

**COLLABORATIONS TO  
EXPAND ACCESS TO YOUTH  
MENTAL HEALTH SERVICES**

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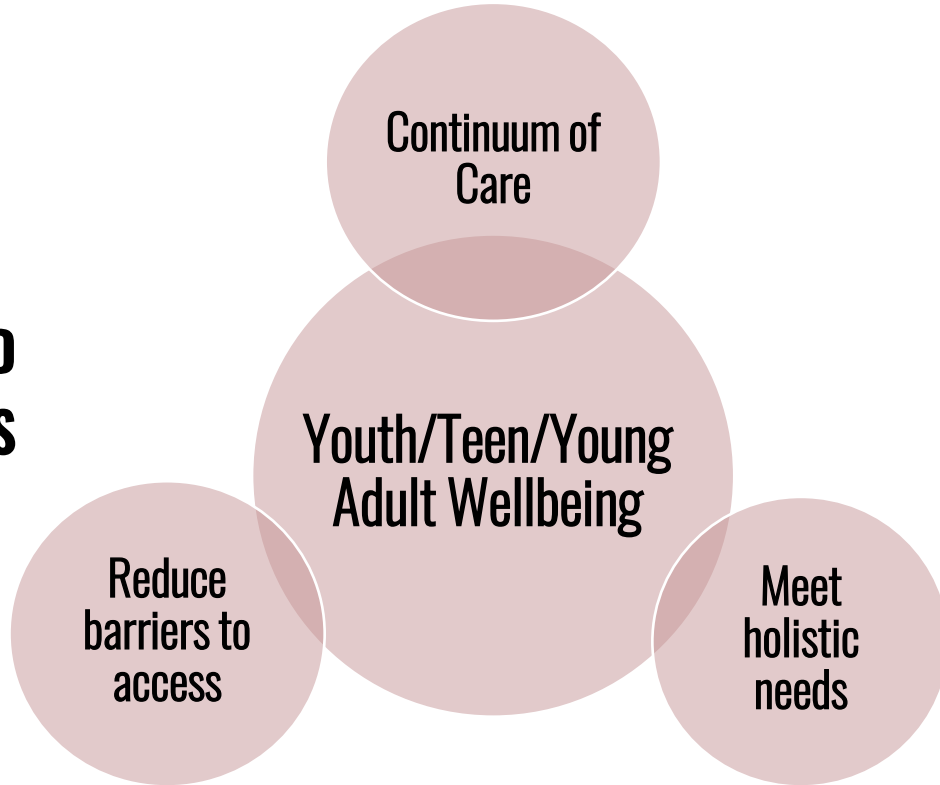
# SESSION OBJECTIVES

Inspire partnerships to strengthen mental health services for youth in your community.

Explore unique opportunities and experiences of mental health services in camps and Hillels.

Consider Partnership Models

**OUR SHARED  
GOALS**



# ICE BREAKER AND SMALL GROUPS

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### National organizations focused on Wellness Promotion

- FJC
- Hillel

### Youth/Teen/Young Adult Mental Health Needs

- University MH Stats
- Waiting lists are the new norm
- Session limits

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## OPPORTUNITIES AND NEEDS

**“I was literally about to give up on finding a therapist – but then I saw the Hillel newsletter and could finally breathe.”**

**– Hillel Student**

# STUDENT NEEDS

## Pre-Pandemic

**1 in 3**

Freshmen report a mental health condition

**5x**

University counseling center utilization grew five times the rate of enrollment

## Pandemic Impact

**70%**

College students feel isolated at least some of the time

**30%**

College students still wouldn't know where to access resources

**71%**

Camps reporting more mental health issues than previously, already on the rise in 2017 (ACA)

**1 in 8**

Camp counselors self identified with a mental health diagnosis or related accommodation request (FJC Cornerstone)



# STUDENTS ARE LOOKING FOR



**Belonging**

**Connection**

**Joy**

**Access**

# WHY HILLEL & CAMP?



- Meet youth where they are, at moments when they are experiencing growth and change.
- Staff are trusted members of youth's support networks.
- **Our role = Connector**

# SHARED MISSION: HILLEL, CAMP, & YOU

We provide:

- meaningful peer relationships
- supportive mentors
- connection to something larger than oneself
- opportunities for meaningful contribution



These are **mental health protective factors.**

# Common Issues:

## Most common:

- Anxiety
- Depression
- Identity

## Also common:

- Disordered eating
- Academic workload stress
- Relationship issues
- Friendship/social challenges
- Impact of antisemitism
- Grief & loss
- Self-injury
- Financial stress
- Family of origin issues



