

Menu of Services



CENTER
FOR FAMILY
SERVICES



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Introduction



What is NJ4S Camden County?

The New Jersey Statewide Student Support Services (NJ4S) initiative is a free, statewide program that provides mental health and wellness support to students in 6th grade through 12th grade, as well as their families and school communities. In Camden County, NJ4S connects youth with prevention-focused services, empowering them to build resilience, strengthen coping skills, and thrive in and out of the classroom.

How We Support Youth in Camden County

We partner directly with schools and community organizations to offer:

- **School-based workshops & assemblies** on topics like stress, anxiety, self-esteem, bullying prevention, and healthy relationships
- **Targeted small groups** to build peer support and coping skills
- **One-on-one check-ins** for students who may need extra support
- **Parent & caregiver sessions** to help families understand and support youth mental health
- **Community events & outreach** to bring resources and education directly to where youth and families gather
- **Referrals to additional services**, if more specialized or long-term support is needed

Service Tiers at a Glance

- **Tier 1: Universal Support** – Available to all students, families, and school staff through school-wide and community-wide programming
- **Tier 2: Referral-Based Targeted Groups** – Short-term small group sessions for students who may benefit from extra support, grades 6-12
- **Tier 3: Referral-Based Individual Support** – Brief one-on-one stabilization services and connections to outside mental health services, when needed for grades 6-12

**All NJ4S services
are free, confidential,
and designed to meet youth
where they are.**

•
Together, we're building a
stronger, healthier future for
Camden County's students.





Tier 1 Overview





Tier 1 Overview

NJ4S Tier 1 services are universal supports for all New Jersey students, their parents, and school faculty. They provide community education and prevention services through various formats like workshops, presentations, and training, both in-person and virtually. These services focus on mental health, wellness, and related topics like substance use prevention, bullying, and life skills.

Tier 1 services are available to everyone, regardless of their school's participation in NJ4S.

Core Tier 1 Supports:

- Classroom Lessons & School Programs
 - Social-Emotional Learning (SEL)
 - Mental Health Awareness
 - Coping Skills & Stress Management
 - Substance Use Prevention
- Family & Caregiver Workshops
 - Supporting Anxious Children
 - Resilience at Home
 - Managing Screen Time
 - Parenting with Empathy
- Staff Training & Support
 - Mental Health Literacy
 - Trauma-Informed Practices
 - SEL Strategies for Classrooms
- Community Engagement
 - Local Resource Connections
 - Family Fun Nights
 - Mental Health Awareness Events

Why It Matters:

Tier 1 is vital because it establishes a foundation of prevention and support for mental health and well-being within the school and wider community. By addressing potential issues early and creating a supportive environment, it contributes to positive academic, social, and emotional development for New Jersey's youth.

Contact your NJ4S Hub for details or to schedule a service!

Recurring Yearly Events:

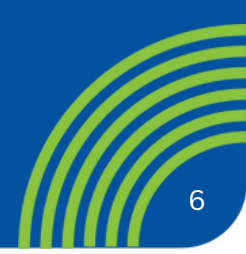
- Let's Get Physical
- Back to School Resource Fair
- Lending a Helping Hand
- Harvest Festival
- Winter Festival
- Mother's Day Brunch
- NJ4S Business Over a Bite
- Mind Your Mental
- Y.A.S.S. Youth Achievement Summer Spectacular
- Awareness Month Workshops

DCF Public Events for Tier 1 Services Website:

<https://nj4s.nj.gov/s/nj4s-public-events>



Tier 2 Overview



Tier 2 Overview



Tier 2 services offer short-term, small-group, evidence-based sessions for students in grades 6–12 who may be facing challenges affecting their emotional well-being, behavior, or academic success. These supports go beyond universal prevention but do not replace intensive clinical care.

Who is Tier 2 for?

Students who are at risk or showing early signs of struggle with:

- Emotional regulation
- Social interaction
- Attendance or behavior
- Academic motivation related to mental wellness

Contact your NJ4S Hub for details or to schedule a service!

Focus Areas:

- Social Connections
- Mental Health and Well-Being
- Conflict Resolution
- Sexual Health and Pregnancy Prevention
- Anti-Bullying
- Absenteeism
- Violence Prevention
- Financial Literacy
- Nutrition



Tier 2 Social Connections



1

Let's Get Social

5 or 7 week service series
Botvin Lifeskills

- **Service Topics:**
 - Making decisions
 - Self-image & self-improvement
 - Social skills 1
 - Social skills 2
 - Conflict resolution
 - Assertiveness
 - Communication skills
- **Description:**

Participants will be able to recognize and address common social dynamics and challenges, such as dealing with conflict or overcoming social anxiety, to enhance their social interactions.
- **Type of service:** Classroom Style
- **Website:**
<https://www.lifeskillstraining.com/>
- **Duration:** One (1) hour
- **Audience:** Middle and High School students

2

Got Conflict?

4 week service series
Botvin Lifeskills

- **Service Topics:**
 - Making decisions
 - Resolving conflict
 - Self-image & self-improvement
 - Communication skills & assertiveness
- **Description:**

Enhance students' skills by practicing the ability to resolve conflicts before they escalate. Students will also be able to develop a strong and healthy self-image and how it has positive effects on how we act and feel while also being able to understand social cues and social competence.
- **Type of service:** Classroom Style
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students



Tier 2 Social Connections



3

The Brotherhood, Boy's Council

4, 6, or 10 week service series
One Circle Foundation

- **Service Topics:**

- Creating our council
- Healthy competition
- What's your choice? Boys and their emotions
- Males and females: roles and expectations
- Boy's unspoken rules
- Put down, build up
- Similar and different
- Put downs
- Boy's rights
- Staying connected: celebrating my whole self

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

The Council for Boys and Young Men® is working toward a future where boys and youth who identify with male development develop healthy and diverse masculine identities which allow them to grow as respectful leaders and connected allies in their communities.

