SERVICES MENU *Evidence Based Prevention Education*

AT NO COST

Contact us for more information: NJ4S@mhainspire.org | 973-334-4052 | MHAinspire.org/NJ4S

Reach out if you would like to request programming in Spanish.

ROUTES TO RESILIENCE

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Program will focus on building adaptive skills, shared language, and sense of safety to seek help when facing adversity. Empowers students with grief informed education and activities.

THE POWER PROGRAM

Positive Outcomes with Emotional Regulation

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle &High School Students
- **Topics:** Promoting emotion regulation skills for students with, or at risk of, developing mental and behavioral health needs. Students will learn effective techniques that can increase their ability to manage and regulate their emotions.

TEEN MENTAL HEALTH FIRST AID (tMHFA)

- **Available to:** Morris & Sussex Counties
- **Audience:** High School Students
- **Topics:** Teaches teens in grades 9-12 how to identify, understand, and respond to signs of mental health and substance use challenges among their friends and peers.

TEEN SPEAK

- **Available to:** Morris & Sussex Counties
- **Audience:** Parents/Caregivers
- **Topics:** Parents/caregivers are taught the skills necessary to open the line of communication between them and the young person in their life so they are more likely to avoid risk-taking behaviors.

YOUTH MENTAL HEALTH FIRST AID

Mental Health Training

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topics:** Teaches individuals how to identify, understand, and respond to signs of mental illnesses and substance use disorders, while increasing knowledge of signs, symptoms, and risk factors of mental health and substance use disorders.

IT'S REAL: TEENS AND MENTAL HEALTH

- **Available to:** Morris & Sussex Counties
  Audience: Middle & High School Students
- **Topics:** Students are guided on an exploration of important facts, statistics, and scenarios with an overarching message of normalization, fighting against stigma and making mental health and wellbeing a priority.

MORE THAN SAD

Parent /Caregiver Education

- **Available to:** Morris & Sussex Counties
- **Audience:** Parents
- **Topic:** Parent Education is an approximately 90-minute program that teaches parents how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help. This program focuses on parents and guardians of teen youth. This presentation is also available in Spanish.

Suicide Prevention Education for Teachers and Other School Personnel

- **Audience:** Teachers
- **Topics:** Suicide Prevention Education for Teachers and Other School Personnel is an approximately 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This suicide prevention program complies with the requirements for teacher education training in many states. This program focuses on high school teachers and other school personnel.

TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION

Talk Saves Lives

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to help save lives.

An Introduction to Suicide Prevention for the Latinx and Hispanic Communities (available in English and Spanish)

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** A community education presentation that addresses mental health, suicide, and its impact in the Latinx and Hispanic communities in the United States.

An Introduction to Suicide Prevention in the LGBTQ Community

- **Available to:** Morris & Sussex Counties
- **Audience:** Adults working with Youth
- **Topic:** Gives participants essential and lifesaving understanding of topics including:
  - Suicide risk and its unique considerations in LGBTQ communities
  - Recognizing suicide risk factors and warning signs for LGBTQ people
  - Protective factors that can help lower the suicide rate
  - The latest research related to LGBTQ suicide prevention
  - How to seek and offer support for yourself or others
  - Crisis resources and services for the LGBTQ community
  - What communities can do to support LGBTQ people

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MHA MENTAL HEALTH ASSOCIATION INSPIRING HOPE AND HEALING
NJ4S SUPPORTING MORRIS & SUSSEX COUNTIES
NJ STATEWIDE STUDENT SUPPORT SERVICES
www.MHAinspire.org/NJ4S

QPR (Question, Persuade, and Refer)

Suicide Prevention Training

- **Available to:** Morris & Sussex Counties
- **Audience:** School Staff, Parents/Caregivers & Community Members working with Youth
- **Topics:** QPR assists adults in recognizing suicide warning signs and aiding those in a suicide crisis. Addresses mental health and wellness + suicide prevention.

TEEN OUTREACH PROGRAM

Empowering Teens

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Empowering teens to develop social-emotional skills, nurture relationships, and avoid risky behaviors, while also preparing youth to navigate challenges through their teenage years and beyond, empowering them to create positive impacts in their communities. Meets the diverse needs of all teens.

BE PROUD! BE RESPONSIBLE!

Sexual Health & Education

- **Available to:** Morris & Sussex Counties
- **Audience:** High School Students
- **Topics:** Aimed at reducing HIV & STI risks, the curriculum empowers youth with knowledge, motivation, and skills to lower their infection risks. While not solely focused on pregnancy prevention, the program teaches communication and condom skills that aid in avoiding unintended pregnancies and other STIs.

TRAUMA-INFORMED PRACTICES FOR SCHOOL STAFF

- **Available to:** Morris & Sussex Counties
- **Audience:** Educators & Staff
- **Topics:** Teaches staff how to recognize and respond to the effects of trauma in students.