# Common Referrals:

Longer-term mental health counseling

Career counseling

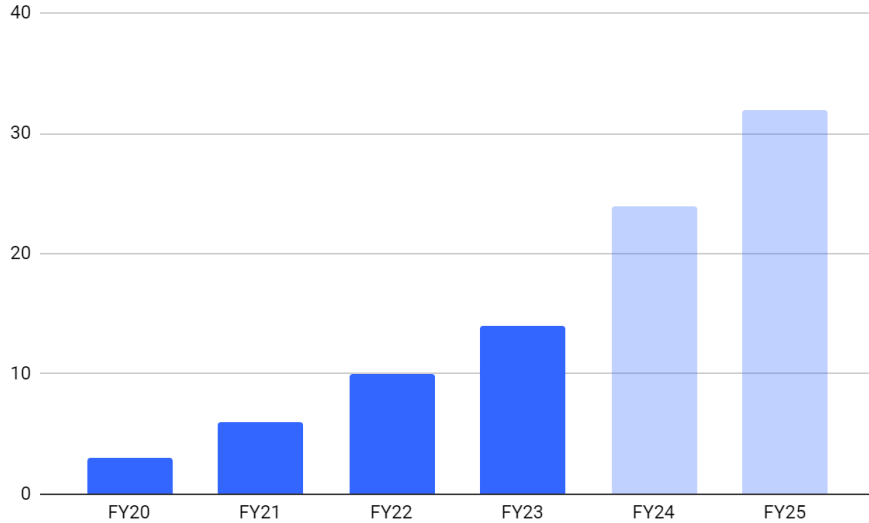
Resources to address food insecurity  
(e.g. food bank)

University office of disability/accessibility

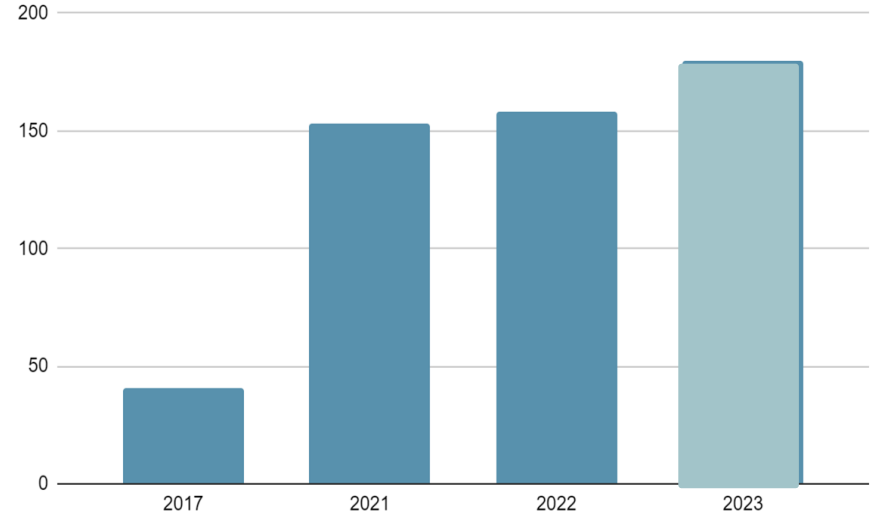
Family counseling

# GROWTH

## Campus Hillels with Mental Health or Wellness Professionals



## Jewish Camps with Mental Health Professionals



# ROLE & RESPONSIBILITIES

- Most effective when it is intentional, multi-dimensional, and embedded within Hillel/Camp culture
- Provide intake and 1:1 therapy for students (Hillel only)
- Intake conversations with families and liaising with home therapists (Camp only)
- Resource referral as needed
- Coach and support staff concerned about a youth
- Collaborate with staff/camp counselors to integrate wellness practices into programmatic experiences
- Coach student leaders on integrating wellness practices into current programs
- Provide workshops / trainings to staff on wellness topics
- Supervise MSW graduate student intern(s)
- Facilitate a wellness internship, learning workshops, and/or ambassador program
- Revise policies, procedures, and forms

# TYPES OF WELLNESS PROMOTION

- **“Wellness” (capital W):**  
Wellness work that is explicitly and obviously wellness (i.e. wellness lounges, wellness cohorts, De-stress fests or formal staff role)
- **“wellness” (lowercase w):**  
Intentionally integrating mental health protective factors and Jewish wisdom into everyday Hillel experiences (i.e. student leadership skill building, mentorship opportunities)

# HOLISTIC MODELS

Embedded mental health professionals on staff teams

Onboarding support and ongoing Community of Practice

High-level training for mental health professionals

Mental health first aid training for staff at all levels

Funding and training for proactive wellness promotion activities

Graduate student interns

Resource development

Partnerships, evaluation, and reflection







## **PARTNERSHIP FROM THE GROUND UP**

Cultivate relationships around shared goals to serve youth/young adults/families

Clarify design of partnership & set transparent timelines

Develop MOU that reflects stated goals

Seek community investment and identify multi-year funding sources

Implementation

Evaluate!