- **Type of service:** Classroom Style

- **Website:**

<https://www.onecirclefoundation.org/the-council>

4

The Brotherhood, Boy's Council

4, 6, or 10 week service series
One Circle Foundation

- **Service Topic**

- Creating our council
- Unlocking the code
- Examining masculinity in the media
- Exploring emotions part 1 & 2
- Strength through diversity
- Mentors, role models, and heroes
- Respecting women
- Respecting intimate partners
- Becoming non-violent leaders part 1 & 2
- Going forward as men of honor

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

The Council for Boys and Young Men® is working toward a future where boys and youth who identify with male development develop healthy and diverse masculine identities which allow them to grow as respectful leaders and connected allies in their communities.

- **Type of service:** Classroom Style

- **Website:** <https://www.onecirclefoundation.org/the-council>



Tier 2 Social Connections



5

The Sisterhood, Girl Circle

4, 6, or 10 week service series
One Circle Foundation

- **Service Topics:**

- What is girl's code?
- Celebrating my individuality
- The whole is greater than all the parts
- Our qualities & strengths
- Stress and stress management
- Goal setting part 1 and 2
- Taking time to relax
- Creativity
- Growth and self care
- Girl's circle wrap up

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

The Girls Circle™ model, a structured support group for girls and youth who identify with female development from 9-18 years, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.

- **Type of service:** Classroom Style

- **Website:**

<https://onecirclefoundation.org/girls-circle>

6

The Sisterhood, Girl Circle

4, 6, or 10 week service series
One Circle Foundation

- **Service Topic**

- Building trust/group bonding
- Cultural values and who I am
- My body
- Body messages
- Body image
- Body expression
- Accepting and affirming my body
- Friendship / how I relate
- Setting boundaries and staying safe
- Appreciation ceremony and compliment circle

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

The Girls Circle™ model, a structured support group for girls and youth who identify with female development from 9-18 years, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.

- **Type of service:** Classroom Style

- **Website:**

<https://www.onecirclefoundation.org/girls-circle>



Tier 2 Social Connections



7

Beware What You Share: Internet Safety Awareness

1 week service series
Positive Prevention

- **Service Topics:**
 - Beware What You Share: Internet Safety Awareness Assembly
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:**

The Beware What You Share presentation is designed to educate youth on the importance of internet safety. Social Media is a big part of social and creative life for adolescents with benefits including connection, learning and creativity. The Beware What You Share presentation will help students understand the risk of social media including exposure to inappropriate content, cyberbullying, and the dangers of sexting.
- **Type of Service:** Auditorium Style
- **Website:**
<https://positivepreventionplus.com/>

8

Resolve, Don't Revolve

4, 6, or 10 week service series
Too Good

- **Service Topic**
 - Set to win: setting reachable goals
 - The decision is yours: making responsible decisions
 - Understanding me: identifying and managing emotions
 - Say it with style: effective communication
 - The right connection: bonding and relationships
 - Meeting point: conflict resolution pt.1
 - Meeting point: conflict resolution pt.2
 - Anger outlet: anger management
 - Home base: identifying and managing bullying situations
 - Site survey: peer violence
- **Duration:** One (1) hour
- **Audience:** 7th Grade Middle School Students
- **Description:**

To aim to prevent violent behavior by first targeting the development of self-efficacy and interpersonal skills and educating youth about the effects and consequences of violence.
- **Type of service:** Classroom Style
- **Website:**
<https://toogoodprograms.org/collections/too-good-for-violence>



Tier 2 Social Connections



9

Resolve, Don't Revolve

4, 6, or 10 week service series
Too Good

- **Service Topics:**

- The architect: setting reachable goals
- iDecide: making responsible decisions
- Calibrating sensors: identifying and managing emotions
- Press Send: Effective communication
- Friend request: Bonding and relationships
- Compatibility: respect for self and others
- Optimal resolution: conflict resolution
- System feedback: constructive criticism
- What's the deal?: identifying and managing bullying situations
- Relationship status: teen dating violence

- **Duration:** One (1) hour

- **Audience:** 8th Grade Middle School Students

- **Description:**

To aim to prevent violent behavior by first targeting the development of self-efficacy and interpersonal skills and educating youth about the effects and consequences of violence.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-violence>

10

Power in Peace

4, 6, or 10 week service series
Too Good

- **Service Topic**

- The architect: setting reachable goals
- iDecide: making responsible decisions
- Calibrating sensors: identifying and managing emotions
- Press Send: effective communication
- Friend request: bonding and relationships
- Compatibility: respect for self and others
- Optimal resolution: conflict resolution
- System feedback: constructive criticism
- What's the deal? Identifying and managing bullying situations
- Relationship status: teen dating violence

- **Duration:** One (1) hour

- **Audience:** 8th Grade Middle School Students

- **Description:**

To aim to prevent violent behavior by first targeting the development of self-efficacy and interpersonal skills and educating youth about the effects and consequences of violence.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-violence>



Tier 2

Mental Health & Well Being



1

Good Grief

6 or 9 week service series
Good Grief

- **Service Topics:**

- Hello my name is
- Creating Meaning
- My many feelings
- Places and grief happens within a context
- Inside/Outside feelings
- Taking care of me
- Who I am, who I was, Who I hope to be
- Building Resilience
- Good grief community

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

Children, teens, and families learn from each other as they adapt and rebuild their lives. Good Grief builds resilience in children, strengthens families and empowers communities to grow from loss and adversity.