WAYFINDER

Social-emotional Learning (SEL) Curriculum

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Wayfinder is a social-emotional learning (SEL) curriculum backed by Stanford's school, designed to boost student engagement, well-being, and success. It helps students build essential life skills, including relational and critical thinking, to navigate obstacles and thrive in both education and the workplace.

SIGNS OF SUICIDE (SOS)

Suicide Prevention Program

- **Available to:** Morris & Sussex Counties
- **Audience:** School Staff, Middle & High School Students, Parents/Caregivers & Community Members working with Middle & High School Students
- **Topics:** Enhances understanding of suicide risk and depression, teaches signs to recognize in themselves and peers. The program provides materials to support school professionals, parents, and communities in recognizing at-risk students and taking appropriate action.

EDGE

Sexual Health & Safety Curriculum

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Healthy relationships & consent, identifying safe adults, review of reproductive anatomy & physiology, puberty & adolescent development, gender identity, love & affection, and personal sexual health plan.

SAFE DATES

Prevention & Support for Abusive Relationships

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** Causes of dating violence, supporting friends in an abusive relationship, gender stereotypes, and prevention skills.

ONE CIRCLE GROUPS

Social Connection Groups

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle & High School Students
- **Topics:** The One Circle Group uses a strengths-based approach, motivational interviewing, and a focus on positive youth development to create a safe space for students to connect with peers. Schools can tailor group composition based on their needs—whether gender-specific, gender-neutral, focused on students with adverse childhood experiences (ACEs), those identifying as LGBTQIA+, or addressing gender and racial bias..

TEEN CONNECTION PROJECT

Connection Building

- **Available to:** Morris & Sussex Counties
- **Audience:** 8th-12th Grade
- **Topics:** A highly interactive program that focuses on communication, trust, vulnerability, giving and getting support, and exploring personal strengths. Teens learn to interact, share, and create and maintain supportive social connections, fostering greater feelings of overall well-being.

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SUBSTANCE USE PREVENTION PROGRAMS

PEERx

- **Available to:** Sussex County
- **Audience:** 8th/9th Grade Students
- **Topics:** PEERx introduces the "7 Habits" framework to all 8th/9th grade students across five 45-minute sessions. Utilizing NIDA for Teens activities and lessons designed to spark discussion with teens about dangers of prescription drug misuse.

TACKLING OPIOIDS THROUGH PREVENTION FOR ATHLETES (TOP)

- **Available to:** Morris County
- **Audience:** Students, Professionals
  Athletics Ages: Middle & High School
- **Topics:** TOP aims to raise awareness of opioid use among student-athletes and provide evidence-based information to help strengthen policies and practices within schools, athletic departments, and community-based sports programs.

LION'S QUEST SKILLS FOR ACTION

- **Available to:** Sussex County
- **Audience:** 6-7th Grade
- **Topics:** Social-emotional learning, character development, and substance use prevention . Targeting needs for mental health, self-awareness, and disruptive behaviors.

7 HABITS OF HIGHLY EFFECTIVE TEENS

- **Available to:** Morris County
- **Audience:** Middle & High School Students
- **Topics:** 7 Habits of Highly Effective Teens introduces the "7 Habits" framework to all middle and high school students across six 45-minute sessions. Teaching tools to build resilience, make healthy decisions and develop leadership skills, with the goal of reducing substance use.

WE'RE NOT BUYING IT 2.0 (WNBI 2.0)

- **Available to:** Morris & Sussex Counties
- **Audience:** Middle School Students
- **Topics:** We're Not Buying It (WNBI) is a media literacy-based prevention program for middle school students across six 45-minute sessions. Addressing early substance use, including alcohol, marijuana, prescription drugs, and e-cigarettes, with engaging simulations like Fatal Vision goggles.

BOTVIN LIFE SKILLS

- **Available to:** Morris County
- **Audience:** Middle & High School Students
- **Topics:** Reducing risks of substance use, violence, and risky behaviors, targeting social and psychological factors that contribute to substance use initiation, equipping youth with essential skills and confidence to manage challenging situations.

TEEN SPARK

- **Available to:** Sussex County
- **Audience:** Middle & High School Students
- **Topics:** Teen Spark Program is for all 7th -11th grade students across fifteen 40-minute sessions. The SPARK mentoring program empowers all participants to become successful young adults as they become more self-sufficient once they discover and connect with their inner spark.

WHAT TEENS NEED TO KNOW ABOUT MARIJUANA

- **Available to:** Sussex County
- **Audience:** Middle & High School Students
- **Topics:** What Teens Need to Know about Marijuana is a three part series for middle and high school students across three 45-minute sessions. The program is designed to raise awareness and educate youth about the implications of adolescent use of marijuana.