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

JEWISH FUNDERS NETWORK
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 Chid!

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
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<td>12:00pm Open Game Room @ JCC</td>
<td>4:00pm Knit and Crochet All the Way @ SPL</td>
<td>7:00pm Cheesecake Club @ NPL</td>
<td>10:00am Current Events discussion @ NPL</td>
<td>2:00pm Showing: Murder on the Orient Express @ VPL</td>
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<td>12:00pm Stepping Up &amp; Out Social Group @ ASG *RSVP</td>
<td>9:00pm Games For Grown-ups @ VPL</td>
<td>10:00am Open Game Room @ JCC</td>
<td>11:00pm Writer's Support Group @ VPL</td>
<td>13:00pm Introduction to Yoga @ SPL</td>
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<td>12:00pm Stepping Up &amp; Out Social Group @ ASG *RSVP</td>
<td>1:00pm Illinois Poets Society Haiku Chapter @ NPL</td>
<td>7:00pm Poetry Reading: Illinois State Poets Society</td>
<td>7:00pm Open Game Room @ JCC</td>
<td>10:30am Showing: Spiderman Homecoming @ NPL</td>
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<td>1:00pm &quot;You've Written a Short Story. Now What?&quot; Mystery Writers of America Panel Discussion @ JCC</td>
<td>5:00pm Knit and Crochet All the Way @ SPL</td>
<td>7:00pm Cheesecake Club @ NPL</td>
<td>7:00pm Your Heart Healthy Score: Understand and Improve It @ SPL</td>
<td>1:30pm Showing: Phantom Thread @ SPL</td>
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<td>12:00pm Stepping Up &amp; Out Social Group @ ASG *RSVP</td>
<td>12:00pm Open Game Room @ JCC</td>
<td>7:00pm Race: Are We So Different @ VPL</td>
<td>1:30pm Showing: Lady Bird @ SPL</td>
<td>5:00pm RAISE Meetup @ Lou Malnati's *RSVP</td>
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This Month's Calendar
CONTACT

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Breaking Barriers:

Jewish Family Service of MetroWest New Jersey

LAUREN HENNION, LCSW
DIRECTOR OF CLINICAL SERVICES
APRIL 30, 2018
Mental Health Facts in America

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

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.4

Social Security Administration (2002)

1 out of every FOUR SSDI recipients has a mental health disorder.

Suicide is the 10th leading cause of death in the US
Each year 44,965 Americans die by suicide
For every suicide 25 attempts
STAND UP TO STIGMA
Let's talk about MENTAL HEALTH

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

EVERYBODY ELSE SEEMS SO HAPPY AND NORMAL. I WISH I wasn't the only person with mental health issues.
Preventing Suicide in Adolescents & Young Adults

Featured Speaker:
Suzanne A. Levy, Ph.D.
Co-Founder 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 Counsellors, Community Leaders and Professionals.

Friday, November 3, 2017
8:30 am – 12:30 pm
JCC MetroWest
700 Northfield Avenue, West Orange, NJ
$35.00 per person ($40.00 October 27th)
$65.00 after October 27th

For more information, please contact Sara Mendes Emmi, LCSW, 973-202-1233 ext. 1732 or smendes@metsohs.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, is approved by 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.
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 skill 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

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 trusting environment.

Topics to include:
- Managing family dynamics and meeting expectations
- Dealing with feelings of guilt, resentment, and shame
- Parenting children with mental illness
- Navigating compliance with treatment
- Identifying resources

Mondays, beginning April 23
7:00 pm - 8:15 pm
10 sessions • $180.00 per session

Kopelman Family Services, 205 N. Main St., Suite 200, Parkersburg, WV 26101
For more information, call 304-424-5979.

OVERWHELMED
Stand Up To Your Feelings and Anxiety
A support group for boys ages 10-17.
This group will aid teens to communicate and share experiences in a safe and supportive setting.

Learn to:
- Understand your feelings and emotions
- Share your feelings and thoughts
- Communicate more effectively
- Improve problem-solving techniques

Beginning on Tuesday, January 25th from 6:00 - 7:00 pm
J.P. Laborde Center, 102 South Haggerty Street, Charlestown, WV 26205
For more information, call 304-384-9595.
Upcoming…

Wednesday, May 9
6-9 p.m.
Alex Alderman Family
Jewish Community Campus
901 Route 10, Whippany, NJ

This workshop will provide participants with:
- an overview of common mental health issues among teenagers
- myths and inaccuracies about mental illness
- common types of mental health challenges
- resources and coping strategies
- a hands-on workshop component

For more information contact Valerie Rosen
at 973-294-1818 or valerie.rosen@jein.org

www.jeffreynj.org/teensworkshop

TEACHER TRAINING

Breaking the Silence
MENTAL HEALTH WORKSHOP FOR TEENS

FACILITATORS:
- Zan Freedman
- SCBM
- Jewish Family & Children's Services
- JF&CS
- Teen Mental Health

Class will be held:
Jeffrey House
500 Main Street
Whippany, NJ

www.jeffreynj.org/teensworkshop
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
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
• 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.
• 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/homework. Whatever it is, you really see the difference you make.” – O.G. 11th Grade Student
- 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.
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.
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.