- **Type of service:** Classroom Style

- **Website:** <https://good-grief.org/grief-support-groups/>

2

The Whole “You”

4, 6, or 10 week service series
Positive Action

- **Service Topic**

- A Self-Concept Inventory & Being Comfortable in Your Own Skin
- Refuse & Abuse & Bad Choices Hurt Everyone
- Drug-Free is the Way to Be! & Healthy for Life
- Use Your Whole Brain & It's Decision Time
- Smart Food, Healthy Body & Let's Get Moving
- Healthy for Life & Use Your Whole Brain!
- Know & Grow & What Did You Say?
- Sensing Something Positive & The Memory Game
- Powering up the PMI & It's Decision Time
- Keep on Growing! & Tips for Healthy Bodies and Minds

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:** <https://www.positiveaction.net/>



Tier 2

Mental Health & Well Being



3

Unstoppable You

4, 6, or 10 week service series
Positive Action

• Service Topics:

- A Better You & Getting to a Better You
- We End Up Where We Are Headed & What You Do Is Your Image
- Holding Your Own & Stepping out to Success & The Whole Enchilada
- Going for Greatness & Ready, Set, Go
- Making the Most of My Mind & Getting Smarter all the Time
- Getting and Staying Connected & Creating a Community You Like
- More Than Feelings & Feeling Great
- Your Potentials "Potentials" & Into the Great Unknown
- Muster Your Courage & Facing the Tough Stuff
- Keep on Keeping On & The Bright Horizon

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:** <https://www.positiveaction.net/>



Tier 2

Mental Health & Well Being



4

Positivity in Practice

4, 6, or 10 week service series
Positive Action

- **Service Topic**

- Lives Intertwined & Live by the Code
- The Mirror Effect & The Not-So-Fun House
- Make an Impression & The Sweetest Mystery
- Do Something Helpful & To Have a Friends
- Heart in Hand & Justice for All
- Don't Bully Me! & Everybody's Got a Place in the Choir
- Greater Than the Sum of Its Parts & Mind Your Ps and Qs
- Bide Your Time & Let It Be
- Can We Communicate? & Resolve the Conflict
- Do you Know Your People Skills? & Positive Action Day

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:**

<https://www.positiveaction.net/>



Tier 2

Mental Health & Well Being



5

Botvin's Life Skills

4, 6, or 12 week service series
Botvin Life Skills

- **Service Topics:**

- Self Image & Self Improvement
- Making Decisions
- Smoking Myths & Realities
- Alcohol Myths & Realities
- Violence in the Media
- Coping with Anger
- Communication Skills
- Coping with Anxiety
- Social Skills Part 1
- Social Skills Part 2
- Assertiveness
- Resolving Conflicts

- **Duration:** One (1) hour

- **Audience:** Middle and High School Students

- **Description:**

The Botvin's Life Skill curriculum is evidence-based curriculum designed to promote mental health and positive youth development.

- **Type of service:** Classroom Style

- **Website:** <https://www.lifeskillstraining.com/>

6

Mental Health, Stress Management, Self-Care

1 week service series

- **Service Topic**

- Mental Health, Stress Management, Self-Care

- **Duration:** One (1) hour

- **Audience:** Middle and High School Students

- **Description:**

The Mental Health, Stress Management, and Self-Care presentation is a one-hour auditorium-style session that provides students with skills to empower them to take care of themselves.

- **Type of service:** Auditorium Style



Tier 2

Mental Health & Well Being



7

Get into a Positive State of Mind

4, 6, or 12 week service series
Mind Matters

- **Service Topics:**

- Self Soothing
- Discover Emotions
- The Difference Between Emotions & Thought & The Internal Journal
- Building Empathy
- Get By with a Little Help from My Friends & Wheel of Awareness
- Compassion for the Hijacked Brain
- Trauma Containment & Rhythm
- Tapping & Efficient Sleep
- Let's Get Moving
- Life of Intention
- Code of Honor & Asking for Help
- The Ongoing Journey

- **Duration:** One (1) hour

- **Audience:** Middle and High School Students

- **Description:**

Mind Matters is a program to assist people in overcoming negative experiences, both in adulthood and childhood, that affect their well-being. The most current research indicates that these experiences change our brains. It has also been shown that people can grow their brains to overcome these experiences and build resilience. Mind Matters builds the capacity to recover from difficulties.

- **Type of service:** Classroom Style

- **Website:** <https://dibbleinstitute.org/our-programs/mind-matters-overcoming-adversity-and-building-resilience/>



Tier 2

Mental Health & Well Being



8

Authentic Actions

4, 6, or 10 week service series
Positive Action

- **Service Topic**

- Nothing but the Truth & Why Do I Have Trouble Being Honest with me?
- Who Are You, Really? & Who Is Behind Those Dark Glasses?
- Making an Impression & Being True to You
- Telling Others the Truth & What is Real?
- Circles of Reality & Does My Identity Help Me Become Successful and Happy?
- How Are You Feeling Today? & What Do You Like to Do and Be?
- Where Am I the Strongest? Where Do I Need Help? & Blame It on...Me?
- Just What Is the Truth Anyway? & Oh, Yeah, I Did It
- Well, What Really Happened Was... & As Good as Your Word
- At Rock Point Bridge & Getting It Clear

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:**

<https://www.positiveaction.net/>



Tier 2

Mental Health & Well Being



9

Personal Power

4, 6, or 10 week service series
Positive Action

- **Service Topics:**

- Becoming Self-Managers & Fight-or-Flight
- One Step at a Time & Time Flies
- Cycles of Energy & Setting Priorities
- Investing in Ourselves & Prize Possessions
- Where Our Thoughts Take Us & How We Feel
- The Fear Response & The Bitter with the Sweet
- Finding Courage in Discouragement & Small Thing, Big Shadow
- Me Against the World & The Green-Eyed Monster
- Pride Before the Fall & Count Your Blessings
- Still Knowing and Growing & Being the Best We Can Be

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:** <https://www.positiveaction.net/>



Tier 2

Mental Health & Well Being



10 Bringing the Best You

4, 6, or 10 week service series
Positive Action

- **Service Topic**

- Becoming a Self-Concept Scientist & We're on Our Way to Positive Self-Concepts
- The Science of Ourselves & The Circles of Life
- You Are What You Think & Putting Thoughts into Action
- Taking out the Negative Trash & Understanding Me, Myself and I
- Bits About Me & Make a Positive First Impression
- Be Who You Want to Be & There's More to This Than Me
- A Little Help from Your Friends & A Network of Friends
- Experience Life's Lessons & Exploring My Skills
- Dream the Impossible Dream & I Smile Because I'm Happy
- P.A.S.H. & How Far We've Come

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Positive Actions teaches positive, real-life concepts that help students feel good about themselves. Positive Action works on building a positive environment that encourages students to do their best and be their best selves.

