van has enabled local seniors and other communities members with disabilities to partake in numerous events.
- Project Chizuk – vocational services assists members within the community to find appropriate training helping them become independent.
- Annual weekend inclusion shabbaton provided family members a weekend of support with respite services and a place to unite and engage in meaningful time with other local parents.
- Agency became certified as DDD support coordinators to enable families to receive services from an agency that understood their cultural needs
- Community garden will be planted and tended to by children with disabilities.
- Connecting with community leaders in creating more awareness within the community on how they can make their synagogues, schools and institutions more accessible and inviting to families with children with disabilities.

A HISTORY OF INCLUSIVE EFFORTS





FUNDING AND AWARDS



- In conjunction with the Jewish Funders Network, JFS was awarded funding by the Breaking Barriers and Genesis Prize Foundation to support our inclusive community program. \$45,000 was matched by an agency funder. Funds allowed for purchase of the handicapped van and supported the salary of our inclusion coordinator.
- The New Jersey Jewish Women's Foundation provided seed funding to develop a volunteer based respite program in conjunction with Ohel Children's Home.
- Trained volunteers met with their designated families weekly for one hour watching, caring for and interacting with a child with disabilities.
- Often times, this one hour of respite allowed the mother to spend much needed time caring for herself and her other children.



FUNDING AND AWARDS



VOLUNTEER BASE



- Our volunteers were comprised mainly of young girls and a few boys from collaborating high schools.
- Volunteers received initial training regarding children with disabilities as well as state law pertaining to working with children.
- Group and individual supervision was provided by licensed school psychologist throughout.



LESSONS LEARNED FROM VOLUNTEERS



- High school age volunteers are a great starting point, but they often lack consistency based on school schedules (finals, extracurricular activities, etc.)
- Need for a delegate/coordinator at the high school to ensure students are communicating with their families and completing their hours on a weekly basis.
- Other challenges encountered included communication and encouraging additional volunteers to commit.
- A greater communal obstacle was enlisting young men to participate in this volunteer project.
- High school age volunteers were unable to assist with more medically fragile and significantly behavioral children.
- One hour a week is inadequate in addressing the totality of needs.

FEEDBACK LEARNED FROM VOLUNTEERS



- “It was a lot of fun playing with the 5 yr old and Mrs. S - no matter how demanding and crazy busy her life is, she's always so upbeat and positive. Overall, I felt it was a really good experience just learning how to do chessed (acts of service and kindness), how to help, and how to truly give to other people.” – E.G. 10th Grade Student

- "One of the things I love most about helping my specific family in need, is the sense of satisfaction I get after leaving their house. You feel really good about yourself, because you see how your actions have an immediate effect on the family, and what a respite you provide for them when you are playing with their kids/washing up/dinner/baths/home work. Whatever it is, you really see the difference you make.” – O.G. 11th Grade Student

PARENT SURVEY RESPONSES



- Weekly respite service was helpful but not enough.
- Volunteers sometimes came late or did not show up without giving the parent substantial notice.
- Male volunteers needed to assist with teenage and older young men.
- Professional respite workers who are capable of dealing with medically fragile children and who can address hygienic and medical needs would be helpful.
- Respite should provide more time to give to spouses, children, friends, parents and other family members.
- Adequate Respite would offer the ability to attend social events or leave the house knowing the child with disabilities is well supervised.
- Real need is for residential homes for older teens and young adults.

BUT THIS IS
JUST A
DROP IN
THE
BUCKET



- JFS has identified over 60 families within our community who have a child with some type of disability.
- Our efforts serve only a portion of these families and are only a small percentage of what is actually needed.
- Help is only a drop in the bucket for families who deal with children with disabilities on a daily basis 365 days a year.

MOVING
FORWARD



Obstacles to creating a fully inclusive community:

- Community attitudes
- Funding
- Committed volunteers
- Availability of trained respite workers
- Addressing each families' unique needs.

LISTEN TO FAMILIES



E – Embrace their endurance – They are in for the long haul. Professionals can leave.

M – Monitor your own response to murderous rage when families are frustrated with inadequate systems of care. It can be displaced onto those who try to help.

P – Practice patience in the face of criticism.

A – Acknowledge the constant stress of caring for a child with a disability.

T – Treat them as the experts on their own family members.

H – Human needs for belonging, homes, jobs, connection to community are the things every parent wants.

Y – Yes's are uncommon, no is everywhere. Be part of the YES.

Q&A

