

Home Resiliency Roundtable Training & Education Grants Resources Events A

# BeWELL

Helping teens and young adults thrive







Let Them Share the Burden With You: Communal Partnerships Guide Our Response

#### Exodus 18:18

(18) You will surely wear yourself out, and these people as well. For the task is too heavy for you; you cannot do it alone. שמות י״חּיִיה (יח) נָבִל תִּבּל גַּם־אַתָּה גַּם־הָעָם הַזֶּה אֲשֶׁר עִמְך כִּי־כָבֵך מִמְדְ`הַדְּבָר לֹא־תוּ כַל עֵשֹהוּ לִבַדֵּךָי



North American Resiliency Roundtable as Model & Anchor Bridging the Engagement & Clinical Worlds to Support Our Young People

#### BeWELL

ROADMAP TO LAUNCHING A LOCAL RESILIENCY ROUNDTABLE



## What exactly is a Resiliency Roundtable?

#### Resiliency Roundtables help to...

- Normalize mental health conversations
- Build community and shared understandings
- Prioritize relationships
- Understand local needs & strengths
- Coordinate resources
- Offer educational programs that create common language and decrease stigma
- Teach, codify & promote effective programs for youth and young adults, professionals and parents
- Map out a long-term strategy



### Phases of Launching a Local Resiliency Roundtable

ROADMAP TO LAUNCHING A LOCAL RESILIENCY ROUNDTABLE









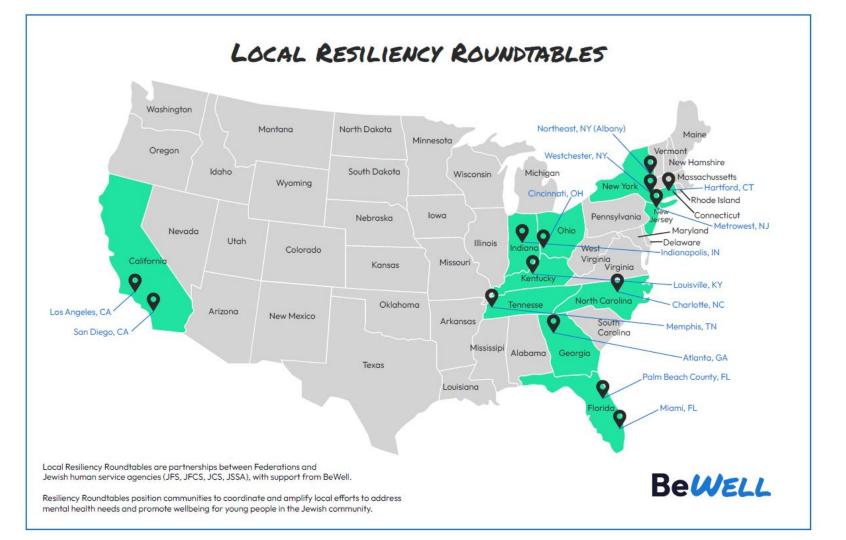
LEARN





 $\rangle\rangle\rangle$  DEVELOP PROCESSES







### The Jewish Community Itself is a Protective Factor

Resiliency Roundtables

Capacity-Building Grants & Trainings

**Peer Power** 



Federations / JF&CS collaborations with BeWell support -National / local partnership, shared knowledge, best practices, resources and supportive partnerships drive culture change. Dozens of grants support national orgs to align efforts. Youth Mental Health First Aid, QPR Suicide Prevention, short educational courses and internal policy guidance equip parents & professionals to identify someone struggling and make an action plan. 200+ teens already trained to support their friends. Evaluations show desire to see more teens trained, keep learning and create new engagement programs to move from awareness

to advocacy.