- **Type of service:** Classroom Style

- **Website:**

<https://www.positiveaction.net/>



Tier 2

Sexual Health and Pregnancy Prevention



1

With Your Permission: One Time Session

1 week service series
Promoting health among teens

- **Service Topics:**
 - With your permission
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:**

"With your permission" is a sexual health presentation designed to equip middle to high school students with skills and knowledge surrounding sexual consent.
- **Type of service:** Auditorium Style
- **Website:**

<https://www.etr.org/ebi/programs/promoting-health-among-teens-comprehensive/>

2

The Owner's Manual

5 or 9 week service series
Promoting health among teens

- **Service Topic**
 - Consent & Peer pressure
 - Understanding Gender Orientation
 - Healthy vs. unhealthy relationships
 - Safe sex/abstinence
 - Sexual health pt. 1
 - Sexual health pt. 2
 - Pregnancy Prevention
 - Understanding the body
 - Hygiene & Self-care
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:**

The Owner's Manual Series 2 is a sexual health education curriculum designed to help students develop the knowledge, skills, attitude, and values to protect their health, develop respectful relationships, make responsible choices, and understand and protect the rights of others.
- **Type of service:** Classroom Style
- **Website:**

<https://www.etr.org/ebi/programs/promoting-health-among-teens-comprehensive/>



Tier 2

Sexual Health and Pregnancy Prevention



3

Healthy Connections

4, 6, or 10 week service series
Safe Dates

- **Service Topics:**

- Defining Caring Relationships
- Defining Dating Abuse
- Why Do People Abuse?
- Preventing Sexual Dating Abuse
- Overcoming Gender Stereotypes
- How to Help Friends
- Helping Friends
- How We Feel, How We Deal
- Equal Power through Communication
- Reviewing the Safe Dates Program

- **Duration:** One (1) hour

- **Audience:** Middle and High School Students

- **Description:**

This evidence-based program helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive relationships. It is during the critical preteen and teen years that young people begin to learn the skills needed to create and foster positive relationships. Safe Dates equips young people with the tools they need to develop these important life skills. Highly engaging and interactive, Safe Dates reflects the issues today's teens face.

- **Type of service:** Classroom Style

- **Website:**

<https://www.hazelden.org/store/item/545255>



Tier 2

Sexual Health and Pregnancy Prevention



4

Relationship IQ

4, 6, or 13 week service series
Relationship Smarts

- **Service Topic**

- Who Am I and Where Am I Going?
- Maturity and What I Value
- Attractions and Infatuation
- Principles of Smart Relationships
- Is it a Healthy Relationship?
- Breaking Up and Dating Violence
- Decide, Don't Slide! Pathways to Success
- Communication and Healthy Relationships
- Communication Challenges and More Skills
- Sexual Decision-Making
- Pregnancy, STIs, and HIV
- Unintended Pregnancy Through the Eyes of a Child
- Teens, Technology, and Social Media

- **Duration:** One (1) hour

- **Audience:** Middle and High School Students

- **Description:**

Teens learn that healthy relationships begin with the individual, identifying personal strengths and weaknesses, understanding how one's past influences the present, and attending to one's own growth and development. This curriculum offers knowledge of what a healthy relationship is and isn't, insights, and skills for handling the early chemistry of attraction and choosing partners wisely.

- **Type of service:** Classroom Style

- **Website:**

<https://dibbleinstitute.org/our-programs/relationship-smarts-plus-5-1/#overview3707-91c1>



Tier 2

Sexual Health and Pregnancy Prevention



5

Heart Smart

4,6, or 13 week service series
Love Notes

- **Service Topics:**

- Relationships Today
- Knowing Yourself
- My Expectations- My Future
- Attractions and Starting Relationships
- Principles of Smart Relationships
- Is it a Healthy Relationship?
- Dangerous Love
- Decide, Don't Slide! Pathways & Sequences Towards Success
- Communication & Healthy Relationships
- Communication Challenges & More Skills
- Let's Talk about Sex
- Let's Plan for Choices
- Through the Eyes of a Child

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

The primary goal of Love Notes is to prevent unplanned pregnancies by equipping teens with the knowledge to make thoughtful relationship decisions. The program also educates them on preventing relationship violence and assists in creating a clear plan to avoid pregnancy and STDs.

- **Type of service:** Classroom Style

- **Website:** <https://dibbleinstitute.org/our-programs/love-notes/>



Tier 2

Sexual Health and Pregnancy Prevention



6

The Choice is Yours

6 or 8 week service series
Making Proud Choices

- **Service Topic**

- Getting to Know You and Steps to Making Your Dreams Come True
- A Possible Outcome of Unprotected Sex: HIV Infection
- Attitudes About Sex, HIV, and Condom Use
- Strategies for Preventing HIV Infection: Stop, Think, and Act
- Possible Outcomes of Unprotected Sex: STIs
- A Possible Outcome of Unprotected Sex: Pregnancy
- Developing Condom Use and Negotiation Skills
- Enhancing Refusal and Negotiation Skills

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

"Making Proud Choices!" is an eight-module curriculum aimed at helping adolescents reduce their risk of HIV, STIs, and unintended pregnancies. While it emphasizes abstinence as the most effective prevention method, it also promotes safer sex and condom use. The curriculum addresses attitudes about birth control, teaches correct condom use, and helps teens build confidence in negotiating safer sex practices. It stresses the importance of consistent protection (male and female condoms and dental dams) for reducing risks. It is designed for small groups and can be used in various community settings with flexible scheduling options.