## **JFS AUSTIN**

- Part-time therapist, JFS staff member
- Housed at Hillel for 10 months,  
JCamps for 2 months
- 3 free sessions, \$18/session for ongoing



SHALOM AUSTIN   
**Jewish Family Service**



## JFS CINCINNATI

*Youth Mental Health Program initiated Fall 2021.*

### In 2022 our YMH Team:

- Collaborated with 24 out of the 38 youth-facing organizations in our local Jewish community (63%).
- Embedded clinicians in more than 9 programs and organizations serving Jewish Cincinnati.
- Provided counseling services, care coordination, consultation, and mental health trainings to approximately 250 clients.
- Delivered Youth Mental Health First Aid training to 43 participants representing 10 organizations (nearly 25%).



*Our Youth Mental Health Clinicians provide you...*

- Access to Mental Health Care**
  - Counseling Services
  - Crisis Interventions
- Service Navigation**
  - Care Coordination
  - Close collaboration with Jewish Community partners
  - Improved access to a range of services, helping individuals get better
- Opportunities to Build Awareness**
  - Youth Mental Health First Aid Training available for youth facing professionals
  - Mental Wellness programming designed for youth, teens, and young adults
  - Services focused on reducing stigma

**Need to Talk?**  
The Jewish Family Service, Youth Mental Health team serves youth, teens, young adults, and their families through in person or telehealth appointments. Counseling services are also provided on-site in collaboration with partner organizations.

**Contact:**  
**513-469-1188**





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jewish family service

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jewish family service  
of the Cincinnati area

## **UJA CUNY HILLEL HUBS PROJECT**

- Partnership between UJA, Hillel International, 5 CUNY Hillels, and 3 social service agencies
- Social workers embedded in Hillels
- Intern supervision and referrals to MH agencies
- Food pantry services on-site at Hillel
- Career counseling on-site at Hillel
- Ongoing communication, linkages, full service delivery model



# Hillel Hub Marketing

Hungry?  
Stressed?  
Job hunting?  
We're here for you.



The new Hub at Hillel is your home on campus, where you'll feel seen and heard, and where you can access wellness programs to meet all your social and emotional needs.

Check us out.  
And grab a slice while you're here.

A partnership among:



Funded by:



Supported as part of the Jewish Community Response and Impact Fund



HERE FOR YOU.  
Food • Mental Health • Employment

THE HUB AT HILLEL  
is here for all your social and emotional needs.

CHECK US OUT.  
We're not just about pizza – but you can still grab a slice while you're here.

A partnership among:



Funded by:



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Here for *Shabbat*.  
And so much more.

The new Hub at Hillel offers wellness and support services – from digital food pantries, to career counseling, to mental health support.

CHECK US OUT.  
We're here for your Jewish spiritual life, and so much more.



Here for you.

A partnership among:



Funded by:



Supported as part of the Jewish Community Response and Impact Fund





Teachers have been on the frontlines supporting students' mental health and wellbeing since the start of the pandemic.

## Announcing Ohel's new Helpline for Educators and Youth Support Professionals

**718-686-3230**

- Free, confidential, one-on-one support.
- Counseling for your emotional needs and the behavioral and social-emotional challenges in the classroom.
- Guidance, recommendations, and links to professional help as needed.
- Staffed by a team of experienced school psychologists and mental health professionals, under the supervision of Dr. Norman Blumenthal.

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### Teacher Support Helpline Hours:

**Monday - Thursday:  
4pm to 6pm; 8pm to 10pm**

**Sunday:  
9 am to 12 pm; 8 pm to 10 pm.**

*You have gone above and beyond for your students.  
We are here for you.*



For more information, contact [teachersupport@ohelfamily.org](mailto:teachersupport@ohelfamily.org)

An illustration of two women in business attire celebrating a high-five. The woman on the left has dark skin and curly hair, wearing a light-colored blazer and maroon pants. The woman on the right has light skin and blonde hair, wearing a maroon sweater and brown pants. They are both jumping and smiling, with their hands raised and touching. Small lines radiating from their hands suggest motion or excitement. The background is a solid dark purple color.

## **KEYS FOR SUCCESSFUL COLLABORATION ACROSS ORGS**

- Return to mutual goal
- Build trust with ongoing dialogue
- Clear expectations in MOU
- Unique staff support model
- Cultural considerations
- Funding considerations

## Q & A

**How can we help you move forward in your collaborations?**  
**What tools can we give you or help you find?**  
**Who will you commit to building a new relationship with?**



## **COLLABORATIONS TO EXPAND ACCESS TO YOUTH MENTAL HEALTH SERVICES**

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Meredith Zylberberg, UJA-Federation of New York [zylberbergm@ujafedny.org](mailto:zylberbergm@ujafedny.org)