

PCE NEWSLETTER

WINTER 2004

A Message from the Executive Director



Welcome to the first edition of the "PCE Press." The Partnership for Children of Essex (PCE) has been providing care management organization (CMO) services to children in Essex County for about nine months now. It has been exciting and challenging to start a new organization and to truly meet the needs of the children and families we serve. I have been pleased with the positive response we have received from families to the Child and Family Team approach we are utilizing. The Child and Family Team approach is the centerpiece to our service delivery model. In our initial development as an organization and in our facilitation of the Child and Family Teams, we have placed great emphasis on our three core values:

- ◆ Families will be equal partners in the service planning and delivery process
- ◆ The care management process will be supportive and respectful of family culture, values, strengths, and preferences

- ◆ There is a belief and conviction that all children can grow, recover, improve, and become healthier

These core values have been our guide as we strive to preserve the trust that has been placed in PCE to help the children and families we serve succeed. I hope everyone enjoys the newsletter and I wish everyone a happy and healthy New Year.

- Jeffrey Guenzel, LPC

We Have Finally Moved! "A Place to Call Home"

Since opening our doors in March of 2004, the Mental Health Association of Essex County (MHAEC) located at 60 Evergreen Place in East Orange, under the direction of Robert Davison, was PCE's temporary location. The MHAEC has so graciously allowed us to utilize their space, make millions of copies and even eat their left over staff meeting food! We at PCE want Mr. Davison and his staff to know that we greatly appreciate their generosity and acts of kindness...and for putting up with all of us. ... (Continued page 2)



We Have Finally Moved! “A Place to Call Home”

(Continued from page 1)

We are proud to say that we finally have “a place to call home”. PCE is now permanently located at **571 Central Avenue in Newark**. The new site is centrally located and easily accessible to the major highways and accessible by public transportation. Watch for details regarding our open house coming soon!

Making a Difference in our Community:

A Spotlight on Zachary Simmons and Patrick Pasteur

Project 99 was founded by Zachary Simmons and Patrick Pasteur in January of 2004. These two positive young men graduated high school in 1999 and immediately set out to enrich, protect and make a difference in communities in which they were raised. According to both Patrick and Zachary, forming Project 99 was their first step in helping the youth in Essex County. Project 99 provides personalized attention through mentorship and behavioral assistance to children with behavioral and emotional needs. The following is a quote from the Project 99 mission statement: “In communities where leadership is rare, Project 99 will lead and mold children into leaders of their own future.” With this as their goal, Project 99 puts K.I.D.S. (Keeping Individual Dreams Strong) first. Zachary Simmons and Patrick Pasteur are excellent examples of how leadership can make a difference!

To contact Zachary or Patrick directly, call
(973) 378-2599.

“Winterfest 2004”

PCE held its holiday festivities for the children and families of PCE on Saturday, December 11, 2004. Over 150 PCE family members attended. In addition, PCE staff members, many of the children’s mentors, and PCE board members were also in attendance. There was plenty of good food, music, and prizes...need we say more? The children danced with Elmo and were amazed by “Uncle Magic the Hip Hop Magician.” Fun was had by all! Thank you to all for a wonderful celebration.

A Child’s Success

While we are very proud of all the successes of the children we are serving at PCE, we have selected one child to spotlight who has captured our hearts and has really shown how care management and the Child and Family Team process can make a difference.

Nelitza was residing in a group home for about two years when she was referred to PCE. Nelitza and her family were assigned a Care Manager, Vanessa Rao. Through the Child and Family Team process it was decided that Nelitza was ready to leave the group home and return home to her community. With the assistance of an in-home therapist, a behavioral assistant, and other supports, the transition home began.. Nelitza was enrolled into both dancing and singing lessons, something that she loved to do which also served as a positive outlet for her free time. Nelitza and her mom began to engage in activities together such as movies and plays to assist in improving their relationship. She is also taking the time to involve her mom in her personal life by introducing her mom to her friends and sharing more of her thoughts and feelings with her mom.

Several months later, Nelitza now has aspirations to go to college and become a lawyer. She

reports that she would like to give back to the community and is involved in her church. She has even enrolled herself into the ACE Mentoring Program. Nelitza's family reports that they are "very grateful to be involved in the CMO (PCE)." PCE is proud of Nelitza and her family's success - keep up the good work!

PCE Board Member Named by Acting Governor Cody as Chair of the Mental Health Task Force of New Jersey

The following excerpt was taken from the November 17th, 2004 Star Ledger: *"If my administration stands for anything, it will be known for standing for compassion, and standing up for those that may not be able to stand up for themselves,"* Acting Governor Richard Cody said before signing his first executive order, setting up a task force to reform New Jersey's public mental health system.



We are proud to report that PCE's own board member, Robert N. Davison, MA, LPC, Executive Director of the Montclair-based Mental Health Association of Essex County was appointed Chairman of this task force. Mr. Davidson is responsible for the day-to-day operations of a community mental health facility serving 1,000 individuals daily.

Davison is quoted in the November 17th, 2004 edition of the Star Ledger as stating: *"The time for the state to meet its obligations is now. The task force will make an exhaustive and meaningful study with the goal of offering recommendations that would dramatically improve the system."*

Congratulations Bob! We can count on you!

An Unforgettable Night of Culture

PCE looks forward to providing PCE families with enriching cultural and educational experiences through ongoing activities, programs, and trainings. Last month PCE presented families with an *Unforgettable Night of Culture* featuring Bobby McFerrin and Savion Glover at the New Jersey Performing Arts Center in Newark. The children and families loved the show. One of the many PCE children that attended this event was quoted as saying: "It wasn't just good, it was REAL good!"

PCE Mission

To partner with children, families and communities to provide an integrated, strength-based, comprehensive, accessible and accountable system of care management for children with behavioral challenges and their families throughout Essex County.

PCE Board Members

Penny Dragonetti- Chairperson
Denise Crawford- Vice Chair
Paula Sabreen, LCSW - Treasurer
Edwin Dunga, Ph.D., MHS - Secretary
Jeffrey Dickert, Ph.D.
Mary Conyer
Phyllis Baumrind, LCSW
Merian D. Oliver
Robert Davison, MA, LPC
Leonard Rosenberg
Crystal Bligen



Partnership for
Children of Essex
A Pathway for Hope

Don't get caught with the Holiday Blues.....

The following suggestions are provided by the National Mental Health Association to cope with stress and depression during the holidays:

Keep expectations for the holiday season manageable-

Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities. Be realistic about what you can and cannot do. Do not put the entire focus on just one day and remember it is a season of holiday sentiment and activities can be spread out (time-wise) to lessen the stress and increase enjoyment.

Remember the holiday season does not banish reasons for feeling sad or lonely

There is room for these feelings to be present, even if a person chooses not to express them.

Do something for someone else

Try volunteering some time to help others.

“yesteryear” in the past and look toward the future

Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with “the good ol' days.”

Enjoy activities that are free

Drive around and look at holiday decorations. Go window shopping without buying or make a snowperson with a child.

Do something for someone else

Try volunteering some time to help others.

Spend time with supportive and caring people

Reach out and make new friends or contact someone you have not heard from in a while.

Save some time for yourself!

Recharge your batteries! Let others share responsibilities of activities.

For more information: Contact your local Mental Health Association at (973) 509-9770 or The National Mental Health Association (NMHA) at 1-800-433-5959 /www.NMHA.org

Check out our website: www.pcenj.org

973-323-3000 - info@pcenj.org



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A Pathway for Hope

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