- **Type of service:** Classroom Style

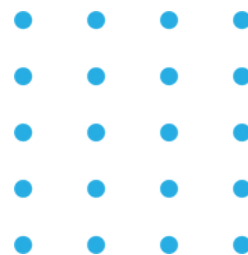
- **Website:**

<https://www.etr.org/ebi/programs/making-proud-choices/>



Tier 2

Anti-Bullying and Violence Prevention



1

Bullying Has Never Been Cool

1 week service series
Positive Prevention

- **Service Topics:**
 - Bullying Has Never Been Cool Seminar
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:**

The Bullying Has Never Been Cool Seminar is designed to help raise awareness for the entire school community, improving the school's environment and reducing conflict and instances of bullying.
- **Type of service:** Auditorium Style
- **Website:** <https://www.lifeskillstraining.com/>

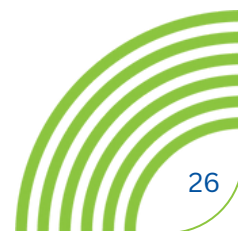
2

Peers for Change

9 week service series
Empowering Teen Peers to Prevent Bullying

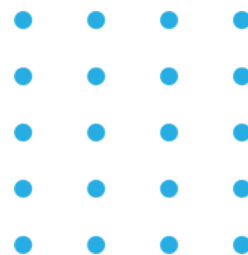
- **Service Topic**
 - Verbal Aggression
 - Relational Aggression
 - Physical Aggression
 - Cyberbullying
 - Cliques
 - Dating and Relationship Issues
 - Intolerance and Harassment
 - Wrapping up
 - Saying goodbye
- **Duration:** One (1) hour
- **Audience:** High School Students
- **Description:**

Through group participation, younger students learn important relationship skills and have the opportunity to share their concerns about communication, relational aggression, dating issues, cyberbullying, acceptance, and other challenges. Both older and younger students benefit by building cross-age connections, breaking up cliques, and fostering tolerance of individual differences.
- **Type of service:** Classroom Style
- **Website:** <https://www.researchpress.com/product/empowering-teen-peers-prevent-bullying/>



Tier 2

Anti-Bullying and Violence Prevention



3

Peers for Change

8 week service series

Empowering Teen Peers to Prevent Bullying

- **Service Topics:**

- Getting Started
- Building connections and community
- Trust
- Empathy
- Listening and communication skills
- Internal/External influences on choices
- Conflict resolution
- Healthy Relationships

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

Through group participation, younger students learn important relationship skills and have the opportunity to share their concerns about communication, relational aggression, dating issues, cyberbullying, acceptance, and other challenges. Both older and younger students benefit by building cross-age connections, breaking up cliques, and fostering tolerance of individual differences.

- **Type of service:** Classroom Style

- **Website:**

<https://www.researchpress.com/product/empowering-teen-peers-prevent-bullying/>

4

Power in Peace

4,6, or 10 week service series

Too Good

- **Service Topic**

- Setting reachable goals
- Making Responsible Decisions
- Identifying and Managing Emotions
- Effective communication
- Bonding and relationships
- Respect for self and others
- Conflict Resolution
- Anger Management
- Identifying and managing bullying situations
- Media Violence

- **Duration:** One (1) hour

- **Audience:** 6th Grade Middle School Students

- **Description:**

Students gain the insight and tools they need to become positive role models in their schools and communities. The skills promoted in this evidence-based prevention program boost students' self-confidence and enhance their commitment to making healthy choices and reaching their goals on their journeys to live safe, healthy, and violence-free lives.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-violence>

Tier 2

Anti-Bullying and Violence Prevention



5

Power in Peace

4,6, or 10 week service series
Too Good

- **Service Topics:**

- Set to win: setting reachable goals
- The decision is yours: making responsible decisions
- Understanding me: identifying and managing emotions
- Say it with style: effective communication
- The right connection: bonding and relationships
- Celebrating differences: Respect for self and others
- Meeting point: conflict resolution
- Anger outlet: Anger management
- Home base: identifying and managing bullying situations
- Site survey: peer violence

- **Duration:** One (1) hour

- **Audience:** 7th Grade Middle School Students

- **Description:**

Students gain the insight and tools they need to become positive role models in their schools and communities. The skills promoted in this evidence-based prevention program boost students' self-confidence and enhance their commitment to making healthy choices and reaching their goals on their journeys to live safe, healthy, and violence-free lives.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-violence>



Tier 2

Anti-Bullying and Violence Prevention



6

Power In Peace

4,6, or 10 week service series
Too Good

- **Service Topic**
 - Setting reachable goals
 - Making responsible decisions
 - Identifying and managing emotions
 - Effective Communication
 - Bonding and Relationships
 - Respect for self and others
 - Conflict Resolution
 - Constructive Criticism
 - Identifying and managing bullying situations
 - Teen Dating Violence
- **Description:**

Students gain the insight and tools they need to become positive role models in their schools and communities. The skills promoted in this evidence-based prevention program boost students' self-confidence and enhance their commitment to making healthy choices and reaching their goals on their journeys to live safe, healthy, and violence-free lives.
- **Type of service:** Classroom Style
- **Website:** <https://toogoodprograms.org/collections/too-good-for-violence>
- **Duration:** One (1) hour
- **Audience:** 8th Grade Middle School Students

7

Resolve, Don't Revolve

4,6, or 10 week service series
Too Good

- **Service Topics:**
 - The architect: setting reachable goals
 - iDecide: making responsible decisions
 - Calibrating Sensors: identifying and managing emotions
 - Press Send: Effective communication
 - Friend request: Bonding and relationships
 - Compatibility: Respect for self and others
 - Optimal resolution: conflict resolution
 - System feedback: Constructive criticism
 - What's the deal?: identifying and managing bullying situations
 - Relationship status: Teen Dating violence
- **Description:**

