



# Family Voice

## Camden County Family Support Organization

**FAMILY  
SUPPORT STAFF**

**Kathy Birmingham**  
Executive Director

**Elizabeth Lopez**  
Program Coordinator

**Gina Terry**  
Senior Peer Partner

**Allison Torres**  
Peer Partner

**Mandi Aviles**  
Community Development/QI

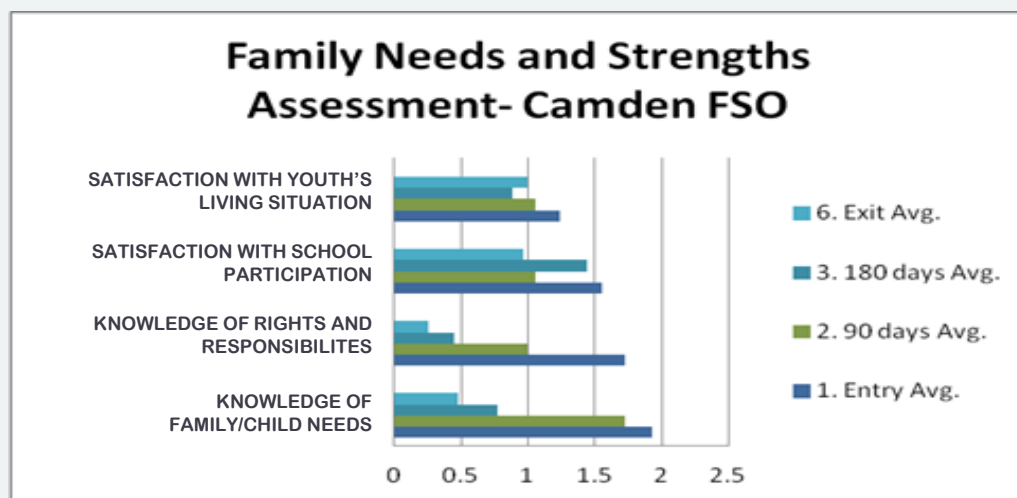
**Maria Haas**  
Office Manager

**Peter Burgos**  
Youth Partnership Coach

**THE FSO IS MAKING A DIFFERENCE WITH FAMILIES**

The Camden County Family Support Organization, as part of the statewide FSO data collection initiative, has been collecting and analyzing the results of the John Lyons Assessment tool, The Family Needs and Strengths Assessment (FANS). The staff of the FSO evaluates the families' needs and strengths, and plans their course of action accordingly to reduce each families needs that pertain to the child's recovery and the family's health. Using ETO software, Efforts to Outcomes, the FSO is able to see how families are improving over time from their initial point of entry, ending with their transition out of the FSO. Our goal is to empower families to care for their children.

The chart below displays four of the 15 areas of evaluation, from entry to exit. The graph shows a reduction of need over time. The FSO identifies the needs and connects the families to resources, discusses problem solving techniques and identified support services that ultimately improve the quality of life in the home and enable families to manage their child's needs independently.



Graph showing numbers generated for the Camden County FSO, October 2011 - February 2012

**MERGED FAMILY SERVICES OF WESTAMPTON, BURLINGTON AND STEININGER OF CHERRY HILL**

Both private, nonprofit behavioral health agencies provide services to families and individuals who struggle with mental illness. The combination of the two companies, is now called Twin Oaks Community Services. It is expected to be one of New Jersey's largest and most comprehensive human services providers, according to officials. "From day one, our vision was to create a state-of-the-art, highly competitive organization integrating the best of both agencies while extending our reach into the human service community," Family Service President and CEO Bob Pekar said. "Our new name reflects the qualities of the mighty oak, which has deep roots, many branches, and as a work of nature continues to grow and reach the highest heights."

The new company will offer more than 90 behavioral health programs for vulnerable adults, children and families in nine counties.

Programs will include group homes, in-home services, case management, day treatment, foster care, adoption support, outpatient and partial care services, crisis stabilization services, and special-needs supportive housing.



Warm Line... **(856) 662-2600**  
*Help is just a phone call away!*

**WE ARE HERE TO LISTEN!**

Our caring Family Support Partners are here to answer your questions and provide information about resources.