# **Thank You!**

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jewishtogether.org/bewell

Local Resiliency Roundtables: Communities Come Together To Address Youth Mental Health

> Jewish Family Services of Greater Charlotte



Federation Foundation JCC Day School **Pre-School** Two Synagogues with religious schools JFS Hebrew High **Hebrew Cemetery BBYO Friendship Circle** 

# **SHALOM PARK**



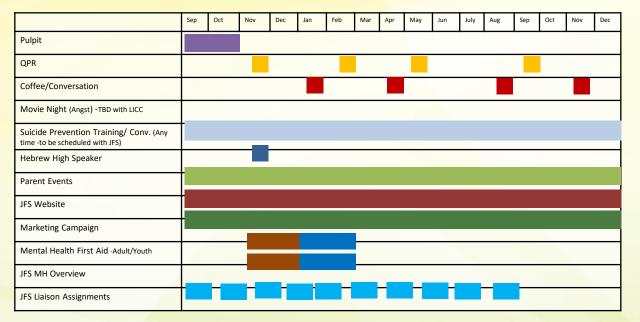


# Shalom Park Mental Health Initiative 2017....

- Community Initiative established by community leadership
- Spearheaded by JFS
- Agency Liaisons
- Roadmap:
- Staff Training
- Community Programs
- Marketing Campaign



#### Mental Health Initiative Roadmap





# 2022 BeWELL

**Resiliency Roundtable** 

- Established collaborative environment
- JFS Leadership credibility
- Interest in data re: mental health needs of our youth (especially postpandemic)

Strategy:

- Re-engage our community partners
- Conduct a needs assessment
- Utilize the outcome of the needs assessment to create a Community Mental Health Plan for Youth and Families
- Continue community education and awareness activities



# 2023 BeWELL

#### **Current Status:**

#### Secured Resiliency Roundtable membership

- Federation
- Foundation
- JCC
- Three Synagogues
- Pre-school
- Day school
- BBYO
- Hebrew Cemetery
- Youth
- Community members



- Drafted and distributed draft youth and parent questionnaires to membership for feedback
- Discussed process for distribution





# 2023 BeWELL

#### Next Steps:

- Survey distribution in spring and summer
- Conduct Focus Groups over summer
- Gather and analyze data



 Resiliency Roundtable to establish and implement a community plan for services, education and awareness

Engage roundtable in exploring the mental health needs of our younger children





#### LOCAL RESILIENCY ROUNDTABLES: COMMUNITIES COME TOGETHER TO ADDRESS YOUTH MENTAL HEALTH

#### JEWISH FEDERATION OF GREATER METROWEST NJ



#### GREATER METROWEST RESILIENCY ROUNDTABLE

#### **Greater MetroWest ABLE**

- Collaborative Network of Agency Professionals & Lay Leadership
- Sharing Best Practices & Programming
- Identifying Unmet Needs
- Jewish community touched by suicide

#### **COMMUNITY AUDIT RESOURCES**

# EDUCATIONAL INSTITUTIONS & ENGAGEMENT PROGRAMS

#### WELLNESS & MENTAL HEALTH SERVICES

Diller Teen Fellowship	JVS MetroWest
Global Connections of Greater	JCC MetroWest/ CDR
MetroWest	JCC of Central NJ/Camp Yachad
Greater MetroWest Day School Initiative	Union Y, Programs & Camps
Greater MetroWest Hillel	Healthcare Foundation of NJ
Jewish Educational Initiatives	Synagogue Educators/Youth Professionals
JTeen of Greater MetroWest	Central NJ Board of Rabbis
One Happy Camper NJ	
Synagogue Initiatives	Iris Teen Parents
Rutgers Hillel	Youth Groups (USY, BBYO, NCSY)

Jewish Family Service MetroWest Jewish Family Service of Central NJ JESPY Friendship Circle JSDD MetroWest Jewish Federation of Greater MetroWest NJ Communities Confronting Substance Abuse (CCSA)

#### WHAT ALREADY EXISTS

- Day Schools mental health grants
- Self-care workshops offered at Diller Programs and Hillel
- Federation partnering with Moving Traditions in the year ahead
- Camps have added social workers to their summer teams
- Rutgers Hillel has a mental health club
- Camp Yachad has developed an SEL manual
- Iris Teen parent workshops offered on mental health & anxiety
- Clergy workshops on self-care and mental health awareness
- HFNJ grant to JFS MW for Suicide Prevention PD
- Self-care and resiliency workshops for congregational & early childhood educators