Students gain the insight and tools they need to become positive role models in their schools and communities. The skills promoted in this evidence-based prevention program boost students' self-confidence and enhance their commitment to making healthy choices and reaching their goals on their journeys to live safe, healthy, and violence-free lives.
- **Type of service:** Classroom Style
- **Website:** <https://toogoodprograms.org/collections/too-good-for-violence>
- **Duration:** One (1) hour
- **Audience:** 7th Grade Middle School Students



Tier 2 Absenteeism



1 Your Presence is Required

9 week service series
Why/Try

- **Service Topics:**
 - The Wall
 - Reality Ride
 - Labels
 - Defense Mechanisms
 - Climbing Out
 - Jumping Hurdles
 - Desire, Time & Effort
 - Lift the Weight
 - Plugged In
- **Description:**

The Why Try Program is a strength-based approach to helping youth overcome their challenges and improve their outcomes in truancy, behavior, and academics. Youth are taught social and emotional principles through a series of nine lessons, each teaching a discrete principle.
- **Type of service:** Classroom Style
- **Website:** <https://whytry.org/>
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students

2 Why Try Resiliency

8 week service series
Why/Try

- **Service Topic**
 - Introducing Resilience
 - Flipping the Switch
 - Emotional Fuel
 - Relational Resilience
 - Street Resilience
 - Resource Resilience
 - Rock Bottom Resilience
 - Motivation Formula
- **Description:**

Why Try Resilience training teaches students how to focus on the better parts of life and adapt to challenging events. It gives students tools to handle problems that come up. Being more resilient can improve your quality of life, increase emotional strength, and lessen stress and worry.
- **Type of service:** Classroom Style
- **Website:** <https://whytry.org/>
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students



Tier 2 Substance Use Prevention



1 Beyond The Temptations

4, 6, or 10 week service series
Too Good

- **Service Topics:**

- Setting reachable goals
- Making responsible decisions
- Identifying and managing emotions
- Effective communication
- Bonding and relationships
- Effects of alcohol use on the brain and body
- Effects of nicotine use on the brain and the body
- Effects of THC and Marijuana Use on the Brain and Body
- Understanding the Safe Use of Prescription and OTC Medicines
- Street Drugs and Course Review

- **Duration:** One (1) hour

- **Audience:** 6th Grade Middle School Students

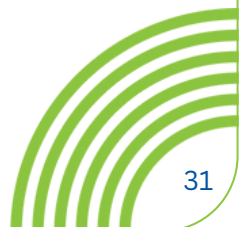
- **Description:**

Students will be equipped with decision-making and problem-solving skills to prepare them better to make thoughtful, rational choices and achieve future goals. They will learn about the harmful effects of tobacco, alcohol, and drug use on achieving future goals. They will learn how tobacco, drugs, or alcohol have a damaging impact on the development of a healthy body and a healthy brain. Students will learn peer refusal skills and healthy alternatives to managing stress and emotions.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-drugs>



Tier 2 Substance Use Prevention



2

Beyond The Temptations

4, 6, or 10 week service series
Too Good

- **Service Topic**

- Setting reachable goals
- Making responsible decisions
- Identifying and managing emotions
- Effective communication
- Bonding and relationships
- Understanding addiction
- Effects of nicotine use
- Effects of alcohol use
- Effects of THC and Marijuana Use on the Brain and Body
- Understanding the Safe Use of Prescription and OTC Medicines
- Street, prescription, and OTC and Course Review

- **Duration:** One (1) hour

- **Audience:** 7th Grade Middle School Students

- **Description:**

Students will be equipped with decision-making and problem-solving skills to prepare them better to make thoughtful, rational choices and achieve future goals. They will learn about the harmful effects of tobacco, alcohol, and drug use on achieving future goals. They will learn how tobacco, drugs, or alcohol have a damaging impact on the development of a healthy body and a healthy brain. Students will learn peer refusal skills and healthy alternatives to managing stress and emotions.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-drugs>



Tier 2 Substance Use Prevention



3 Beyond The Temptations

4, 6, or 10 week service series
Too Good

- **Service Topics:**

- Setting reachable goals
- Making responsible decisions
- Identifying and managing emotions
- Effective communication
- Bonding and relationships
- Effects of alcohol use
- Effects of nicotine use
- Effects of THC and Marijuana Use on the Brain and Body
- Street, prescription, and OTC and Course Review
- Understanding risk and course review

- **Duration:** One (1) hour

- **Audience:** 8th Grade Middle School Students

- **Description:**

Students will be equipped with decision-making and problem-solving skills to prepare them better to make thoughtful, rational choices and achieve future goals. They will learn about the harmful effects of tobacco, alcohol, and drug use on achieving future goals. They will learn how tobacco, drugs, or alcohol have a damaging impact on the development of a healthy body and a healthy brain. Students will learn peer refusal skills and healthy alternatives to managing stress and emotion.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-drugs>



Tier 2 Substance Use Prevention



4

Beyond The Temptations

4, 6, or 10 week service series
Too Good

- **Service Topic**

- Setting reachable goals
- Making responsible decisions
- Identifying and managing emotions
- Effective communication
- Bonding and relationships
- Effects of alcohol use on the brain and body
- Effects of nicotine use on the brain and the body
- Effects of THC and Marijuana Use on the Brain and Body
- Understanding the Safe Use of Prescription and OTC Medicines
- Street Drugs and Course Review

- **Duration:** One (1) hour

- **Audience:** High School Students

- **Description:**

Students will be equipped with decision-making and problem-solving skills to prepare them better to make thoughtful, rational choices and achieve future goals. They will learn about the harmful effects of tobacco, alcohol, and drug use on achieving future goals. They will learn how tobacco, drugs, or alcohol have a damaging impact on the development of a healthy body and a healthy brain. Students will learn peer refusal skills and healthy alternatives to managing stress and emotions.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/too-good-for-drugs>