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Referenced Mark Zimmario article in the PhillyBurbs.com

**STANDARD 9 CONCENTRATION**  
*For Continuing High School Seniors*

The STANDARD 9 concentration offered by Y.A.L.E school provides comprehensive preparation for continuing high school seniors making the transition to the workplace or higher education. Students identify strengths, address transition needs and develop the skills for success after high school. Within the dynamic context of the revised New Jersey Core Curriculum Content Standards for 21<sup>st</sup> century life and careers, the S9 concentration promotes measurable progress in all mandated IDEA domains. A coordinated set of activities, including experiences, complement formal classroom instruction. A complete transition team supports individuals with the following characteristics:

- Current high school students age 18-21
- Asperger's Disorder, High-Functioning Autism, Non-verbal Learning Disabilities and Co-existing Conditions
- Completed academic requirement for graduation
- Further progress needed toward IEP goals and objectives to achieve success in the workplace or higher education

**3 Innovative Programs Options at Y.A.L.E.**

**Standard 9 Cherry Hill Programs:**

Academics; Life and career Instruction; Weekly Community-Based Instruction; Weekly School-to-Work Experiences with local businesses; Paid On-Campus Internship; Service Learning; Social Skills Development

**Standard 9 Campus Program:**

Academics; Life and career Instruction; Introductory Community College Modules with college instructors at Camden County College, Blackwood; On-Campus Job Internship at Camden County College; Community-Based Instruction; Service Learning; Social Skills Development

**Standard 9 Scholars Program:**

Academics; Life and career Instruction; Fall and Spring College Courses (with required ACCUPLACER test scores) at Camden County College, Blackwood; Service Learning; Social Skills Development



**UNIFIED CARE MANAGEMENT ORGANIZATION**

The Department of Children and Families (DCF) is establishing a Unified Care Management Organization (Unified CMO) located in Cumberland, Gloucester and Salem Counties, Hudson County, Passaic County and Bergen County.

Unified CMO's are defined as organization's solely focused on providing wraparound care management services and community resource development. The Unified CMO's will serve children, youth and young adults, as well as their families/caregivers with high and moderate level of care coordination needs that are currently served by the local Care Management Organization (CMO) and Youth Care Management (YCM) agencies in each county.

The focus of these entities is to ensure the best and most appropriate services for youth served by the New Jersey System of Care.

**PARENTING CORNER**

Dear FSO,

*I have a 6 year son diagnosed with ADHD. He does well in school, but at home, he is very disrespectful and destructive. I'm having a hard time using "time-out" as a punishment because of his diagnosis, and I'm running out of things to give him if he promises to be good. What are some age appropriate consequences and rewards for a child his age?*

*Anonymous Mother*

Dear Anonymous Mother,

I understand your concern and many parents struggle with the same challenge. Children his age are interested in spending time with parents and other adults. They are beginning to establish peer relationships, but often need some Adult Support. Time frames should be relatively short for both consequences and rewards, as children aren't generally able to work for long-term goals. Examples of some consequences can be: going to bed early, losing computer, TV or game time, loss of one-to-one time with parent(s) or sibling. Remember to keep the time frame short. You're going to bed a half an hour early today or no television for 30 minutes (usually enough time for them to miss one show). Rewards are just as important. Some examples: additional time for television, games, or computer, taking a trip to a playground, earning stickers or tokens, Staying up a little later. These techniques may be hard to implement at first, but as time goes on, he'll learn that his behavior has consequences and he'll know exactly what to expect.

*Please email us your question or problem regarding your child, his/her school, or provider services at [mandi.aviles@camdenfso.org](mailto:mandi.aviles@camdenfso.org). You may also call our Warm Line at 856-662-2600.*

WHAT'S GOING ON AT THE FSO

ESSENTIAL COMPONENTS OF THE IEP

*Learn What Every IEP Must Contain*

This interactive workshop provides participants with a description of the essential components of an IEP. As a result of this workshop, you will be able to read and understand an IEP document, effectively participate in IEP meetings and improve your ability to address IEP concerns/issues in a proactive and positive way.

Participants are encouraged to bring their own IEP document to review during this session. Information and strategies will be provided to assist in understanding it's components.

DATE: April 17, 2012

TIME: 6-8PM

LOCATION: Camden County FSO Office

Register at : [www.iepcamden2012.eventbrite.com](http://www.iepcamden2012.eventbrite.com) or call Mandi Aviles at 856-662-2600. Registration Deadline is April 16th.

TOTAL TRANSFORMATION

Parent Problem Solving Workshop

When: Wednesday, March 21<sup>st</sup> through Wednesday, April 25<sup>th</sup>

6-8PM at the Camden County FSO Office

If you're parenting a difficult child, you've heard this statement a thousand times: *"This child needs structure."* But what does that *"structure"* look like and how do you put it in place in your home?