- Limited mental health awareness training for Diller coordinators and Rishonim
- 3 Synagogue Social Workers
- JFS Teen/adolescent department works with day schools, synagogues, congregational schools & public schools
- JFS Parent Support Groups
- Individual Counseling
- LGBTQ+ group at JSDD
- Teen Talks programs for teens
- SafeTALK programs for parents and educators
- AFSP & YMHFA trainings

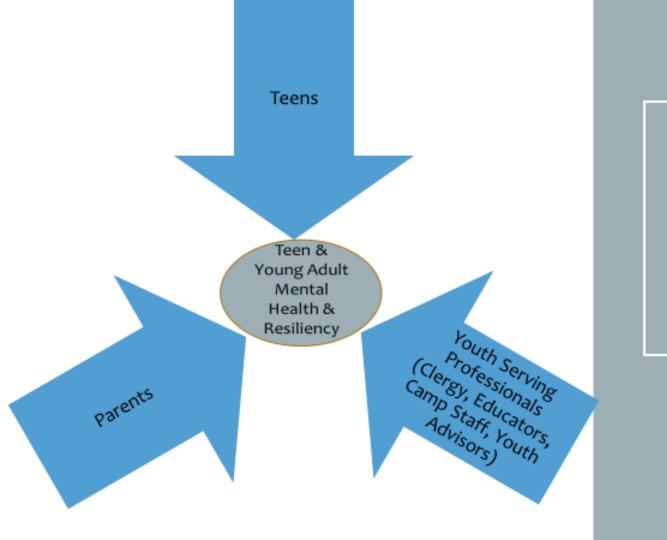
#### **RESPONSIVE PROGRAMMING**

- Youth Mental Health First Aid (Parents & Educators)
- Executive Function, Dr. Elana Spira, The Organized Child (Educators & Parents)
- Mallory's Army Bullying Workshop for Families
- Social, Emotional and Spiritual Learning (SESL) for Educators
- Cultivating Mental Wellness in our Schools for our Congregational School Educators & Youth Professionals
- Communities Confronting Substance Abuse (Middle & High Schools & Families)
- Self-care Grants for congregational school educators
- Iris Teen/JFS MetroWest workshop on Academic Pressures for Parents of Teens
- JFS MetroWest parent workshop for **Teens Under Pressure**
- Greater MetroWest Hillel Healthy Relationships, Mental Health & Gender Identity Workshops

#### **Steering Committee**







HOW DO WE REACH OUR GOAL?

#### **IDENTIFIED NEEDS**

- Create 3 new webpages with mental health resources for teens, parents & youth serving professionals
- Mental health awareness for rishonim prior to camp
- Professional development for youth serving professionals in our schools, camps, educators, clergy and youth programs
- Executive Function workshops for teens (Almost Adulting)
- Mental health awareness for madrichim, camp staff and CITs
- Mental health professionals to be available to Hillels
- Support groups offered for teens around LGBTQ+, College Transitions, Post-COVID
- Mental health and resiliency workshop for new rishonim each year
- Mental health awareness workshop for synagogue lay and professional leadership
- Teen dating abuse/healthy relationships
- Policies & procedures for youth programs
- Addressing Antisemitism

# **JFCS Louisville Original Plan**

- Partnership with Louisville Federation
- Utilize Louisville Board of Rabbis as foundational support and principal of community religious school as source of referral supports
- Development of 3 Resiliency Roundtables
  - Parents of 13-18 year olds
  - 13-18 year olds
  - 18-25 year olds
- Launch of online survey to assess community needs



## JFCS Louisville Updated Plan

- Informal solicitations
  - Support Group for families of transgender youth
- Capturing in-vivo opportunities with youth
  - For 14-16 year olds themes concerns about antisemitism
- Focus group with 20-somethings
  - Themes concerns about "adulting" and community violence



## JFCS Louisville BeWell Next Steps

- Next Steps for BeWell
  - Increase support group for families of transgender youth
  - Begin adulting support group
  - Join with JCRC on curriculum development regarding antisemitism in schools
  - Outreach to Moishe Pod (University of Louisville) and BBYO chapter meetings
  - Continued Focus Groups
  - Hiring of a Youth Outreach Coordinator
  - Continued solicitation of volunteers for Resiliency Roundtable
  - Formal assessment of community needs