Tier 2 Substance Use Prevention



5

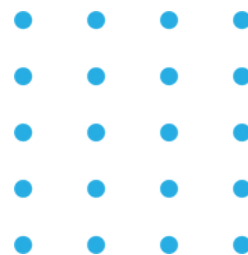
Your Lungs will Thank You

1 time series

- **Service Topics:**
 - Your Lungs Will Thank You: Vaping Awareness Assembly
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:** Students will be able to identify the ingredients in e-cigarettes, categorize, list, and compare and contrast the health effects caused by e-cigarette use. They will also be able to recognize the effects of cannabis through different methods of intake and understand how the brain and body are impacted.
- **Type of service:** Auditorium Style
- **Website:** <https://toogoodprograms.org/collections/too-good-for-drugs>



Tier 2 Financial Literacy



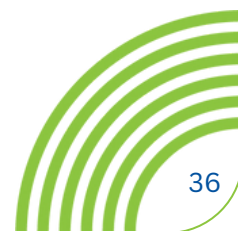
1

For the Love of Money

5 week service series
Money Habitudes for Teen

- **Service Topics:**
 - Why Does Money Matter
 - Money Habitudes
 - Money Habitudes Solitaire
 - Thinking About My Money Habits
 - Goals and Obstacles
- **Duration:** One (1) hour
- **Audience:** Middle and High School Students
- **Description:**

How to Be Rich in Life & Love will help you discover those messages so you can control them. That will help you be confident in your money choices and more respectful of the positive power of money. The activities can help you develop a great relationship with money, leading to a successful and secure future. The bonus is that you will also have more respect for yourself, be more confident in your life choices, and make better careers and relationships.
- **Type of service:** Classroom Style
- **Website:** <https://dibbleinstitute.org/our-programs/money-habitudes/money-habitudes-for-teens/>



Tier 2 Nutrition



1 Seeds of Nutrition

4, 6, or 10 week service series
Too Good

- **Service Topics:**

- Setting reachable goals
- Making responsible decisions
- Identifying and managing emotions
- Effective Communication
- Bonding and Relationships
- What is food?
- Essential nutrients
- Benefits of hydration
- Benefits of sleep and exercise
- Making responsible decisions

- **Duration:** One (1) hour

- **Audience:** Middle School Students

- **Description:**

Seeds of Nutrition is a skills-based nutrition education curriculum designed to promote a priority for health within adolescents. The students learn the roles of nutrients, hydration, exercise, and rest in promoting physical and mental well-being. Students exposed to this information will likely adopt standards and norms consistent with a healthy lifestyle. Seeds of Nutrition promotes a commitment to health and taking care of the body through developing knowledge, skills, and attitudes that children and teens need to make healthy decisions consistent with their healthy goals.

- **Type of service:** Classroom Style

- **Website:**

<https://toogoodprograms.org/collections/seeds-of-nutrition>



Tier 2 Professional Development



1

Trauma Informed Care in a School Setting

1 week service series
Why/Try

- **Service Topics:**
 - Trauma-Informed Care in a School Setting
- **Duration:** One (1) hour
- **Audience:** School Staff
- **Description:**

This professional development session will help school staff understand childhood trauma and its impact on student behavior, learning, and well-being. It will also provide practical tools and strategies to support students in coping with the effects of trauma.
- **Type of service:** Classroom Style
- **Website:** <https://dibbleinstitute.org/our-programs/money-habitudes/money-habitudes-for-teens/>

2

More Than Sad: Suicide Prevention for Teachers and Parents

1 week service series

- **Service Topic**
 - More Than Sad
- **Duration:** One (1) hour
- **Audience:** School Staff
- **Description:**

More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel is a program that teaches educators to recognize signs of mental health distress in students and refer them for help.
- **Type of service:** Classroom Style
- **Website:** <https://afsp.org/more-than-sad/>



Tier 2 Professional Development



3

Beyond Stigma: Understanding and Supporting Students with Substance Use Disorder

1 week service series

- **Service Topics:**
 - Understanding and Supporting Students with Substance Use Disorder
- **Duration:** One (1) hour
- **Audience:** School Staff
- **Description:** This workshop will help educators develop their skills and knowledge regarding substance use.
- **Type of service:** Classroom

Tier 2 Other

We recognize that every school community is unique...

...and sometimes your needs go beyond the services listed in this guide.

That's why the NJ4S team is here to collaborate with you. We're happy to customize workshops, presentations, or discussions tailored specifically to your school's needs—whether it's for students, staff, or families.

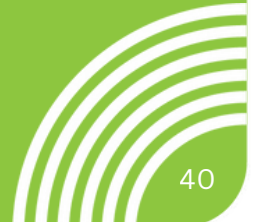
If there's a specific topic you'd like to explore or a challenge your school is facing, don't hesitate to reach out.

Let's work together to develop meaningful, impactful programming that supports the wellness and success of your school community.





Tier 3 Overview





Tier 3 Services: Intensive Clinical Support

As part of the NJ4S (New Jersey Statewide Student Support Services) program, Tier 3 services provide intensive, individualized clinical care for students navigating significant mental health or substance use challenges. These services are designed to be flexible, accessible, and tailored to the unique needs of each student and family.

Tier 3 services are short-term stabilization services; clinicians can meet up to 8 sessions.

Delivery Options:

To reduce barriers and ensure accessibility

Tier 3 services can be delivered:

- In-school, during, or after the academic day.
- In the community, including local centers or partner sites.
- Via telehealth, allowing students and families to connect virtually from a private and secure location.

Licensed Clinicians and Counselors:

Our team includes Licensed Clinicians and Licensed Clinical Alcohol and Drug Counselors (LCADCs).

Services Offered:

- **Individual Counseling:** One-on-one clinical sessions focused on emotional wellness, coping strategies, and personal growth.
- **Substance Use Counseling:** Targeted services provided by LCADCs for students struggling with substance use and co-occurring concerns.
- **Care Coordination:** Referrals, follow-ups, and collaboration with external providers to ensure comprehensive, wraparound support.