Join us on Wednesday Nights as we listen to the Total Transformation Method that teaches simple, step-by-step techniques for giving your child the structure he/she needs to solve his problems and improve his/her behavior now. Here's a look at some of the things you will learn:

*How to stop any argument with your child instantly*

*The 10 words to say when he/she gets mouthy*

*Accountability*

*Consequences*

*What To Do The Next Time*

Register by calling Mandi Aviles at 856-662-2600. Registration Deadline is March 19th.

# Support Groups

Parent Support Group

Thursday Evenings

6:30 to 8:30 pm

Parent to parent support through education and advocacy. Family members have an opportunity to share their experiences, discover new resources, meet others with similar situations and establish friendships.



Youth Partnership

Thursday Evenings

6:30 to 8:30 pm

A youth group that is supervised by a youth coach and run by teens for teens with mental, emotional or behavioral challenges. Members meet for discussion, games, snacks and to provide support for one another.

**Support groups are free! And we offer baby sitting!**

**E-NEWSLETTER**  
 Want to receive this newsletter electronically?  
 Email [Mandi.aviles@camdenfso.org](mailto:Mandi.aviles@camdenfso.org)





# Youth Partnership Corner

## JUNIOR YOUTH PARTNERHSIP



The Junior Youth Partnership 6 week program was approved to run for an additional 6 weeks beginning Wednesday, March 21st at 6pm.

The 6 week program began mid-January and drew in 7 youth participant's. Senior Youth Partnership leaders led the group in interactive games and activities providing junior youth a chance to gain leadership and social skills. From game circuits to discussions about healthy communication, each week junior youth were engaged in taking leadership roles.

The program concluded with a celebration ceremony, honoring the participants with specific certificates of excellence including Most Improved Behavior, Best Team Player, etc. Parents were able to hear words of praise from Youth Coach Peter Burgos as he presented each award to the Junior Youth.



## RUTGERS STREET LAW PROGRAM

In February, Rutgers Street Law Program provided our Youth Partnership with two workshops. Two law students , Young and Julie, facilitated discussions that challenged the youth in a debate.

Young asked members to read a story of a teacher accused of abusive actions toward a special needs child. As the debate continued, the youth began to change their mind on which side to defend.

Julie, facilitated a discussion on the first amendment and presented controversial examples of people expressing their right to the first amendment. John, a new youth partnership member, said, "This is really making me think! I'm not sure what to say!"

The Youth Partnership has established a great relationship with the Rutgers Street Law program and we look forward to many more collaborations!



## Youth Partnership Speaker's Bureau

Our Youth Partnership is determined to continue fighting the stigma associated with mental health. We have developed a Speaker's Bureau of Youth Partnership members willing to share their personal story of the struggles and triumph they face living with a mental health challenge. In the upcoming months, we will be presenting to high schools, youth groups, and community centers. Our Speaker's Bureau members are also a part of Anti-Bullying presentations for schools.

If your organization would like us to present to your group of students, members, or staff, please contact Mandi.Aviles at 856-662-2600 or [mandi.aviles@camdenfso.org](mailto:mandi.aviles@camdenfso.org).



Bowling With Cumberland, Gloucester, & Salem Youth Partnership

Thank You CGS Youth Partnership for a wonderful time!

NEW EXECUTIVE BOARD MEMBERS OF  
YOUTH PARTNERSHIP

Congratulations to our new Youth Partnership Executive Board Members! The Camden County Family Support Organization Staff wishes you much success!

David - President  
Damian - Vice President  
Carolynn - Secretary



Upcoming Events

AUTISM AWARENESS AT THE ZOO

On Sunday, April 15th, we will be supporting Autism Awareness at the Philadelphia Zoo. Our Youth Partnership will serve as volunteers. The event offers the following in the Peacock Pavilion:

Resource Fair, Autism Merchandise, Characters, Children Bands, Puppet Shows, Face Paintings and much more.

Admission Tickets are only \$10 (Parking is \$12).

Tickets are available online at [www.philadelphiazoo.org](http://www.philadelphiazoo.org)

Use Discount Code: AUTISM



MENTAL HEALTH AWARENESS WEEK

Youth Overcoming Trauma

Sunday, May 6th - Saturday, May 12th

Join us in sending out the following messages:

- Mental health is essential to overall health and well being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided and culturally appropriate.
- Values of acceptance, dignity and social inclusion should be promoted throughout all communities for children, youth and families.
- Family and youth voice is a valued asset in determining appropriate services and interventions.