Therapeutic Modalities Include:

- Motivational Interviewing (MI)
- Cognitive Behavioral Therapy (CBT)
- Trauma-Focused CBT (TF-CBT)
- Solution-Focused Therapy
- Psychoeducation & Skills-Building
- Strengths-Based and Trauma-Informed Approaches

All Tier 3 services are confidential, trauma-informed, and culturally competent, designed to support students in building resilience, improving mental and emotional health, and thriving both in and outside of school.

If you're interested in bringing Tier 3 services to your school or learning more, please contact us. We're here to help.



Referral Process



Referral Process: Tier 2



How to Refer:

- Obtain a log in through DCF to submit referrals on Salesforce.
- If you do not have login please complete this survey monkey:
 - <https://www.surveymonkey.com/r/NJ4Susercontacts>

Submitting Referral:

- Complete referral to its entirety.
- Be sure to add as much information as possible about what services you are requesting.
- As a reminder, referrals are only eligible for 6th-12th grade students (if you are in need of services for K-5, please reach out to NJ4S vicinage email).

Tier 2 Referral Process:

- Within 2-4 days, the scheduling coordinator will contact the school representative to schedule a consultation.
- Within 5 days, the scheduling coordinator communicates final application status and confirms the dates with the school representative.

Tier 2 Intervention Implementation

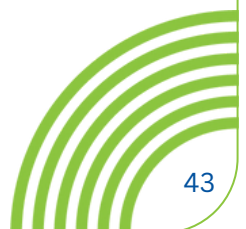
- HUB staff delivers, manages, and coordinates the delivery of the selected intervention.
- HUB staff will maintain attendance logs and conduct pre/post tests to measure efficacy.

Tier 2 Debriefing:

- Prevention Consultant Supervisor will meet with the school representative to discuss the summary of services provided, needs and potential community and/or NJ4S referrals.

Referral Do's:

- Submit referrals by grade level for group sessions.
- If you are requesting a faculty Professional Development, please select school faculty as the audience.
- It is strongly encouraged that school representatives identify dates for services prior to submitting applications (avoiding emergency drills and previously scheduled events).
- Gain administration consent and/or board approval to consent NJ4S services within the school.



Referral Process: Tier 3



Tier 3 Referral Process

- The scheduling coordinator will transfer the referral to the Lead Clinician within 24-48 hours of receipt of the referral.
- Lead Clinician will connect to schedule an initial consultation with the identified school representative for additional information/questions within 1-2 days of receipt of the referral.
- Lead Clinician will identify meeting space and availability for intake and sessions.
- Within 1-2 days of referral assignment, the assigned clinician and/or Clinical Scheduling Coordinator will begin outreach to the youth, parent/guardian/caregiver and related collaterals for up to 15 days from receipt of the assignment.
- Clinicians will schedule and conduct an intake assessment.

Tier 3 Intervention Implementation

- Clinicians deliver, manage, and coordinate the delivery of the appropriate therapeutic modality intervention.
- Clinicians document each session, create treatment plans and coordinate with school representatives and family members (when needed).
- Clinicians do a pre and post assessment to gauge mental health and wellness improvement.

Tier 3 Debriefing:

- Clinicians will contact the school representative to provide a debrief of services provided for each individual student.





Advisory Board and Committee



Advisory Board



NJ4S Advisory Board Overview

The NJ4S (New Jersey Statewide Student Support Services) Advisory Board plays a vital role in shaping the direction, quality, and impact of services provided across our region. Comprised of diverse community stakeholders, school representatives, youth, and mental health professionals, the Advisory Board offers insight, guidance, and feedback to support the mission and vision of NJ4S.

Purpose:

The Advisory Board is a collaborative space where members can share expertise, review program progress, identify community needs, and recommend strategies to strengthen youth mental health, wellness, and prevention efforts throughout the vicinage.

Meeting Schedule:

The NJ4S Advisory Board meets on a quarterly basis, providing ongoing opportunities for meaningful engagement, data review, and dialogue around program development and community impact.

Join Us:

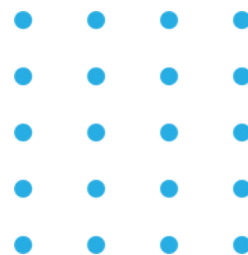
If you are passionate about youth well-being and would like to be part of our Advisory Board, we welcome your interest! Please contact us at:

 NJ4SVicinage4@centerffs.org

Your voice matters—and together, we can make a lasting difference in the lives of New Jersey’s students and families.



Youth Advisory Committee



NJ4S Advisory Board Overview

The NJ4S (New Jersey Statewide Student Support Services) Youth Advisory Committee (YAC) empowers students to take an active role in shaping the programs and services that impact their mental health and overall well-being. This committee is made up of dedicated youth leaders who want to make a difference in their schools and communities.

Purpose:

The Youth Advisory Committee serves as a platform for young people to share their perspectives, provide feedback on NJ4S services, and help design youth-friendly programming. YAC members also have the opportunity to develop leadership skills, advocate for change, and raise awareness about issues affecting their peers.

Meeting Schedule:

The committee meets monthly to discuss topics relevant to youth wellness, collaborate on initiatives, and plan events or campaigns. Meetings are engaging, student-centered, and often include food and fun activities to encourage connection and participation.

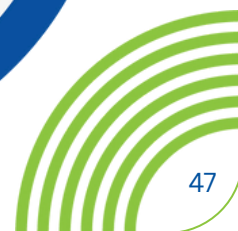
Join the Movement:

Are you a student who wants to have a voice in mental health, education, and community support?

✉ Email NJ4SVicinage4@centerffs.org to

learn how to join the Youth Advisory Committee.

Your voice matters—be part of the conversation and help shape the future.





Website and Social Media

Social Media



Instagram: NJ4SCamdenCounty
<https://www.instagram.com/nj4scamdencounty/>



Facebook: NJ4SCamdenCounty
<https://www.facebook.com/profile.php?id=61550318678181>

Websites

CFFS website:
<https://www.centerffs.org/our-services/community-connections/nj4s-student-support-services>

State website:
<https://nj4s.nj.gov/s/>