**YOUTH HAVE A VOICE!**



Saturday, May 5, 2012

Registration: 8:30AM, Walk: 11:00AM

Educational Testing Service  
660 Rosedale Road  
Princeton, NJ 08541

Please speak with Youth Coach Peter Burgos if you are interested in participating.

Community Garden in Camden

Jerry's Garden at St. Anthony of Padua Church in Camden, NJ serves as a community garden for its residents to grow fresh produce. The Children's Garden helps by donating vegetable and fruit seeds to the parish.

A new garden season is slowly approaching, and the youth partnership has agreed to help St. Anthony's with its gardening preparation on Monday, April 23rd. This is the second year our members have signed up and we are excited to get started again!






# March 2012

SUN	MON	TUE	WED	THU	FRI	SAT
				1 YP and Parent Group 6:30PM	2	3 YP Board 10AM
4	5	6	7	8 YP and Parent Group 6:30PM	9	10
11	12	13	14	15 YP and Parent Group 6:30PM	16	17 
18	19	20	21 Junior YP 6PM Total Transformations 6PM	22 YP and Parent Group 6:30PM	23	24
25	26	27	28 Junior YP 6PM Total Transformations 6PM	29 YP and Parent Group 6:30PM	30	31


### Upcoming Events

- Total Transformation parenting class Begins, March 21st at 6PM
- IEP Workshop for Parents, April 17th from 6-8PM
- Mental Health Awareness Week, May 6th - May 11th
- Junior Youth Partnership begins, March 21st at 6PM

# April 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 NO Junior YP NO Total Transformations	5 NO YP or Parent Group Meetings	6	7
8 	9	10	11 Junior YP 6PM Total Transformations	12 YP and Parent Group 6:30PM	13	14
15 Autism Awareness at the Philadelphia Zoo	16	17	18 Junior YP 6PM Total Transformations	19 YP and Parent Group 6:30PM	20	21
22	23 YP Community Service at Jerry's Garden in Camden	24	25 Junior YP 6PM Total Transformations	26 YP and Parent Group 6:30PM	27	28
29	30					

# May 2012

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 YP and Parent Group 6:30PM	4	5 NAMI MERCER WALK
6 Mental Health Awareness Week Begins!	7	8	9	10	11 YP Celebration	12
13	14	15	16	17	18 DYFS Prom	19
20	21	22	23	24	25	26
27	28  <i>Memorial Day</i>	29	30	31		

For more information about any of the events listed on the calendars, please contact Mandi Aviles at (856) 662-2600 Ext. 204 or via email at [Mandi.Aviles@camdenfso.org](mailto:Mandi.Aviles@camdenfso.org).

If you are a parent, educator or community member that would like to attend a workshop/class of a specific area in the Children's Mental Health spectrum, please feel free to give your suggestions to Mandi Aviles at (856) 662-2600 Ext. 204 or via email at [Mandi.aviles@camdenfso.org](mailto:Mandi.aviles@camdenfso.org).

## DID YOU KNOW?

A parent/guardian has the ability to obtain their child's records from PerformCare, the Contracted System Administrator for the NJ Department of Child Behavioral Health. It is a very simple process, just complete the Authorization for **Release of Information** form and fax the release form to:

PerformCare, Attention Quality Improvement Department FAX 1-877-736-9166.

We suggest you repeat this request every six months, or more, depending upon your needs. As caregivers for our children, it is vital we always have a copy of the record of our child's ongoing (or past) care.

### You may also chose to mail a request to:

PerformCare Behavioral Health Solutions  
Quality Improvement Department  
300 Horizon Drive  
Suite 306  
Robbinsville, NJ 08691-1919

WE'RE ON THE WEB!

WWW.CAMDENFSO.ORG

CAMDEN COUNTY FAMILY  
SUPPORT ORGANIZATION



23 West Park Avenue  
Suites 103-104  
Merchantville, NJ 08109  
Phone: 856-662-2600  
Fax: 856-662-2242  
E-mail: [mandi.aviles@camdenfso.org](mailto:mandi.aviles@camdenfso.org)

**We Ensure That the Family Voice is Heard!**

MISSION

The Mission of the Camden County Family Support Organization is to assist families with children who have behavioral or mental health issues in the Child's Behavioral Health Systems. We will ensure the family voice is heard in all planning, coordination and delivery of services. As parents who have experienced these issues with our own children, we will work with the families by providing face-to-face support, offer appropriate education and promote self-advocacy.

Camden County  
Family Support Organization  
23 W. Park Avenue  
Suites 103-104  
Merchantville, NJ 08109